NorthField Stores Announced

Foley’s, Super Target to Be Anchors

A 140,000-square-foot Foley’s and a 180,000-square-foot Super Target will join Bass Pro Shops Outdoor World and an 18-screen state-of-the-art Harkins Theatre megaplex to anchor NorthField at Stapleton. Phase I of the regional 1.2-million-square-foot lifestyle, entertainment, retail center, which includes Bass Pro and Super Target, is scheduled to open in late 2005. Foley’s and the Harkins Theatre will be part of Phase II, which is scheduled to begin opening in 2006.

Foley’s Construction of Foley’s two-level store will begin in the fall. The store will feature brighter, more contemporary architecture; an open floor plan with easy access to merchandise; and movable perimeter walls that quickly change to enhance merchandise displays and showcase multiple outfit options. It is specifically designed to respond to the growth of suburban off-mall “lifestyle” centers and the customer’s desire for more convenient shopping.

“This site will represent Foley’s 13th location in Colorado. It is important for us to have a presence at Stapleton, the newest and most rapidly growing community in Denver,” said Drew Pickman, president and chief executive officer of Foley’s. “This is a young, family-oriented neighborhood and we are happy to be here.”

The store will offer (continued on page 9)

The pedestrian-friendly Main Street will become a community hub where residents can gather with friends and family to shop, dine, and relax.

Casey’s Bistro & Pub Opens at Stapleton

At last! Stapleton’s East 29th Avenue Town Center has its Irish Pub! After months of anticipation, Stapleton’s residents and neighbors packed Casey’s Bistro and Pub at 29th and Quebec to celebrate St. Patrick’s Day and get their first look at the latest restaurant to open at Stapleton.

Casey’s is named in honor of Irish playwright Sean O’Casey who was born in Dublin during the late 1800s. While owners Rob Dawe and Dave Hickey note that they will provide the food and drink of a traditional Irish pub, they also point out that the bistro will have American favorites as well in a family-oriented atmosphere that has a doubled-sided fireplace, high definition big screen televisions and an outdoor patio. Casey’s will be a smoke free environment. (continued on page 9)

Casey’s owners Dave Hickey (left) and Rob Dawe.

Spring Fling story and photos on page 16.
Mark Your
CALENDAR
2005 STAPLETON EVENTS

APRIL

Wednesday, April 13th
Homebuyer Education Class
Stapleton Visitor Center
5:30 - 9pm

Saturday, April 16th
May Day Preparations
Westerly Creek Elementary School

JUNE

Saturday, June 11th
Stapleton Charity Chase
Greenway Park
9am

Friday, June 17th
Stapleton Under the Stars Movie
The Incredibles
Founders’ Green*

AUGUST

Friday, August 5th
Stapleton Under the Stars Movie
Shark Tale
Location TBD*

Friday, August 19th
Stapleton Under the Stars Movie
Legally Blonde - Red, White
and Blond
Founders’ Green*

Friday, August 19th
Relay for Life
Founders’ Green

Saturday, August 20th
Happy Hour
Aviator Pool
6:30 - 8:30pm

Saturday, August 27th
Stapleton Stampede Run

SEPTEMBER

Friday, September 2nd
Stapleton Under the Stars Movie
Finding Neverland
Founders’ Green*

September 9-11th
MS Challenge 3-day walk
Ending at Founders’ Green

Saturday, September 24th
Wine Festival
Founders’ Green

OCTOBER

Saturday, October 15th
Fall Festival
Founders’ Green
11am - 1pm

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

First Thursday of each month
Stapleton Development Corporation
Citizens Advisory Board
7350 E. 29th Ave., Suite 300
7:30am

Every Tuesday
Stapleton Strollers
29th and Valentina
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

*Watch www.StapletonDenver.com
for more information

EVERY MONTH

Spring flowers are in bloom at Stapleton.

EVERY MONTH

Spring banners go up at the East 29th Avenue Town Center.

EVERY MONTH

Spring flowers are in bloom at Stapleton.

EVERY MONTH

Spring flowers are in bloom at Stapleton.
A Conversation With
Trich Lea, Principal, Westerly Creek Elementary

Editor’s note: Patricia (Trich) Lea took over as principal of Westerly Creek Elementary School last July. Since then, enrollment has grown from about 120 students to almost 190 students. Parents are engaged, the faculty has continued to grow professionally and students are on track to progress in achievement and in the state standards tests.

With less than two months of school left, The Frost Porch decided to check in with Ms. Lea. Brian Weber, Vice President of the Stapleton Foundation, interviewed Ms. Lea about the school, her first year as its leader and a look ahead to her second.

When you have time for only a sentence or two, how do you describe Westerly Creek and what you do when talking to parents of prospective students? I’m the leader of the school, but I hope I lead in ways that the community is asking me to lead. Westerly Creek is a kindergarten through sixth grade school but it’s really the community through and beyond sixth grade. For instance, a lot of the parents that you see at school don’t have any kids here because their kids are too young. We are doing a lot of programs to develop relationships and encourage families to bring their children here because I want them comfortable with the school before their kids get here.

There are a lot of active parents at Stapleton. How do you harness all that energy? The first thing we have is a welcoming committee that serves as an ambassador and the initial contact besides me for parents. Homebuilders have our information and we ask them to have people leave email addresses so our welcoming committee can contact parents. Every Tuesday and Thursday, there are open tours. I’m available and we have a really strong CSC (collaborative school committee) and anyone’s invited to that committee. We have a huge number of volunteers; our PTA has grown so much, over 100.

We don’t have an art teacher but you can walk through this school and see so much artwork up. When I bring other teachers here they ask, “Who is your art teacher? We want her to come to our school!” We have a committee called “On and Off The Walls,” that does all the artwork. They help the teachers; they come up with all the ideas based on the needs. You can tell a lot about our school from what you see up on the walls. So those parents are just absolutely wonderful!

We had an auction that raised over $11,000 in one night—all from parents. I mean the community donated, but the parents were the backbone of how that thing got going. I could not be the leader of this school if I did not have parent leadership. I think we have a good balance.

Why do you think parents will want to come to Westerly Creek instead of an established school somewhere else? What do you think they get from being a part of this new school in a new community? If you feel passionate about something there is a need to establish that passion. Other people have it, too. Come and help create that. It’s such a unique community that I’m excited to be here. We’re still running uphill but I think we are running really fast and we are building. Even after the $11,000 fundraiser the first thing I could say was, “How can we make it even better?” I have a family moving from Boulder. I said, “Hey, bring your kids down, spend the day and tell me what you think. I’m not going to tell you that I’m going to make a change, but I’m going to listen to what you have to say.”

How would you describe Westerly Creek’s academic program overall? I consider this school a “year-one roll out school” in terms of the Denver Public Schools (DPS) literacy program. Our big focus this year is definitely literacy, reading and writing, small group instruction based on student needs, assessment driven instruction. The Everyday Math program is very strong here. One of my jobs over the summer when I get together with my teachers is to really define our focus. How are we going to define ourselves? We are making gains but we can’t stop.

