Pedestrian-Friendly Community Creates Desirable Setting
Anchor Center for Blind Children Coming to Stapleton

A anchor Center for Blind Children, a 23-year-old nonprofit organization, is planning to move to a new $3.5 million school at Stapleton by 2007. Anchor Center plans to erect a 15,000 square-foot school on slightly more than two acres it has purchased on 26th Avenue, just south of the East 29th Avenue Town Center. The Center will be located immediately adjacent to the Primrose School that is planning to bring its nationally renowned childcare program to Stapleton in the fall of this year.

Founded in a church basement in 1982, the Anchor Center’s mission is to teach life skills to young children with visual impairments and provide supportive services to their families. In recent years, the Center has been operating in a 1960s-era dormitory building at the former Clayton College campus on Martin Luther King, Jr., Boulevard. About 50 children (born through age five) and their families currently attend programs at Anchor Center, which also offers outreach programs that serve hundreds of others throughout the state. The Center prepares preschoolers for “mainstreaming” into elementary schools.

“We are thrilled to be moving from a cramped facility with poor acoustics to a new building tailored to the needs of children who are visually impaired or legally blind,” said Alice Applebaum, executive director of the Anchor Center. (continued on page 4)

CU-Boulder Wins National Urban Design Competition

A team of graduate students from the University of Colorado at Boulder has won the Third Annual Urban Land Institute’s (ULI) Gerald D. Hines Student Urban Design Competition, defeating teams from Columbia University, Harvard University, and the University of Texas-Austin.

The ULI design competition was created in 2002 to honor the legacy of urban development pioneer Gerald D. Hines, chairman of the Hines real estate organizations and 2002 recipient of the ULI J.C. Nichols Prize for Visionaries in Urban Development. The competition is open to graduate students who are pursuing real estate-related studies at a North American university, including programs in real estate development, city planning, urban design, architecture and landscape architecture.

The competition was won by the CU-Boulder team included representatives from 23 universities across the United States. The ULI 2005 competition focused on sites owned partly by Kennecott Land in Salt Lake Valley, Utah. Students were asked to offer master plans that show innovation in smart growth in suburban locations—a recent focus of ULI’s smart growth efforts.

“The success of the interdisciplinary CU team at the ULI Hines Student Design Competition in Salt Lake City is a compelling testament to the quality of our professional programs at CU-Boulder,” said Leeds School of Business Interim Dean Stephen Lawrence. (continued on page 4)

Founders’ Day Festivities June 11

9am Charity Chase
4-6pm Games and activities
Dusk Concert featuring Oxsey Benny, Passion Jones, and Vicky Woodworth
(See story on page 6.)

Coral Room To Open at Stapleton

The Coral Room, one of Denver’s most widely acclaimed restaurants, will open this month in the East 29th Avenue Town Center at Stapleton. Owners John Nadasy and Nick Mysterioti created quite a sensation on the restaurant scene more than two years ago when they opened their first Coral Room in a tiny space of the West Denver Highland Neighborhood. Confidently proclaiming their dining establishment as “everything a neighborhood restaurant should be,” John and Nick have expressed the intention to bring their popular concept to a “new level” at Stapleton.

The demographic of the Stapleton Development is very similar to the Highland neighborhood where we have had so much success,” the two owners say on the inside of the menu for their new restaurant. “Young professionals with families who want a dining experience that satisfies their urban tastes but also recognizes the value of their hard-earned money apply both neighborhoods.”

“We want to provide all the residents of Stapleton and Northeast Denver with a downtown dining experience without all the residual hassles associated with going downtown: a locally owned restaurant to call their own,” they added. (continued on page 8)
MAY
Tuesday, May 17th
SUN Elections
Westerly Creek School
6:30pm

Friday, May 20th
1st Annual Stapleton Family Night
East 29th Ave. Town Center
4-9pm

Saturday, May 28th
Aviator Pool Opens

JUNE
Saturday, June 4th
ALPS Fest
Fred Thomas Park
1-3 pm

Sunday, June 5th
Stapleton Farmers’ Market Opening Day
East 29th Avenue Town Center
8:30am - 12:30pm

Saturday, June 11th
Stapleton Charity Chase
Dressy Bessy, Maison Jones and Vicki Woodworth
Founders’ Green
5:00 pm

Saturday, June 11th
Stapleton Under the Stars Concert
Aviator Pool
Dusk

JULY
Monday, July 4th
4th of July Party Begins at Founders’ Green
10am

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

Friday, July 8th
Stapleton Under the Stars Movie
Willy Wonka and the Chocolate Factory
Founders’ Green
Dusk

Friday, July 22nd
Stapleton Under the Stars Movie
Aviator Pool
Dusk

THURSDAY, JULY 28TH
Happy Hour
Aviator Pool
6:30 - 8:30pm

AUGUST
Friday, August 5th
Stapleton Under the Stars Movie
Aviator Pool
Dusk

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Stapleton’s Next Public School

By Brian Weber

A committee that reflects the Stapleton community is being formed to propose recommendations on the grade configurations and relationship between Westerly Creek Elementary School and the second public school at Stapleton.

Approximately 75 people who attended a community meeting at Westerly Creek on April 12 angered the issues need more public discussion before the community makes a proposal about the schools to Denver Public Schools (DPS). The second school is under construction at Mountview and Central Park boulevards. It is scheduled to open in August 2006.

Ideas about potential programs will be part of the committee’s work. However, a separate committee will make formal programming recommendations to DPS. Preliminary plans by DPS call for that committee to meet in the fall and make recommendations by the end of the year.