Focus Group Provides Education Input

A focus group of parents and others from Stapleton and surrounding neighborhoods recently endorsed an innovative change to the education landscape at Stapleton.

The group supported creating a “campus philosophy” to link Westerly Creek Elementary and the second public school at Stapleton that’s scheduled to open in 2006 at the northeast corner of Montview and Central Park Boulevard. Under the campus approach, Westerly Creek would become an “early years learning center” possibly serving students enrolled in Early Childhood Education (ECE) programs through the third grade while the second school would change from its planned K-8 configuration to serve students enrolled in grades four through eight.

The size and number of grades at each school left, The Stapleton Foundation, which works with Denver Public Schools on education issues at Stapleton. The group included seven parents from Westerly Creek, three parents and residents of Park Hill, two educators and the president of the Greater Stapleton Merchants’ Association.

The results of the session will help form the framework for a community meeting to...
A Conversation with Trich Lea (continued from page 3)

And beyond the basic program? People want Spanish in a vigorous academic curricu- lum, which I totally support. We have music and art. We hope to have a full time P.E. teacher. That is what the people in this neighborhood want and I have to find the balance (with resources) and how to “squeeze it in.” None of the programs here can be marginal — that’s one thing about this school. I think we have to be the best at everything we do because people can go other places. They have choices.

Let’s talk about the staff a little, about education level and experience, their strengths and where you perhaps need help?

I’m going to be hiring some new teachers next year. I’m going to have one new Early Childhood Education (ECE) half day and a couple of new second grade teachers. I have a pretty young staff — or maybe I’m getting old! I only have one first year teacher here. A lot of them have taught in other districts and out of state. I have a lot of teachers with five years teaching experience. The majority of them have masters’ degrees, most tend to be in the areas where they are teaching.

Do you feel they are motivated to develop a quality learning culture? Absolutely. They are so flexible. I think they are willing to do anything within reason. I think they’re always gaining per- spective. We all need to be learning. I think they are all open for that. I think the majority of teachers here say, “Let’s try this, let’s try that.” and they meet within 48 hours and do it.

How does Westerly Creek promote and provide education about the healthy, sustainable living principles that are part of the Stapleton master plan?

First we are going to get our P.E. teacher back fulltime. The second thing is we are still advocating walking to school because this is the walking community. I’m doing a huge thing if the funding comes in from a grant with the University of Colorado’s “Colorado on the Move” program that encourages walking 1,000 or more extra steps a day. I really want to be a part of that. The teachers are doing a Cancer Society walk. We are going to try and get the community involved with that. And I think next year I can get a whole lot more of that going. I’d like to do something where we jog and log laps at recess the month before Thanksgiving because you know everyone puts on three pounds at Thanksgiving! Another side of healthy living is character develop- ment. What is Westerly Creek’s approach to that?

We began character education this year and we developed a teaching about what we feel our focus is. Then I got a $5,750 grant from the Conflict Center. They are going to come in next year to implement character education based on what we feel the needs of the kids are. One of the biggest needs is conflict mediation. The neat thing is that it’s not a prescribed thing; they come in and observe and give input, and the teachers give input, and together we can say “here is where the kids are having most of their problems.”

About Trich Lea...

Trich Lea served as an assistant principal at Castle Rock Elementary for two years before coming to Westerly Creek Elementary School. Her job included curriculum implementation, budget development, fundraising, staff evaluations and student discipline. Before joining the administration, she was a physical education teacher at Castle Rock for seven years and chairwoman of the art, music and physical education department. From 1991-95 she taught physical education and special education in Aurora and Cherry Creek schools.

Ms Lea is a native of New Jersey who moved to Colorado in the mid-1970s to attend Colorado State University on scholarship to play basketball. She has a bachelor’s degree in science, health and physical education from CSU. She has a master’s in education from the University of Phoenix.

Trich Lea is married to Kenny Lea. They have two children, a daughter at Regis University and son at Ponderosa High School.

Is your relationship with the Odyssey Charter School (that shares the building) working well?

I think we are good neighbors. For instance, the labs that they have in the morning, we have in the afternoon. And we share expenses. I would like to encourage us to do more things together as a school. They had a game night here last night so we let their kids do the morning announcement about it two days in a row. We had some kids go last night. We are separate, but I think that we share to make sure we both succeed.

On the 2003-04 state report card Westerly Creek rated low. What have you focused on this year and next year to improve that rating?

Reading and writing will be the focus. In math you can know your facts back and forth, up and down, but if you can’t write you won’t do well on that test. Because there is so much writing now in the CSAP part of the math you need to understand directions well—and kids can have a hard time with that. So reading and writing is just huge for us.

You feel well connected to the classroom despite all your other principal responsibilities?

I am totally connected and this size school allows me to do that. Every day I block off an hour and a half to go into every single classroom. I think it’s important. I taught first grade math for the first two months here because (of teacher scheduling problems). That was great!

Brain Weber is Vice President - Education/Workforce Initiatives for The Stapleton Foundation.

Cold Stone Creamery Dishes up Treats for Make-A-Wish Foundation

On Monday, April 25th, the Cold Stone Creamery in Stapleton’s East 29th Avenue Town Center will join the company’s stores across the country to host “The World’s Largest Ice Cream Cake Social” as benefit for the Make-A-Wish Foundation. The Foundation grants the wishes of children with life-threatening medical conditions.

From 5 pm to 8 pm on April 25th, everyone is invited to enjoy free slices of ice cream cake, family activities and good-natured fun. A special Make-A-Wish ice cream cake, developed by a Make-A-Wish child, Micah, will be shared with everyone who attends in exchange for a dona- tion to the Make-A-Wish Foundation. Staple- ton’s Cold Stone Creamery is located across from the fountain in Founders’ Green.

For more information, contact Nancy Larrew of Cold Stone Creamery at 303-810-6034.

Education Focus Group (continued from page 3)

The community meeting will be sponsored by Stapleton Unified Neighbors and is planned for early April. No decisions have been made about how the schools would be configured. Denver Public Schools (DPS) plans to make programming and other decisions with the community. DPS officials want to hear more about community preferences at the April meeting.

The second school at Stapleton has excited many parents who want their children to attend middle school near home. It also has created apprehension about potential competition for students and resources between two schools located relatively close together that draw students from the same neighborhood.

The idea of creating two schools that complement rather than compete surfaced last fall during discussions with DPS officials, Westerly Creek parents and teachers. Some of the focus group’s reasoning for a K-8 campus included the following:

- The schools would not try to reach the same markets of families and waste energy and resources by offering duplicate programs and services.
- Westerly Creek would have the rare chance for a clear focus on the younger grades and become a center of professional development and for best ECE practices.
- The programs of the two schools could align themselves rather than trying to outdo one another in attracting students.
- There would be the opportunity to develop a sharp focus in both schools on the academic, behavioral and cultural needs of students in specific grades.

In addition, DPS has found that the growing demographics of younger families at Stapleton create a large market for a school that focuses on younger children and parents. The district also sees potential in professional development at each school. It could be more precisely focused for teachers in both the lower and upper grades because they share more in common with each other than those that span the grades in a traditional elementary school.

The focus group also cited a number of factors that influence families when choosing a school: openness to parental involvement, strong and dynamic leadership, a welcoming school environment, high expectations for all students, innovative class sizes and a consistent curriculum through different grade levels.

Brain Weber is Vice President - Education/Workforce Initiatives for The Stapleton Foundation. He may be reached at bweber@stapletoncorp.com.

Dishes up Treats for Make-A-Wish Foundation
SDC has been making accommodations to preserve the prairie dog species and their habitat to the extent possible. To date, several hundred prairie dogs have been re-located to other areas of Stapleton that were among the 200 acres of potential prairie dog conservation areas identified in our prairie dog management plan. Of those relocation sites, only about 22-acres of habitat near Bluff Lake will be permanently undisturbed. The rest of those sites will, at some point (about 5-6 years from now), need to be re-graded to establish a storm-water drainage system to accommodate adjacent new development (including the creation of open space) before they are returned to grassland. If relocation areas off-site are available at that time, we will relocate prairie dogs to those locations. Prior to commencing work on any portion of Stapleton that has prairie dogs, however, every effort will be made to either relocate the prairie dogs or exterminate them in a humane manner approved by state and federal regulations.

More than half of the new 1,100 acres of parks and open space to be created at Stapleton will eventually consist of grassland and riparian wildlife habitat. But that will take years to establish. We expect native wildlife to slowly re-inhabit those areas, although some species such as prairie dogs have demonstrated that they re-establish themselves in a shorter period of time. The long-term preservation of the short-grass prairie flora and fauna will ultimately require the preservation of large and viable ecosystems on state and federally protected lands. Our neighboring 15,000-acre Rocky Mountain Arsenal National Wildlife Refuge, which borders Stapleton to the north and northeast, is one such place that already includes...

(continued on page 15)
May 2005 Children’s Programming for the Denver Public Library

PARK HILL BRANCH LIBRARY
May 14, 2005 - 10:30am
Multicultural Stories from Around the World

Pauline Robinson Branch Library
May 7, 2005 - 2:00pm
Bunny and Birdie Magic Show

A fun-filled magic show presented by Connie and the Rabbit Company, a lively bunny and birdie revue in a side-splitting comedy show that children of all ages can enjoy.

5575 E. Thirty-third Ave. 303-370-1530
All programs of Denver Public Library are free and open to the public.
Please call ahead to ensure that the scheduled program will be held. For more information, call the listed branch, or visit Denver Public Library Online at www.denverbibli.org.

Rocky Mountain Arsenal National Wildlife Refuge
April Nature Programs

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

Wildlife Watch
Sunday April 10 — 1-5pm

Fishing Clinic
Sunday April 10 — 9-11am

Friends of a Feather
Saturday April 16 — 8- 11am

Evening Shades Photo Tour
Sunday April 17 — 4-6pm

All American Kids Fishing Derby
Saturday April 23 — 1-4pm

Earth Day Planting
Sunday April 24 — 9-11am

Bike the Refuge
Saturday April 30 — 1-3pm

Plant Restoration Day at Bluff Lake Nature Center
Volunteers are needed on Saturday April 30 (8:30 a.m. to noon) to help restore native plants at the Bluff Lake Nature Center at Stapleton. Participants will assist with the planting of hundreds of native plants that have been grown from seed to help control invasive weeds. This annual event is sponsored by Partners for Colorado Native Plants, Denver Botanic Gardens and Bluff Lake. To obtain more information or to sign up for this “family friendly” volunteer project, call Steve Norris at Bluff Lake Nature Center, 303-668-3241.
Denver Museum of Nature & Science To Feature Lewis and Clark Exhibit

Fascinating descriptions of the American landscape 200 years ago, inspiring Native American tribes and traditions, thundering herds of buffalo, daunting waterfalls, towering snow-capped mountains in the Rocky Mountain West — the Lewis and Clark expedition (1804-1806) is a history lesson that rekindles the spirit of discovery and adventure in all of us. It helped shape the America we know today.

From May 6-August 21, 2005, the Denver Museum of Nature & Science will recognize this landmark transcontinental journey of exploration by hosting Lewis & Clark: The National Bicentennial Exhibition, presented in Denver by the Quest Foundation. More than 600 rare and priceless national treasures - period art, American Indian objects, journals, scientific equipment, maps, documents and plant specimens - will provide opportunities for Museum visitors to recognize and appreciate the significance of early American cultural encounters and the wealth of scientific and cultural knowledge recorded during the journey. Highlights include a letter of credit from Thomas Jefferson to Meriwether Lewis; Clark’s hand-written, illustrated, elk-skin-bound field journal; a ceremonial headdress made from the skin of a sacred white buffalo; and William Clark’s telescope, now owned by the Denver Museum of Nature & Science. “The importance of this exhibition cannot be overemphasized,” said Joyce Herold, curator of ethnology at the Denver Museum of Nature & Science. “Through an astonishing array of rare early documents and objects, it takes us to central places and events along the American Journey. We are unlikely ever again to see such inclusive and authoritative views of the explorer-Indian encounter.”

John Emhooolah, chairman of the Denver Museum of Nature & Science’s Native American Resource Group who has been involved with the Museum for over 30 years, echoes the sentiment. “I believe that this exhibition is extremely relevant to everyone in the Rocky Mountain Region and people all over the world. It talks about the historical events that changed the West and the lives of many Native Americans.”

Museum visitors may enhance their experience by viewing the IMAX film Lewis & Clark: Great Journey West; exploring the Museum’s permanent exhibits in Crane North American Indian Hall, including an exhibit showcasing the Museum’s distinguished peace medal collection; and visiting the permanent wildlife dioramas.

Spring Events Blossom At Denver Botanic Gardens

The Denver Botanic Gardens are recognized as one of the top five botanical gardens in the United States. One of the most popular gardens is located at 1085 York Street, just minutes west of Stapleton, where 23 acres of “fragrance and foliage” draw visitors year round. The following are special events scheduled for Denver Botanic Gardens in coming weeks:

FREE DAY Monday, May 16
Colorado residents can enjoy a special free day at the Gardens, thanks to funding from the SCFD. Entertainment will be provided throughout the day.