The recent meeting was sponsored by Stapleton United Neighbors (S.U.N.). The Stapleton Foundation and DPS helped organize and facilitate the meeting.

Committee membership has not been finalized. It may include the dozen and half parents who signed up at the meeting. Joining them will be Westerly Creek Principal Trish Loo, and representatives from DPS and the community. Others will be considered. A selection process may be necessary to keep the committee to a workable number. Committee meetings will be open to ensure that others may voice their opinions. No schedule has been set, however, the committee will likely conduct most of its work in May.

The second school would be designated to be kindergarten through eighth grade. It will be Stapleton’s middle school of assignment. However, parents may request a special designation that would make the school their district of residence. Until this idea, Westerly Creek would become a primary center for early childhood education (ECE/pre-kindergarten) through grade three. The ECE/primary would be established to make Westerly Creek a center of professional development and for best ECE practices. It also specifically focuses on the larger goal of positively impacting children of young families with children from infants to six years old.

The second school would serve grades four through eight. The new committee expects to examine how that configuration would work and assess its educational benefits.

Announcements about the committee’s meetings will be distributed at Westerly Creek and posted on the Stapleton intranet. A Stapleton Student Survey developed by a group of Stapleton parents will also be posted on the intranet. For more information, contact Westerly Creek Principal Trish Loo, 303-764-6814 (pattucle@dpk12.org), Brian Weber, the Stapleton Foundation, 303-464-3223 (bweber@stapletonco.com), or Allen Balzarz, DPS program manager, 720-423-3640 (allen_balzarz@dpk12.org).

Great Schools Make Great Communities

By Michael R. Hancock

Recently I completed a tour of most of the schools in Denver Council District II. District II is geographically the largest district in Denver. It starts to the west at 37th and Dahlia and runs northeast to the city boundary at Denver International Airport. The southern boundary is 23rd and Montview at Syracuse, north to 56th. The district has more than 20 public schools, including charter schools. Prior to my visits I had no idea what to expect in the halls of education. Our public schools have received such horrible reviews and the public sentiment reflected as much. However, my visits would prove contrary to the perception; our children have some very dedicated, energetic and creative warriors educating them and serving as administrators in their schools. What the schools need is solid support from the surrounding communities. I am convinced that great schools make great communities. Not the other way around.

All the principals and teachers I met flowled me with their energy and creative plans to either solidify the academic achievement of students or to turn the tide at schools that previously failed to meet our expectations for student achievement and discipline. All were optimistic that their respective schools would meet the challenges and serve as a source of neighborhood pride and accomplishment. In addition, the fact that our schools are a reflection of the rapidly changing communities that surround them is not lost on our education leaders. They are adjusting and making the best of very challenging circumstances. Of course, this includes surviving with diminishing resources in the school district.

During the visits I witnessed teachers executing their lessons plans with energy and precision and students working hard to attain knowledge.

- At the Denver School of Science and Technology in Stapleton, Principal Bill Kuzt introduced me to a student who had been basically “written off” at a neighboring middle school while barely making the grade. When I met the young man, he was sitting in the first row in a 9th grade physics class earning a “B” grade.
- At Northeast Academy Charter School, I stood immersed by a display of writings by kindergartners that demonstrated their progress from the first day of class. The progress was staggering and saluting, and mention for tremendous optimism.
- At Smith Renaissance Elementary School, Principal Jay Reisz shared with me the many wonderful things happening at her school. We visited classes where students were focused and participating. I met a young lady who not only is a “septuplet” academically, but is a highly celebrated dancer with dreams of attending the Denver School of the Arts.
- Mariste Loretto King Middle School in Green Valley Ranch has had its share of compromising media coverage. Its past academic and behavior problems have been well documented. However, during my visit I witnessed a satisfying victory resulting from hard work and commitment. Teachers were teaching and students were learning in a very orderly and disciplined environment. Principal Michael Gatley, the MJE faculty and staff, students and parents should be congratulated for turning around a challenging situation.

As demonstrated, I can go on and on about the great things happening in our schools. The stories are encouraging. However, upon reflection it occurred to me that the leaders of each school will seek the same thing for the same duration during our discussions. When asked what resources they needed the obvious answers were articulated: money, books and other resources. However, the most often repeated request was community involvement.

To this end, I want to issue a challenge to every able adult living near one of our schools to find a way to spend one hour a week volunteering in a school next year. Volunteer to tutor, monitor the cafeteria, assist a teacher, ride in a class or help with hospitality duties. The difference we can make by showing up at a school and giving a little of our time will be immeasurable. This is a call on us to service. Our schools need us. Our children need us.
Stapleton's First Public Art to Be Placed at E. 29th Ave. and Xenia

The Call for Entry for the Ellipse Public Art Project on 29th Avenue at Xenia Street is now available online on the Stapleton intranet. Workshops to provide information about the public art program at Stapleton and assist artists in applying for this first of the Stapleton public art projects will be held on Thursday evening, May 25th, from 6:00 to 8:00 p.m. on Saturday morning, June 4th from 9:00 to 11:00. The workshops will be in the second floor Central Park Conference Room at the offices of Forest City Stapleton, Inc. 7331 East 29th Avenue. Light refreshments will be available. Please RSVP for the workshops by contacting Barbara Neil, Public Art Consultant for Stapleton, at barbneil@mindspring.com.