56th ANNUAL PLANT SALE Fri. May 6 (10am-6pm; members only 8:30 -10 am) Sat. May 7 (10am-6pm; members only 8:30 -10 am)
The 56th Annual Plant and Book Sale will kick-off the spring season with over 85,000 plants for sale. Plant varieties include perennials, annuals, herbs, vegetables, roses, water plants, orchids, patio baskets, rock alpine plants, Plant Select plants, xeriscape plants and much more. Horticulture experts will be on hand to answer questions and assist shoppers in choosing the right plants for their garden. Admission to the sale is free.

CELEBRATING WILDFLOWERS WEEK May 16-20, 10am-2pm
Denver Botanic Gardens will host workshops, lectures and educational activities to celebrate and educate visitors about Colorado’s wildflowers and endangered native plants. The purpose of Celebrating Wildflowers is to raise awareness and appreciation of native wildflowers and educate about the conservation of these native treasures. Free posters, coloring books and educational material will be given to all children who visit the Gardens. This year’s theme is Watchable Wildflowers, which will include illustrations of showy native plants for the coloring book, and information about where and when you can find them throughout the state. For more information about Denver Botanic Gardens, visit www.botanicgardens.org or call 720-865-3500.

Denver Museum of Nature & Science is open seven days a week from 9am-5pm. For more information, visit www.dmns.org or call 303.322.7009.

Free Activities Near Stapleton

Denver Botanic Gardens www.botanicgardens.org Free Days – Apr. 18, May 16, June 20,August 13, Sept. 19
Denver Art Museum www.denverartmuseum.org Free general admission every Saturday for Colorado residents, and every day for kids 12 and under

Looking for Summer Activities?

If you have found information on summer activities of interest to the community, please email it to: tgleson@stapletondenver.com and the Front Porch will publish this information in the Play issue.

Stapleton under the Stars, 2005

Forest City Stapleton, Inc. is proud to present the Stapleton Under the Stars Summer Series, featuring movies that are absolutely free. So bring your blanket, your family and join us for a great night out.

Movies:

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<tr>
<th>Date</th>
<th>Movie</th>
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<tr>
<td>June 17</td>
<td>The Incredibles (PG)</td>
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<td>July 8</td>
<td>Shrek 2 (PG)</td>
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<td>July 22</td>
<td>Willy Wonka &amp; the Chocolate Factory (G)</td>
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<td>August 5</td>
<td>Shark Tale (PG) (Aurora Polo)</td>
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<td>August 19</td>
<td>Legally Blonde 2 - Red, White &amp; Blonde (PG-13)</td>
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<tr>
<td>September 2</td>
<td>Finding Neverland (PG)</td>
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All movies are taking place at Founders’ Green unless otherwise noted (East 29th Avenue and Roslyn Street).

Please visit www.StapletonDenver.com for full details.

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It’s a Girl thing

Fitzsimons Obstetrics & Gynecology and The Center for Midwifery
1635 N Ursula St, 3rd Floor * Aurora, CO
720-848-1700 * www.uc.edu/obgyn

Accepting new patients and most insurance plans.

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7

THE ART OF URBAN LIVING
In and Around Stapleton

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Accepting new patients and most insurance plans.
Well-Traveled Couple Establishes Roots At Stapleton
By Jody Donley
Stapleton is a diverse community comprised of unique people from around the world. We each have a personal history. Meet the Brimah Family, Stapleton residents since September 2004.

Born in Ghana, Africa, Tunde Brimah grew up in the capital city of Accra. He enjoyed playing table tennis and soccer. When Tunde was 15, his family moved to the United States. His parents both worked as public school administrators in Chicago. He recalls, “The first book I read (in America) was The Catcher in the Rye.”

Tunde attended Loyola University in Chicago earning his degree in history and anthropology. To further his education he attended graduate school at the University of Illinois and received a M.A. in African Studies.

Amy Eisenbuth Brimah, a Colorado native, grew up in Lakewood. Her mother stayed home to raise Amy and her brother, while her father practiced law. Amy was a dedicated swimmer and played the piano. Growing up, her family traveled extensively around the world.

Amy earned her degree in political science at the University of Colorado. She spent a semester in Sea, learning about new people and places, and cultures, in her own words, “becoming more open-minded.” Planning to teach at the collegiate level, she entered a graduate program at the University of Illinois.

Tunde and Amy met in an Arabic class while at U of I. They dated, became engaged, and both obtained graduate degrees. After changing career paths, she was accepted at CU law school and convinced Tunde to build their life together in Colorado.

Amy now works for a downtown Denver law firm as a real estate attorney. Tunde teaches several courses related to African history and does policy work while he completes his PhD in education policy. He plans to use his degree and experience as a consultant and policy maker at CU-Denver.

They both love the outdoor activities that Colorado offers. On select weekends, you may find them blazing a snowshoe trail or relaxing in the mountains.

Although both Amy and Tunde are well traveled, have multiple degrees and flourish careers, becoming parents has truly defined their lives. They both love the outdoor activities that Colorado offers. On select weekends, you may find them blazing a snowshoe trail or relaxing in the mountains.

Amy and Tunde Brimah with their 9-month-old son Rashad Adewale.

Country Buffet Employee Serves Up Good Cheer
By Alaina Brandenburg
As a “line server” at Stapleton’s Country Buffet, Steve Stepp brings a passion for food and people and a great attitude to one of Quebec Square’s favorite restaurants.

Steve was born in Hollywood, California and raised in Aurora, Colorado where he has lived most of his life. He has been working at Country Buffet for the past five months, and really enjoys his job. “The supervisors here are great. I really like the atmosphere, and the customers are fantastic. I like to cheer people up and make them feel at home. I have a lot of fun here. This is the best job I have ever had,” Steve says.

An interest in the restaurant business brought Steve to the Country Buffet. “A friend of mine who is a regular here knew I was looking for a job and thought it would be a good opportunity.” Steve is planning to enroll in culinary school at The Colorado Institute of Art later this year. He would like to be a chef and open his own restaurant called “Sizzlin’ Steve’s.” The restaurant would specialize in American fare, as his favorite thing to cook is hamburgers.

Steve is very impressed by what is going on in the Stapleton area and likes what the neighborhood has become. “It is a big surprise. This used to be an airport, and now we have a Wal-Mart, a Sam’s Club and a Country (continued on page 9)
America attract over 75 million people combining retail with entertainment, dine, and relax," he said.

"The pedestrian-friendly Main Street will become the heart of the property. "The pedestrian-friendly Main Street will become a community hub where residents can gather with friends and family to shop, dine, and relax," he said.

**Northfield**

Northfield at Stapleton will be Stapleton's third retail center. The 746,000-acre Quebec Square Regional Retail Center opened in the summer of 2002, and the 140,000 square foot East 29th Avenue Town Center opened early last year.

Northfield is located just north of I-70 at Quebec Street and will be the first "Power Town" in Colorado combining major anchor stores, specialty shops, restaurants and entertainment in an outdoor setting. "Northfield at Stapleton will provide gathering places for everyone to enjoy," said Brian Jones, president, Forest City West, developer of the property. "The pedestrian-friendly Main Street will become a community hub where residents can gather with friends and family to shop, dine, and relax," he said.

**Bass Pro Shops**

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 the first Bass Pro store in 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 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.

"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 area’s great outdoor heritage."

**Editor's note:**

The Northfield Harkins Theatre, the first outside of its Arizona home base, will feature several of the company's signature amenities. These include Harkins Ultimate Rockers, which are high back rocking loveseats extra large curved, wall-to-wall screens; state-of-the-art digital sound technology; a gourmet snack bar including an expanded hot food menu; convenient ticketing via phone, internet and on-site kiosks; the Harkins Child PlayCenter, a safe, secure and entertaining experience for children ages 3 to 8; and the Harkins Cine Capri, a movie auditorium that boasts seating for 600, an enormous 70 x 30-foot screen with 150 speakers delivering more than 40,000 watts of digital sound.

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Harkins Theatres, founded in 1933, is an Arizona-based company which owns and operates 251 screens at 21 theaters in Arizona.

"The first birthdays of many of my friends’ children were also coming up, so I made a few more, and before you know it, it was expected that for first birthdays I would make each child their own stool," Kathy says. "We have a very large group of friends and soon enough they were all telling me I should start selling these stools," she adds.

Two years ago, Kathy turned her hobby into a small business, and Toad Stools was born.

"I have maintained her regular job of teaching 2nd grade at Goldrick Elementary and devotes about 5 hours a week to Toad Stools while she also balances life at home with her husband and their children Tobin, 4, and Carter, 2. Although Kathy finds painting relaxing and looks forward to working on her business, the problem is finding the time. "I try to get as much done as I can during nap time or at night after the kids have gone to bed. I do all of my painting at the dining room table, much to my husband’s dismay," she points out. "The nights the kids go down at a decent hour, I know I’ll have a couple of hours to paint before I go to bed."

Kathy says she is still in the grassroots stages of marketing, emailing a digital portfolio to all her friends and putting fliers on a few doors in the neighborhood and in the school where she works. She is also in the process of launching a webpage and plans to meet with the owners of some local boutiques to see if they would be interested in selling her product.

For now, Kathy is happy making a few step stools and other hand-painted items a month — and taking things at a slower pace. "I don’t feel overwhelmed, and I can create a quality product for a good price," Kathy said. Kathy Hoops may be reached at 303-216-4413.

**Kathy Epperson is a Stapleton resident who writes about home businesses.**

**Casey’s Pub (continued from page 1)**

“We wanted a brighter atmosphere than most people think of when they envision an Irish Pub but still provide the traditional food and drink that makes pubs such a popular attraction,” Dave Hickey said. "Casey’s is a perfect place to enjoy lunch or dinner with a date, friends or family.”

Casey’s will be open daily from 11am to 2am. serving lunch and dinner. Among the menu items at Casey’s will be pot steamed mussels, fresh made potato leek soup, sirloin shepherd’s pie, and corned beef and cabbage. Casey’s will also have fish and chips and a number of “pub favorites” such as burgers, mozzarella sticks, and quesadillas.

For more information or to make reservations, call 720.974.7350.

**Casey’s Pub (continued from page 1)**

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For more information or to make reservations, call 720.974.7350.
Mark your calendars! The Stapleton Farmers’ Market opens for the 2005 season at 8:30 a.m. on Sunday, June 5th, 2005. This year, the Stapleton Farmers’ Market will be better than ever.

We are very excited to announce that we are working with new market managers – Chris and Michelle Burke of Colorado Fresh Markets! If you are a fan of Denver’s farmers’ markets, you are probably already familiar with the Burkes. They run the Cherry Creek Fresh Market, held on Saturday mornings in the Bed, Bath and Beyond parking lot on Saturday and the mornings between 17th and Colfax by Denver’s City Park Esplanade Fresh Market, held on Sunday at First Avenue and University Boulevard. This year, the Stapleton Farmers’ Market will also have a new location in the north parking lot of the East 29th Avenue Town Center.

In addition to having new market managers, the Stapleton Farmers’ Market will feature the vendors and products that will be featured at the 2005 Stapleton Farmers’ Market. They run the with the Burkes.

In addition to having new market managers, the Stapleton Farmers’ Market will also have a new location in the north parking lot of the East 29th Avenue Town Center. This location provides more flexibility for the vendors and creates a strong connection with Park Hill. The Stapleton Farmers’ Market will be open every Sunday from June 5th through September 25th from 8:30 a.m. – 12:30 p.m.

Next month, we will profile some of the exciting vendors and products that will be featured at the 2005 Stapleton Farmers’ Market.

Confused about compost? Perplexed about plant selection? Do you need help designing your dream Xeriscapes? Take advantage of these popular clinics to get some professional guidance!

A clinic is a private 2-hour session at Denver Water with a landscaping professional. Prior to this session, participants will receive a kit with materials and instructions for drawing a site plan and taking a photo-panorama of their existing landscape.

Clinic dates are April 2, April 23, and April 30. Clinics fill up quickly, so don’t delay! The cost is $75.00 for residents of Denver Water’s service area and $150.00 for residents outside the service area.

All sessions are on Saturdays. Times will be scheduled at registration. All sessions will be held at Denver Water (1600 W. 12th Avenue), in the Three Stones Bldg. Call 303-628-6330 for reservations.

Stapleton Safari
A Roaring Success

Dr. Jesse Witkoff and his staff from A Wild Smile Pediatric Dentistry in the East 29th Avenue Town Center celebrated dental health month recently with a free “Safari Family Carnival Dental Health Fair.” The Safari Carnival drew approximately 700 participants, many of whom are Stapleton residents. Children’s Hospital distributed and fitted $40.00 bicycle helmets for a donation of only $5.00 to hundreds of children, and The Denver Fire Department gave fire truck demonstrations and tours. A puppet show that also included an iPod, Denver Zoo membership, electric toothbrushes and Denver Nuggets tickets as raffle prizes. Most importantly, parents were given tips on how to make healthy and great tasting snacks for their children.
Heartworm Prevention Can Prevent Future Heartache

April showers bring not only May flowers but unfortunately mosquitoes as well. Pesky mosquitoes are the official airline of a blood-borne parasite that causes heartworm disease, a potentially deadly illness in dogs and cats.

Heartworm disease is definitely easier and cheaper to prevent than to treat. Most heartworm preventative is pills given once a month. Heartworm’s fancy name is *Dirofilaria immitis*, and the adult worms can reach over 12 inches in length. Mosquitoes pick up the immature worms (also known as microfilaria) when they bite an infected animal. When the mosquito bites another animal, heartworm is spread.

Spring begins the time animals are at risk of becoming infected with heartworm. The immature worms need to incubate for several weeks inside the mosquito and can only do this when the weather is nice.