The Stapleton Public Art Project Selection Committee met in February to develop criteria for this project, which is a commission for artwork to be permanently installed at the ellipse at the intersection of East 29th Avenue Parkway and Xenia Street. In discussing the criteria, the Committee was open to a variety of creative ideas but clearly wanted artists to be aware of the importance of families at Stapleton and neighborhood usage of the space. Other criteria included sustainability, durability and low maintenance.

The Stapleton Public Art Program is one of two programs currently working with Western States Arts Federation (WESTAF) in piloting a digital application process called CaFE™. Artists interested in competing for this $100,000 commission can apply at www.cafegrant.org. The deadline for applications is June 22nd. The digital process will also be used by the Project Selection Committee at its meeting July 30th to review the applications and images and identify finalists. The artist finalists will present final proposals and the artist presentations will be reviewed by the Public Art Advisory Committee and referred to the Board of The Park Creek Metropolitan District for final approval. Members of the Project Selection Committee include: Stapleton residents Jennifer Graham, Bryan Fenney, Karin Simon and Holly and Scott Wyatt, as well as East Montclair Neighborhood representative Laura Eder, Ann Daley of the Denver Art Museum and artists Jerry De La Cruz and Ryan Karrer are the arts professionals on this Committee. Other members include Craig Conover of EDOW (landscape architects) and Heidi Majercik and Jon Ratner of Forest City Stapleton, Inc.

Anyone wanting to learn more about the Ellipse Project or Stapleton's public art program can contact Barbara Neil at barbneil@mindspring.com.

Sally Beauty Supply
Now Open in Quebec Square

Virginia Courney, a district manager for Sally Beauty Supply in Stapleton's Quebec Square Regional Retail Center, displays some of the wide variety of beauty products her store stocks for salons and the general public. Located next to Ladies Workout Express and Executive Trim, Sally Beauty Supply is open 9 a.m. to 8 p.m. Mondays through Saturdays, and 11 a.m. to 7 p.m. on Sundays.

Urban Design Award (continued from page 1)

"To prevail over 71 teams, including a "final four" that included Harvard, Columbia and Texas is the academic equivalent of winning the NCAA basketball championship. We are indeed proud of our students and our programs," said Colorado's team plan represented an "evolutionary strategy" backed by a "resourceful business plan," said Jury Chairman Joseph E. Browne, president and chief executive officer of EDOW, Inc. in San Francisco. He commended the Colorado team for presenting a bold proposal including clear plans for transportation options to support the anticipated growth. In addition to Browne, other members of the jury - all renowned real estate development, architecture, urban planning and design experts - were Denise Gammon, senior vice president for residential development, Forest City Stapleton, Denver; Con Howe, director of planning, City of Los Angeles; Charles H. Kembre, M.A., managing director, Clarion Ventures, LLC, Boston; Eugene Kohn, FAIA, president, Kohn Pedersen Fox, New York City; Todd W. Mansfield, chief executive officer, Cosmopolitan Inc., Charlotte, N.C.; Patrick L. Phillips, president, Economics Research Associates, Washington, D.C.; and Marilyn Taylor, FAIA, partner, Skidmore, Owings & Merrill, LLP.

For more information on the ULI competition, visit www.ucsdcompetition.org.

Anchor School (continued from page 1)

"Stapleton is a great fit because of its pedestrian-friendly neighborhood." Ms. Applebaum added. "We'll take the children on 'mobility walks' for sound, taste and smell sensations. We can visit the flower shop and ice cream store in the town center and go to the Aviator Pool and neighborhood parks. We are very excited to become part of this new community."

Designed by the Davis Partnership, the building will be acoustically suited to the needs of blind and partially sighted children, who often have very sensitive hearing. Many children with visual impairments are sensitive to light and can perceive appropriate colors and textured walls to benefit "way finding." A literacy room will help preschool children to read and write as Braille. And, the school will feature a sensory garden and playground with "cone walks" and safe places for climbing and riding rides.

"We plan to create a homey, welcoming and creative environment," says Ms. Applebaum. "The building and its landscape are being designed as a tool to help kids learn."

The Anchor Center has raised $3.1 million toward a goal of $5.5 million in a capital campaign that includes funding for the new building at Stapleton. For more information about Anchor Center for Blind Children, visit www.anchorcenter.org or email info@anchorcenter.org.

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Judy Wolfe 303-332-9329

Aurora Library Services Convenient to Stapleton

The City of Aurora has two library branches close to home for Stapleton residents, putting a wealth of resources at your fingertips.

The new Martin Luther King Jr. Library at 9899 E. Colfax Ave. and the recently renovated North Branch Library at 1978 Force St. offer many times for children, computer classes for beginners and computers with free access to Microsoft Office, the Internet and an array of exclusive databases.

Study rooms and meeting rooms are available for individuals and groups. Comfortable chairs supply the perfect place to read and relax. Books, DVDs, videos, CDs, audiobooks and videos available for check out provide endless free entertainment. Knowledgeable staff can assist with check-outs, returns, research and more.

For more information about the Martin Luther King Jr. Library at 303-794-1940 or the North Branch at 303-322-6630, or visit www.auroralibrary.org.
2nd Annual Charity Chase Set for June 11th

Stapleton's 2nd Annual Charity Chase 5K Walk/Run will be held on Saturday June 11th in Greenway Park beginning at 9:00am. The popular event will include refreshments and fun for the whole family. Friendly dogs and strollers are welcome. All of the proceeds of the Charity Chase go to support Catholic Charities of Denver area Emergency Assistance Centers. The neighborhood centers work to keep families together and prevent homelessness by offering rental, utility, and food assistance to families facing desperate circumstances. A limited number of corporate sponsorships are still available. For more information or to register for the Run/Walk, call (303) 754-0283 ext. 409. Mail in registration fees are $25/adults and $15/under 18 and over 60. Race Day fees are $28/adults and $20/under 18 and over 60.

STAPLETON CHARITY CHASE ENTRY FORM

Mail checks payable to Stapleton Charity Chase to:
Stapleton Charity Chase
2509 West Alameda, P.O. Box 19020, Denver, CO 80219
All entries must be postmarked by May 28, 2005
5K Run & Walk | 5K Family Walk/Run
Aid of Check: $100
Name: __________________________________________
Address: _________________________________________
City: ________________________ State: ______ Zip: _______
Phone: ________________________
Email: ________________________
Age on 6/11/05: ___ Male ___ Female ___ Child (ages 1-12) ___
Dress: Small ___ Medium ___ Large ___ Extra Large ___
T-shirt Size: Small ___ Medium ___ Large ___ Extra Large ___

Please read and sign the waiver:
In consideration of your accepting my entry in the Stapleton Charity Chase 2005, I, ____________, intending to bind myself, my heirs, executors and administrators, do hereby release and discharge all, race sponsors and officials from any and all liability arising from illness, injuries and damages I may suffer as a result of participating in the event. I, the Stapleton Charity Chase, I further understand and agree that a race sponsor may certify my compliance by my signature below. I also understand that any entry fees I pay are non-refundable.

Signature: ___________________________ (Parent or guardian must sign if entrant is under 18 years of age)

Bluff Lake Makes Summer Learning Fun

Bluff Lake class participants show off the contents of their specimen jars.

ALPS Fest Set for June

By Adela Brown
The Active Living Partnership of Greater Stapleton (ALPS) is set to kick off Phase II of the TRANSPORT TO ACTIVE LIVING program, a series of spring neighborhood activities and events designed to heighten interest in physical activity through daily routine. The program is scheduled to begin Saturday, June 4, 2005 and will include activities through Saturday, September 30, 2005.

Residents in the Stapleton, Oregon, Aurora, Northeast Park Hill, Greater Park Hill and East Montclair neighborhoods are encouraged to participate in these activities and events for an opportunity to win grand prizes such as ski passes, gym memberships, tickets to sporting events, bikes and much more. Participants are provided with their very own Active Living Passport to help them chart their participation for entry into the contest.

This year, ALPS FEST 2005, a community-wide interactive health festival, will kick off the Passport to Active Living program on Saturday, June 4th from 1 p.m. to 3 p.m. at Fred Thomas Park, located on the corner of 23rd Avenue and Quebec Street. The festival will include live cooking demonstrations, massage therapy, alternative medicine displays, interactive games, and other health oriented and active living components. Participants can pick up their Active Living Passport during the festival or at participating area businesses. For additional information, please contact Alinda Brown at 303-483-3222 or by email at ActiveLivingPassport.com.

Alinda Brown is the Neighborhood Connections Program Officer for The Stapleton Foundation.

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THE ART OF URBAN LIVING
What’s Going On
In and Around Stapleton

Rocky Mountain Arsenal National Wildlife Refuge

Nature Programs
Reservations are required for these FREE programs. Space is limited. Register at the Refuge at 5th Ave. and Havana. Call 303.289.0930 to register.

May
Progy Night Out
Saturday May 7 5:00 - 7:00 pm
RMA Wildlife Society Birding Tour
Saturday May 7 8:00 am - noon
Spring Photo Tour
Sunday May 15 8:00 - 10:00 am
Poking Around the Pond
Saturday May 21 10:00 - 1:00 pm
The Argentina Connection
Sunday May 22 9:00 - 11:00 am
Burrow Babes
Saturday May 28 1:00 - 3:00 pm

June
Refuge Night Hike
Saturday June 4 6:00 - 8:00 pm
RMA Wildlife Society Photo Tour
Saturday June 11 6:00 - 10:00 pm
Volunteer Open House
Saturday June 5 1:00 - 4:00 pm
Owls Underground
Sunday June 12 9:00 - 11:00 am
Prairie Tour
Saturday June 18 1:00 - 3:00 pm
Evening Under the Stars
Saturday June 19 7:00 - 9:00 pm
Family Fishing Fun
Saturday June 25 1:00 - 3:00 pm
Bike the Refuge
Sunday June 26 9:00 - 11:00 am

8th Annual DSA Film Festival Kicks Off May 13th
Student films in all shapes and sizes will be showcased at the Denver School of the Arts (DSA) 8th Annual Student Film Festival on May 13 and 14, 2005. Video Cinema Arts director Ed Glassman, now in his eighth year at DSA, believes the festival is a "more" for anyone's spring entertainment schedule.

“These students have produced some spectacular work,” said Mr. Glassman. “In recent years, student films shown at DSA have gone on to win awards at a number of regional and national competitions.” A variety of films, including documentaries, animations and live-action movies are slated for showing. The films are judged by the DSA cinema students in grades 6-12 and only the best make it into the festival said Glassman. Students attend DSA after successfully completing a rigorous audition process. The school encompasses both a middle school and a high school program.

One highlights of this year’s film festival is the “Does Places Really Talk?" The film is the story of one man’s quest for the truth about places, their ability to feel emotions and their ability to speak.