The adult worms sit mainly in the pulmonary artery—the blood vessel that carries blood from the heart to the lungs. The eventual result of an untreated heartworm infection is death due to heart failure.

It’s important to have your pet tested yearly for heartworm because sometimes signs do not develop for several years after infection. Treatment can be risky.

Animals with a heartworm infection will often have a cough and difficulty breathing. Fairing and fatigue are other signs that go along with a heartworm infection. As the infection progresses, symptoms of heart failure progressively worsen.

Once an animal has heartworm the treatment is aimed at killing the adult worms. This is accomplished by administering a form of arsenic in a dose deadly to the worms but not to the dog. The medication is not the dangerous part of treatment; the danger depends on the number of adult worms present. When large numbers of worms are killed at one time, widespread destruction of arteries can occur, along with severe lung damage.

Cats are not as susceptible to heartworm as dogs. But where heartworm is very prevalent, such as the Midwest, cats can become infected too. The theory is that cats are better able to fight off heartworm infection than dogs. On the flip side, heartworm is harder to detect in cats.

The number of adult heartworms in cats is much lower than in dogs. Cats have several adult heartworms at a time. Cats also mark their disease better than dogs. Signs may be non-existent or very generic. Within two years of infection many cats will die suddenly from heartworm disease.

Heartworm preventative is available at your veterinarian’s office. Some of these medications also combat intestinal parasites as well.

Have your dog heartworm tested. Contact your local veterinarian for an appointment to discuss the preventative that is right for you and your pet.

Dr. Smith’s clinic is located in the East 29th Avenue Town Center. For more information, call 303.949.3937.

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Hollywood Veteran (continued from page 8)

reading program, volunteers are needed in a variety of roles in the school to provide assistance in the library, arts and crafts programs and general office help. Anyone interested in volunteering should contact Trich Lea at 303.322.5877.

Nancy Relihan is a Forest City Stapleton, Inc. employee who manages the Stapleton Visitor Center.

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Recipe for Romesco Sauce

1 slice of white bread, preferably French
1/4 cup almonds, roasted (skin or no-skin)
1/4 cup hazelnuts, roasted (peeling only if your are feeling up to it)
2 teaspoons ground New Mexican red chile or cayenne (if cayenne, use only 1 teaspoon)
1/2 cup diced tomatoes (canned are acceptable, especially in the winter)
2 tablespoons parsley
1 red bell pepper, roasted, peeled and de-seeded
1/4 cup balsamic vinegar or sherry vinegar
1/4-1/2 cup olive oil

Toast the bread. When cool, grind the bread, nuts, garlic and chile in a food processor. Process for about 20 seconds. Add tomatoes, parsley and red bell pepper. Process another 20 seconds. Gradually add vinegar and oil and process until smooth.

Taste and make whatever adjustments your tastes dictate.

Makes roughly 1 cup and it keeps in the refrigerator for at least a week.

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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Making Good on a Promised Prize

By Bill Fulton

Someone once joked that moving to Stapleton has felt a lot like the days of saving up cereal box tops, sending away for the exciting prize on the package, and waiting with great anticipation for the package to arrive. In the vast majority of cases, people have been delighted with the "packages" that have arrived in the form of new homes, new parks, and new amilies in the neighborhood. Stapleton is, in so many ways, a long-awaited dream come true.

However, there have been a few exceptions. Occasionally, SUN will receive complaints about a gap between the promised prize and the goods actually delivered. Whether targeted at Forest City, the City of Denver, or a particular homebuilder, these concerns sometimes reveal themselves as either unreasonable expectations on the part of the buyer (no amount of box tops will turn Stapleton into a gated community), or a clear violation of an original agreement that homebuilders, Forest City, and the City have worked admirably to correct. Far more often, however, the challenge is a matter of weighing reasonable expectations against unforeseen circumstances. In such cases, we have tried to find remedies on which all parties can agree.

Admittedly, this is not always easy. Our initial approach to such cases is dialogue to understand the complexities of the situation. We have learned, as in the case of a disputed bus stop on 29th Avenue, that public forums can at times transform people’s perspectives on a given issue, and lead to a broader view of what is in the best interest of the community. Not that everyone walked away with what they wanted, but even some people who did not get the change they sought told us later they appreciated being heard and hearing the views of others.

We have also learned that sometimes the best thing to do is to keep differing parties working constructively together as time reveals the proper course. At our last public forum, we heard frustration from some about the water quality pond in the Greenway Park, and praise from others for the innovative design of the drainage system. If patience prevails and the grass grows as planned, everyone wins. If not, we are working to support the ongoing conversations among various constituencies to see if any modifications can be made to improve the process along the way.

We have also learned that discussion alone is not always enough, and that SUN must sometimes advocate for change. In the case of several pool safety and access issues that residents have raised for two summers without satisfactory responses, we are now moving more aggressively to make sure these concerns are addressed before the pool opens in May. We have reason to believe issues regarding pool hours, shade around the pool, and safety surrounding the “toughs” will be remedied, but we will certainly notify the community should that process need more vocal support and action.

Finally, we are trying to collect stories along the lines of “frequently asked questions” to share with potential buyers in the interest of full disclosure before they make the decision to buy. We will compile these in both a letter to potential buyers to be put at the Visitor Center and update them on the internet so the community is better informed about changes along the way. Selling homes of course entails creating the most appealing pictures of what people can expect, but “truth in advertising” takes on greater weight when today’s customer is tomorrow’s neighbor. We would welcome any of your stories and insights as we work with the Colon Cancer Foundation. I think she’s an amazing person. I don’t know why that came into my head, but I think she’s very likable and she would be fun to have at a dinner party.”

Bill Fulton is president of Stapleton United Neighbors

Views on the Street

If you could invite a famous person to a dinner party with your neighbors, who would it be?

Sarah Davison

“I would have to say, without more thought, Mother Teresa. I spent some time in India with her at her house for the destitute and dying and her children’s homes. And I would love to talk to her more about the way in which she was able to create a life that poured out and served so many and seemed to be a reflection of how engaged I personally have been asking about how to create a life that engages with what’s going on in the world and I think she did that and I would like to have her over for dinner to talk about that. When I was in India our group had a private audience with her, but as often happens in India, I was sick the morning that our group met her so I didn’t personally get to talk to her, but I worked with the Sisters of Charity and talked with them about her.”

Maurice Valentine

“Without reservation, Jesus Christ. I would love to have the privilege and opportunity to introduce Him to my neighbors that don’t know Him, as well as having the privilege of re-introducing Him and re-acquainting Him with those that may have once known Him and drifted away. In addition to that there are many of my neighbors that do know the Saviour and do love the Saviour and would love to have the opportunity to sit down with Him one on one, face to face to get to know Him. That would be the answer to your question, undoubtedly, Jesus Christ.”