The DSA festival is open to the public and students interested in learning more about this art- based Denver Public School. Tickets are available at the door for $5 for adults and $2 for students. The festival showcase begins each evening at 7 p.m. in the school’s Shoony Theater, located at 7111 Montview Blvd. For more information, call 720-424-1773 or visit http://dsa.dik12.org.
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HEALTH & BEAUTY

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A Wild Smile Pediatric Dentistry Free: Free teeth check-up for ages 12 and under. Location: East 29th Avenue Town Center

Bladium Sports Club Free: $75 for initiation fees.

Curves Free: 30% off initiation fee. Location: East 29th Avenue Town Center

Executive Tans Free: 20% off select lotion with purchase of a session. Location: Quebec Square

Fantastic Sams Free: 10% off all services and professional products. Free haircut with color service. Location: East 29th Avenue Town Center

GNC at Quebec Square Free: $5 off purchase of $20 or more. Location: Quebec Square

Great Clips Free: 20% off any product with haircut purchase. Location: Quebec Square

Sports Clips Free: $2.00 off a men’s or boy’s haircut. Location: Quebec Square

Stapleton Health and Wellness, LLC Free: Every resident will get their first yoga class for free.

SERVICES

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SERVICES (continued)

Commercial Federal Free: Offer: Open a FREE no-minimum balance checking account with Direct Deposit and receive $50 deposited equal to those offer to bank employees. Location: East 29th Avenue Town Center

Credit Union at Stapleton Free: Receive a FREE $20.00 gift when you open your new Credit Union at Stapleton location. Location: Quebec Square

Envisioning Stylists Free: 20% off all DRY CLEANSING (Quebec Square location only). Location: Quebec Square

FirstBank Free: Receive 15% discount on any consumer installment loan (excluding mortgages). Location: East 29th Avenue Town Center

New Avenues Free: Real Estate Office Free: $100.00 gift certificate toward select Stapleton merchants. Location: East 29th Avenue Town Center

PosNet Free: $3 off FedEx and UPS shipments (excluding ground service). Location: East 29th Avenue Town Center

RE/MAX City Horizons, The Korns Team, LLC Free: $500 towards closing costs and extra discounts on Home Sale costs when you buy at Stapleton. Location: East 29th Avenue Town Center

RE/MAX Denver Hotel Free: Special room rate, savings up to 20%. Location: Stapleton Home Services Free: 50% off 1st scheduled maid service. (Expires 60 days after move in date.)

SERVICES (continued)

Tires Plus Free: $9.99 all change; 10% off any automotive service; $25 off a set of four tires; $30 off your 30, 60 and 90K scheduled maintenance service. Location: Quebec Square

UPS Store Free: 50% off black and white copies. Location: Quebec Square

US Bank Free: 25% discount on ANY fixed rate loan. Location: East 29th Avenue Town Center — In King Soopers

WIRE Group Free: Real Estate Services Free: $500 towards closing costs. Location: Quebec Square

MISC. RETAIL (continued)

Amore Fiori Free: Saturdays offer: buy two for one on select flowers. Location: East 29th Avenue Town Center

Baby Power Free: $10 off of class session fee. Location: Quebec Square

Cat’s Music Together at the Bladium Free: $5 off tuition for each registered child in your family.

Cingular Wireless Free: FREE Vehicle power adapter with new activation ($20.00 value). Location: Quebec Square

Grape Leaf Free: 15% off mixed case of wine or 10% off 6 bottles. Location: East 29th Avenue Town Center

Graham Taylor Photography Free: 15% off listed Wedding Package or 50% off portrait sitting fee. Location: Quebec Square

Instant Imprints Free: 10% off of all products and services. Location: Quebec Square

MISC. RETAIL

Brasserie Restaurant and Lounge in the Renaissance Hotel Free: 15% discount on all food and beverage.

Character’s Sports Bar & Grill at (the Doubletree Denver) Free: 10% discount on all food and beverage.

Cold Stone Creamery® Free: $1.00 off “Love It,” or “Get to Have It” creations. $3.00 off cake order. Location: East 29th Avenue Town Center

Doubletree Denver Café Free: 10% discount on all food and beverage.

Kyle’s Saloon and Eatery Free: FREE salad with dine-in pizza or calzone order.

Noodles and Company Free: Free fountain beverage with purchase of entire sized bowl. Location: East 29th Avenue Town Center

Panera Bread Free: $1 off Sandwich, Salad or Your Pick Two. Location: Quebec Square

Radisson Hotel, Quebec’s Bistro Free: 15% off food menu items.

Thomas Bros. Coffee & Chai Free: FREE size UPGRADE on ANY items in the Quebec Square Wingz ETC!

First Annual 29th Avenue Family Night

By Sarah Rogers

The businesses in the East 29th Avenue Town Center are working in partnership with Westerly Creek PTA to celebrate our Stapleton community and raising funds for our neighborhood school, Westerly Creek Elementary. On Friday, May 26th from 4 p.m. – 9 p.m. take a stroll down to East 29th Avenue to patronize the businesses that will be contributing a portion of their proceeds to Westerly Creek PTA. This is your chance to help support the local businesses as well as our neighborhood school with much needed funds. There will be fun for the entire family on East 29th Avenue. It will be a street fair atmosphere where ALL ARE WELCOME. Come to check out the street performers, enjoy dinner at one of our many Stapleton restaurants, and meet your neighbors. While you are there, collect your map of East 29th Avenue and receive a sticker for each Stapleton business you visit. When your map is complete, submit it to the drawing for a Stapleton Cruiser Bicycle.

Sarah Rogers is a Stapleton resident and President of the Westerly Creek PTA.

2005 Stapleton Under the Stars Movie and Concert Series Begins June 11th!

Join your friends, family and neighbors, to enjoy an evening under the stars at Stapleton with the 2005 Stapleton Under the Stars Movie and Concert Series. Sure to delight everyone, the Movie and Concert Series will provide a variety of movie favorites and some of Denver’s best artists in concert as audiences enjoy a picnic in the park on a summer evening. Stapleton will begin growing with the Stapleton Under the Stars Concert Series on Saturday, June 11th. Three of Denver’s best artists will take the stage to celebrate Founders’ Day and kick-off the Summer Series. Denver’s most acclaimed pop band, Dressy Bessy, will start the show. Matisse Jones, recently turned Wordworth’s Best New Band 2005, will delight the crowd and Vicki Woodworth, Westword’s Best Female Songwriter 2004, will wrap up the show. Stapleton Under the Stars will also provide six Friday night movies throughout the summer, featuring favorites like Willy Wonka and the Chocolate Factory, Finding Nemo and Shrek 2. Movie fans of all ages are sure to enjoy an evening under the stars at Stapleton for screenings on June 17, July 8, July 22, August 5, August 19, and September 2.

Concerts and movies will be held at Founders’ Green, East 29th Avenue and Roslyn Street, unless otherwise noted on the website. Visit www.StapletonDenver.com for more information.

Come out and enjoy Stapleton Under the Stars this summer!

29th Avenue Family Night – Participating Merchants

- Einstein Bros. Cafe
- Starbucks Coffee
- The Grape Vine
- Town Center Cleaners
- A Wild Smile
- The Coral Room
- Westerly Creek Elementary Travel Around 29th Ave PTA Fundraiser
- Chipotle
- Anthony’s Pizza and Pasta
- Noodles and Company
- Cold Stone Creamery
- Miss Talullah’s
- New Reales Estate Brochure
- Town Center Dentistry & Orthodontics
- Real Estate

29th Avenue Family Night – Participating Merchants

- Casey’s
- 29th Avenue Animal Hospital
- Fantastic Sams
- Curves for Women
- Amore Fiori
- Cosret Bond
- Other Retail
- Services

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

Movies:

- June 17: The Incredibles (PG)
- July 8: Shrek 2 (PG)
- July 22: Willy Wonka and the Chocolate Factory (G)
- August 5: Shark Tale (PG)
- August 19: Legally Blonde 2 - Red, White & Blonde (PG-13)
- September 2: Finding Nemo (G)

Concerts:

- June 11: Dressy Bessy
- Matisse Jones
- Wordworth: Westword’s Best New Band
- Vicki Woodworth: Westword’s Best Female Songwriter

All movies and concerts are taking place at Founders’ Green unless otherwise noted (East 29th Avenue and Roslyn Street).

Please visit www.StapletonDenver.com for full details.

www.StapletonDenver.com
Let Justin Block Make You “The Perfect Cup”

Do you regard yourself as a knowledgeable fan of great coffee? If so, you can’t miss the opportunity to talk with Justin Block of Thomas Bros. Coffee & Chai in Stapleton’s Quebec Square.

By his own admission, Stapleton resident’s interest in truly great coffee has become a “lifestyle obsession” that goes hand-in-hand with the “perfect cup.” Justin says he is “passionate about providing the best quality, service and experience possible” to the customers of Thomas Bros. Coffee and Chai, which he describes as “Stapleton’s own coffee house.” While his commitment to great coffee is unquestioned, he is also quick to extol the benefits of owner Sam Thomas’ “authentic Chai” for its extremely high quality.

A good neighbor rises in the east

CU Health Sciences Center Anchors New Fitzsimsons

By Mitzi Schindler

Do you know your neighbor to the east? The neighbor with a tipi coming out of the roof of one building, a huge historic brick building, gleaming glass-enclosed research towers, one enormous, world-class hospital that’s open and another one under construction for children, and about as much construction going on as at Stapleton — maybe more.

Although, it’s what goes on inside those buildings, many of which can be seen from Stapleton, that you’ll want to know about.

In the gleaming glass-enclosed research towers, medical researchers are working to unlock the mysteries of cancer, diabetes, mental illnesses, Parkinson’s, Alzheimer’s, genetics, heart disease, and multiple sclerosis, to name a few. These scientists are competitive for, and win, more than $300 million in grant money from outside state-mandies that go directly into cutting-edge scientific research.

In the clinics and world-class hospital, physicians, nurses, dentists, pharmacists and other health professionals are providing outstanding health care.

In facilities under construction and some yet to be built, some 2,500 top-notch students are studying to be the health professionals of the next generation.

In a relatively small, unsung building, there is a collection of 1.6 million volumes of information used by medical students and researchers around the world.

Opening soon, in the renowned Barbara Davis Center for Childhood Diabetes, work will continue with children and adults with Type 1 diabetes, in addition to the research looking for improved treatment and possible cure for this disease.

In the Nighthouse Campbell Native Health building — the one with the tipi — faculty are reaching American Indians and Alaska Natives on reservations across the nation, in addition to rural populations of Colorado, via the TeleHealth/TeleEducation Program.

In a facility to be built soon — the nation’s first center dedicated to biomedical ethics, ethical considerations will be further infused in all fields of health education. If you haven’t figured it out by now, the neighbor is Fitzsimons.

Stapleton and Fitzsimons are neighbors across Pecos Ave., both being redeveloped from their former selves. As Stapleton grows, so does Fitzsimons. And, the two truly complement each other.