Jane McCoy and Mia 4 1/2 years

“Off the top of my head I would probably say Katie Couric just because I think she has such an interesting job and she gets to meet all sorts of interesting people. She should be a fascinating person to sit down and pick her brain about the things she’s done and the people that she’s met. And the things she’s gotten to do. She also has done a lot of work with the Colon Cancer Foundation. I think she’s an amazing person. I don’t know why that came into my head, but I think she’s very likable and she would be fun to have at a dinner party.”
Michelle Burton

“Donald Trump. He’s very intriguing. I think it might be an interesting topic with this huge development of real estate here and I think he’s a fascinating man. We’ve watched “The Apprentice” from the beginning. If he’s really how he’s portrayed on the show I think it would definitely be an interesting party. As a result of watching the show I think he’s a lot more personable than I would have imagined. I think he has a sense of humor. I find his show very entertaining.”

Andre Bachelet

“EmiL Lagasse, a chef on the Food Network. We both share a passion for cooking. I think we would get along very well because we share that passion. In my family, cooking was a big part of family and coming together and sharing love. I think Emeril would be able to contribute to those qualities in a family. I think our conversation with Emeril would be the joy of cooking and experiencing different cultures. We have a lot of diversity in our neighborhood. I think myself and Emeril would be able to contribute to each individual’s culture and interest through food and conversation. Emeril’s very energetic, enthusiastic, animated and expressive. I think he’s intelligent and knows a lot about his profession and he has a good sense of humor. He has stage presence so he would be the center of attraction, but it’s a good presence – he’s not overwhelming and full of himself. I think he would be very open to listening to other people’s ideas, not just cooking but other subjects of conversation.”

Sal Molina

“Martin Luther King because he was such a visionary, such a great humanitarian. He cared about not only the black people but all minorities. He was such a good Christian person. He cared about everyone. He cared about civil rights and people all over the world. When I was younger I wasn’t as inspired, I think because of my parents. They were kind of to the right side more. It was interesting, as I got older I started realizing what a great man he was. I remember him because I’m 56 years old. I remember his plight and everything but it wasn’t until afterwards that I realized what a great person he was and realized that he really cared about the world. He didn’t just care about one class of people. He wanted everyone to be brothers and sisters.”

Master Community Association News
by Diane Deeter
Stapleton Community Manager

Aviator Pool

In preparation for this year’s opening of Aviator Pool on Saturday, May 28th, we have been meeting with representatives from Stapleton United Neighbors (S.U.N.), the Master Community Association, which manages the pool) and Wild Iris (operators of the pool) to address issues that will make the use of Aviator pool a safer and more enjoyable experience for all. Those discussions have focused on a number of items, including safety, shade, and hours of operation. Watch for announcements on the Intranet and in the next edition of The Front Porch about Aviator Pool, as well as the second pool that is scheduled to open in mid June with a number of attractions that will be particularly appealing to children.

Posting of Flyers/Ads
Please remember that advertisements and flyers are not allowed to be posted on the CBU (Cluster Box Units) mailboxes. Any material taped to those boxes will be removed. If you see a flyer on your CBU, please remove it.

Greenway Park

Now that Greenway Park has been formally conveyed to the City and County of Denver’s Department of Parks and Recreation, please note that reservations for the park must now be made with the City of Denver. Call Sonny in Denver Parks and Recreation at 303.373.8700.

Have a voice in your community!

There are a number of opportunities for Stapleton residents to make their voices heard in policy decisions affecting their community. Please consider joining one or more of the following committees:

- Swimming Pool Committee (program planning for the swimming pools)
- Social Events Committee (provides feedback and ideas on events)
- Traffic Committee (provides input on transportation issues)

Participating in the decision-making process is every citizen’s right – and obligation. For information about any of these committees, please email me at communitymanager@StapletonDenver.com.

SUN Elections to Be Held May 17th

SUN (Stapleton United Neighbors) Board elections will be held Tuesday May 17th at 6:30pm at Westerly Creek School. Please help make your neighborhood a better place by participating in this election.

To Send Letters to the Editor

The Front Porch will publish Letters to the Editor, as space allows. 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
Stapleton Foundation Parent Education Opportunity
The Art of Parenting Using Values-Based Techniques

The Stapleton Foundation is sponsoring a “Wednesday Workshop Series” on “The Art of Parenting.” These workshops are developed and presented by Carolyn Demong, LCSW, a psychotherapist in private practice with the Jackson Place Counseling Group, an experienced parent educator and a Stapleton resident. The Foundation will cover the fee ($25.00/couple or $20.00 individual each session) for the first 15 couples or individuals to enroll. Registration is required and space is limited. Call Carolyn at 303-587-5432 to sign up today.

These workshops are designed to help you identify and integrate your values into your family’s life and to help you pass the values you choose on to your children. You will:

• Identify values, such as integrity, responsibility, curiosity, self-respect or compassion and what your values mean to you.

• Understand the developmental steps your children must go through as well as other factors that influence your child’s learning, including temperament and learning style.

• Improve your ability to recognize opportunities to teach your values.

• Understand the inevitable conflicts between your own values and your partner’s and discover ways to resolve the issues.

• Explore specific techniques to nurture your children.

Classes will be held on the following dates from 6:30-8:00p.m at the Stapleton Foundation offices in the 29th Ave Town Center (7350 E. 29th Ave. 3rd floor):

Apr 13 Value Identification, Definition and Clarification
Apr 20 What qualities do you want in your child’s adult life? And how do we get there?
Apr 27 We don’t all agree – Values in Conflict; with yourself, your partner, your child and our culture.
May 4 Where do you go from here? Testing, practicing and problem solving.

Anyone interested in joining or starting a vanpool from Stapleton to Downtown should contact Gabriela Perez at 720-989-7291 or Perez_G@CDE.state.co.us.

Step into the Past at the Rocky Mountain Arsenal

The Rocky Mountain Arsenal’s past has been slowly revealing itself over the last two decades with the discovery of many historic and even prehistoric artifacts. Thanks to Arsenal employees working on the cleanup, as well as the existing partnerships with the Natural History Museum and the Colorado Historical Society, many priceless artifacts have been found and preserved for future generations.

Many of the unique and more fragile discoveries soon will be on display at the Rocky Mountain Arsenal National Wildlife Refuge Visitor Center. The display will include information about where the discoveries were found and from when they originate.

For the Arsenal, prehistoric discoveries date artifacts dating back to the pre-1700s when settlers arrived, began building houses and worked the land. Historic items would be those dating from the 1700s and later.

First Vanpool from Stapleton to Downtown

The Stapleton Area Transportation Management Association, Denver Regional Council of Governments and the Regional Transportation District have created the first vanpool from Stapleton to Downtown. The program provides the van, insurance, fuel, maintenance, bike racks, and the Guaranteed Ride Home Service in the event a participant needs emergency transportation. Each rider pays $50 per month plus all riders share the parking costs. The vanpool will depart from the East 29th Avenue Town Center Monday-Friday at 7:30 a.m. and arrive Downtown before 8 a.m. The van departs Downtown at 4:30 p.m. arriving back at Stapleton around 5:00 p.m.