Fitzsimons will eventually host 32,000 jobs, with Stapleton predicted at 12,000 housing units, plus retail and office space to include the Denver BioScience Center at Stapleton.

The vision for Fitzsimons is a state-of-the-art, life sciences community, integrating health care education, biomedical research, patient care and community service. The redevelopment is anchored by the 227-acre campus of the University of Colorado at Denver and Health Sciences Center, and the 360-acre Colorado Bioscience Park Aurora.

The Health Sciences Center has been transitioning from East Ninth Ave. and Colorado Blvd. to Fitzsimons since the mid 90’s, with first phase completion scheduled for 2007-2008. This will include the schools of dentistry, medicine, nursing, pharmacy and the graduate school; research endeavors of the university; the University of Colorado Hospital and The Children’s Hospital. The bioscience park will be adjacent to the university research facilities, and will house private biomedical research and development companies.

The combined benefits of Stapleton and Fitzsimons include quality housing and office facilities, convenient shopping, research and discovery, patient care, education, and positive economic impact.

Seems just like the right prescription for great neighbors.

Mitzi Schindler is the Director of Public Communications, University of Colorado Denver and Health Sciences Center. For more information about Fitzsimons, go to http://www.ucd.edu/fitzsimons.

Coral Room (continued from page 1)

Among the entrees on The Coral Room menu are coconut curry, macadamia nut chicken breast, and seared panko loin medallions. Seafood fans will find pan seared sea bass, pumpkin seed encrusted Alaskan Lind cod, Caribbean spiny professor and Alaskan salmon filet, not to mention a special “catch of the day.”

Other menu highlights include five smoked bamboo beef, filet mignon and Colorado lamb sirloin. A 1/2 pound “Judge Bingu” with its gorgonzola, caramelized shallots and sauteed mushrooms rounds out a menu with prices ranging from $8 to $24.

Diners enjoying The Coral Room in the East 24th Avenue Town Center will also discover another attraction as well: “The Little Reef” — a special dining area catering to families with young children. John and Nick note that The Coral Room has a “very strict dress code: Be yourself.”

The Coral Room will open for dining seven nights a week, beginning at 4 p.m. John and Nick plan to have a live DJ in the bar on Thursdays, Fridays and Saturdays.

A Local Hospital for Everyone

Did you know the Schumbel Center for Advanced Medicine at Fitzsimons offers eleven of health care services for you and your family? Reaching across University of Colorado Denver is easy.

Enroll with one of our primary care centers. Contact 1-800-621-7621 to make an appointment or visit our Web site at www.ucd.edu for a list of specific clinic telephone numbers.

OR

To see one of our world renowned specialists, contact your doctor for a referral.

University of Colorado Hospital accepts most major insurance plans.

Visit www.ucd.edu for more information.
**Pasta! Pasta!**

By Janene Cameron

During last year’s Stapleton Farmers’ Market, a few of the vendors were a little short staffed. As an employee of Forest City Stapleton, I was approached to see if I would be interested in helping out. My answer of course was an enthusiastic ‘yes!’ Not only am I proud of working for Forest City Stapleton, but I am also very impressed with what they have done to make this community a home to many people.

**Farmers’ Market**

The opening of the 2005 Stapleton Farmers’ Market season is almost here—the first day is Sunday, June 5th! One of the things I enjoy about going to the Stapleton Farmers’ Market every Sunday is seeing how the variety of products changes throughout the season. The beginning of the season is an especially good time to enjoy bedding plants, flowers, baked goods, prepared foods, and produce like asparagus, strawberries, and lettuces. As the season progresses, more fruits and vegetables come into season and additional vendors join the market. Below we highlight two of our vendors you will meet on opening day.

**Burke Organic Farm**

Chris and Michele Burke have been farming organically in Boulder County for 15 years. They sell their produce and flowers at seasonal farmers markets in the Boulder and Denver areas, and specialize in cut salad greens, arugula, basil, spinach, garlic, flowers, a variety of seasonal vegetables, and 30 varieties of heirloom and hybrid tomatoes. They also sell to local restaurants and garden centers.

Chris ran the Boulder Orchard Market for seven years and then teamed up with Michele to bring their vision of a European-style outdoor fresh marketplace to Denver in 1997. Chris’ knowledge of farming and farmers markets and Michele’s experience in nonprofit marketing and development resulted in Colorado Fresh Markets. They will organize four farmers markets this year, including the Stapleton Farmers’ Market. They aim to create popular community events where customers can meet the people who produce their food, get neighbors, get gardening advice, access unique food items and enjoy everything that is fresh in a fun and festive atmosphere.

**Sustainability at Stapleton**

by Melissa Knott

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**Culinary Cuisine by Janene**

Janene Cameron, a pastry chef at Forest City Stapleton, Inc., is also the owner of Culinary Cuisine by Janene, a vendor at this year’s Stapleton Farmers’ Market. Janene will be selling gourmet pasta and also providing tasty samples of her product. (See article at left.)

**Water-Smart Gardening Expo and Tours at the Denver Botanic Gardens**

On Saturday, June 25, learn how to grow fabulous gardens in Colorado’s finicky climate at Denver Botanic Gardens’ third annual Water-Smart Gardening Expo. You will have the rare opportunity to tour Denver Botanic Gardens’ eight low-water/no-water gardens with the Gardens’ own expert horticulturists. Maps of the eight gardens will be available along with a selection of the most popular available plants featured in each garden and growing instructions.