Anyone interested in joining or starting a vanpool from Stapleton to Downtown should contact Gabriela Perez at 720-989-7291 or Perez_G@CDE.state.co.us.

For information about the Stapleton Area Transportation Management Association, call Angie Malpiede at 303-468-3231 or visit www.stapletonnotma.org.

PEDIATRICIAN

They can’t tell either!

PEDIATRICIAN

303-427-8799
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A WILD SMILE - 720-745-1234
Stapleton 29 Ave Town Center, Denver

www.wildsmiledental.com

By Samantha N. Fawwardan, MD

Down Syndrome Screening Now Available In Early Pregnancy

A hot topic for obstetric patients is whether to seek genetic screening, including nuchal translucency ultrasound and testing for biochemical markers.

Nuchal translucency ultrasound (NT) is done at 11-14 weeks gestation. A sonographer certified by the Fetal Medicine Foundation (FMF) should be selected to do this specialized ultrasound to measure the back of the baby’s neck. Increased thickness (compared with established standards) is a marker for risk of Down Syndrome and Trisomy 18. Blood testing for biochemical markers, HCG and PAPP-A, is done the same day and combined with NT measurement to calculate risk.

This screening test is designed to tell if a baby has increased risk of these conditions. It is NOT a diagnostic test; it will not tell for sure if a baby will have one of them. If the test is abnormal, a patient may decide to seek an invasive procedure to get a definitive diagnosis. If invasive testing turns out negative, it does NOT mean the first trimester testing was wrong. It simply means the patient was in a group with increased risk; however, most people with tests showing increased risk still have a baby without these disorders.

Truly, whether to have the testing performed is based on how much information an expectant mother wants to know before delivery. Proper testing detects 83% of Down syndrome and 80% of Trisomy 18, with false positives (positive testing with no increased risk is not actually increased). It has a higher detection rate than second trimester triple or quad screens.

A patient may also seek ultrasound at 18-20 weeks gestation, and AFP testing (if she already has had the first trimester screen) or quad screen (if NT test) to provide more information on fetal risk for neural tube defects (including spina bifida), and to check for ultrasound markers of genetic abnormalities.

In accordance with the American College of Obstetricians and Gynecologists and the FMF guidelines, if testing shows a baby has increased risk of a genetic abnormality or the expectant mother is age 35 or above and desires invasive testing, the mother may be referred to a specialist for further counseling and possible amniocentesis (testing amniotic fluid through a needle at 16-18 weeks) or chorionic villus sampling (CVS, sampling the placenta through the abdomen or vagina at 12-14 weeks).

Many women believe the only reason to have genetic screening is if it would terminate the pregnancy for an abnormality. On the contrary, there are many reasons other than gathering, earlier opportunity for invasive testing, planning ahead for the newborn’s care, and peace of mind.

Dr. Pawardhan is in private OB/GYN practice with Partners in Women’s Health. For more information on first trimester screening, call PIWH at 303-399-3315, visit www.pwh.yourmd.com, or www.gendmygenetics.com.

The Art of Parenting Using Values-Based Techniques

For the Arsenal, prehistoric discoveries denote artifacts manufactured for a limited time. You may wonder why such artifacts are found near the construction of the Arsenal in the late 1990s and are an example of the legacy of the Woodland culture lived on the land for 1,000 to 1,000 A.D. Their presence is still felt today. The discovery of pieces of a L500 to 1,700-year-old pot, which was reassembled by the Denver Museum of Nature and Science, were discovered on site in the late 1990s and are an example of the legacy left behind by former settlers.

The Refuge’s artifact display will be open to the public by May 2005. For more information about the display or visiting the Refuge, please call 303-289-0930 or visit the Refuge Website at http://rockymountain arsenal.fws.gov.

Northfield Church is a brand new, growing community of faith ministering to the Stapleton, Park Hill, and Luxury homes communities of Denver. We are young, non denominational, and just plain methodical – but we also worship God by celebrating places that are biblical, biblically oriented and offer Pentecostal/Charismatic Christian worship. Our church is growing and we are on the forefront of innovative projects. Christ-oriented Community-minded Gospel-driven Heart-focused

If you are interested in viewing one of our weekly small-group Bible studies, in worshipping with us, or in serving the Lord and your neighbors with compassion of others, please visit our site for more information. You can visit us at contact@northfielddenver.com, or call us at 720-985-6810, or visit the web northfieldchurch.com.
**HOMES**

From Row Homes to Rental Homes to Urban Estate Homes, there is a home for every buyer at Stapleton. Priced from the low $100s to over $1 million and with rents starting at $800, Stapleton provides a diverse and distinct collection of homes.

John Laing opened new single family model homes, located south of Martin Luther King Jr. Blvd on Emporia Street on March 21st. Visit these new model homes as well as 30 other model homes.

The Urban Estate Homes are celebrating a fantastic start to 2005. Five homes have already sold in the new phase and only 21 homes with breathtaking views remain.

**SHOPS**

The East 29th Avenue Town Center is gearing up for spring, with the addition of Casey’s Pub, which opened in March, just in time for St. Patrick’s Day. Casey’s Pub provides a great place to enjoy lunch or dinner with family and friends.

Inta Juice, a new juice and smoothie store, will be opening in Quebec Square this summer.

Foley’s is scheduled to open in the fall 2006 at NorthField at Stapleton. The store will feature brighter, more contemporary architecture and an open floor plan with easy access to merchandise.

**EVENTS**

Mark your calendars for “Friday Night at the Movies” on select Friday nights throughout the summer. Stapleton will again host Stapleton Under the Stars Movies at Founders’ Green.

The Stapleton Farmers’ Market is gearing up for the summer season and will open on Sunday, June 5th.

**PARKS**

Work continues on the south portion of Westerly Creek. This area, south of East 26th Avenue, is expected to be open in the fall 2005.

Residents at Stapleton can bike throughout the city as bike trails are now open connecting Westerly Creek to Sand Creek Greenway and the South Platte trail system.

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Colorado’s unpredictable weather was cooperative as pleasant temperatures turned out an enthusiastic crowd of parents and children to greet the Easter Bunny at Stapleton’s 2005 Spring Fling.

As usual, the friendly animals from The Urban Farm at Stapleton were a big hit with old and young alike who also enjoyed a traditional Easter egg hunt, rides and other fun activities. The Spring Fling was held at Founders’ Green in the East 29th Avenue Town Center.

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 first 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 justross@stapletonmortgage.net.

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“Patients trust us to provide integrated care that’s right for them.”
— Cynthia Aspromonte, RNC, NP, HNC, CHTP-1

“We listen to our patients like partners and find the best treatment together.”
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