Additionally, industry and plant society experts will answer your questions about irrigation, plant choice, landscape planning, turf and groundcovers, pruning, hardscapes, mulching, and more.

Xeriscape gardening guru David Solomon will present “My Favorite Xeric Plants for Colorado Gardens,” an insider’s look at the best native and adapted xeric plant choices for Colorado. He will also address garden conditions, plant placement, and how to combine plants for best results. In the afternoon, tours of Centennial Gardens and three offshore private gardens will be offered.

For more information, visit www.botanicgardens.org or call 720-865-3580.

**FREE Composting Classes and Seminars**

Save your garbage into “gold” by learning to compost. It’s good for your yard and garden, good for the environment, easy to do and fun! Compost can retain 100% of its moisture in water and is an important component of gardening in a drought.

Denver Recycles and Denver Urban Gardens offer free classes and neighborhood composting seminars on Saturdays and Sundays from May through mid-October. Participants must register one week in advance. To sign up, call 205-455-6810 or send an email to denverrecycles@denver.co.gov.

**2005 Compost Class Schedule**

**May**
- Sat. 7th: 10 - 11am
- Sun. 22nd: 2 - 4pm

**June**
- Sat. 11th: 9 - 11am
- Sun. 26th: 2 - 4pm

**July**
- Sat. 9th: 9 - 11am
- Sun. 24th: 2 - 4pm

All classes are held at the Denver Backyard Composting Demonstration Site located in Denver Urban Gardens’ Grow Community Garden 13th Ave. & Colorado Blvd.

For the complete Neighborhood Composting Seminar schedule, visit www.dog.org.

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Success often comes with new obligations and time constraints—so we created the Executive Banking Program to save busy professionals time and money. Vector Bank’s Executive Banking Program includes:

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**Petite Artist**

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

www.petiteartist.com

(303) 202-2626
Meet Your Neighbors

by Jody Donley

East Coast Natives At Home In Stapleton

Stapleton is a diverse community comprised of unique people from around the world. Each one has a personal history. Meet the Sauer, Stapleton residents since 2004.

Al, Tammy, Emily, and Jessica made the move to Stapleton last year from Boynton Beach, Florida. Al, the oldest of four, grew up in Cranford, NJ where his grandfather was a train conductor at a young age. When his dying Grandfather was in the hospital, they would read train books together. According to Tammy, “by the age of three, he could name every car by its real name and what it was for!” Al’s early passion for trains did not diminish. He attended Syracuse University where he earned his degree in Transportation Management and now works for Omni Trax in Cherry Creek.

Tammy also grew up near the Jersey shore in Toms River, NJ. Tammy’s father has been a professional entertainer for years. He is a clown and magician, working large events and fairs. As a teenager, Tammy did some “clowning around” to earn pocket money. Like Al, Tammy was also heavily involved with the Scouts and worked her way to a First Class Scout designation. She is currently the leader for the Daisy Troop at Wesley Creek Elementary.

While working full-time at a bank, Tammy attended night classes at Ocean County College. She earned an Associate Degree in Business and became a controller for a small bank. She has since made parenthood a full-time career with two daughters - Emily, 3 and Jessica, 1. Tammy is Treasurer of the PTA and stays involved in numerous activities at Wesley Creek Elementary.

The Sauer family found Stapleton through friends who moved here a few months before they did. After looking at other communities from Wash Park to Westminster, Stapleton sold them with the close commute, beautiful homes, town center concept and the parks. Now that they have been here for a year, the community is providing even more than expected. “Since everyone is new here, everyone wants to meet their neighbors. It’s like we never grew up. Al still plays with his trains…”

Thousands of miles from the Jersey shoreline, the inner child is still close at heart.

Jody Donley is a Stapleton resident who runs her real estate business “The Donley Team at Innovative Real Estate Group” from her home. For more information, call 720.290.8517.

Home Work

by Kathy Epperson

“Getting Your Act Together”

We all face a common beast: piles of junk mail and paperwork, toys everywhere, and clothes we haven’t worn in years. Here to help us slay this dragon is Stapleton entrepreneur Kirsten Stein, who offers a professional organizing and decluttering service for homes and small businesses through her home-based business called Get Your Act Together. Previously working in direct and vice president positions for a nonprofit and a marketing company, Kirsten found out about organizing as a business fifteen years ago and knew she would end up pursuing this as a career. In 1998, while living in San Francisco, she started her organizing business on a part-time basis around her full-time work, and then later made this her primary pursuit.

Kirsten and her husband Josh, a federal prosecutor, moved to Denver 2 1/2 years ago and now have a 14 month old daughter, Katherine. Because Kirsten is the primary caregiver for her daughter and also plans to have a second child, her intent is to keep her work to a part-time basis. She initially considered going back to the corporate world, but realized that was not what she wanted to do. “I do not want to work for anyone else again, and I feel like I have a lot to offer my own business,” Kirsten says. Fortunately, her husband is very supportive, and although it is hard to start in a new city, it can be fun meeting lots of new people. I love what I do, that is the most important thing. I find that running my business on my own terms and doing what I love makes me happy and a lot less stressed, and makes me a better mom.”

The business of organizing comes naturally to Kirsten, who as a kid lined up all her stuffed animals on her bed by height. “My husband tells me it is my inner perfectionist that makes sure everything is in order,” Kirsten laughs, but she also found that living in small spaces and owning small cars tended to help her hone that natural talent. She promotes her business through membership in the National Association of Professional Organizers, through a local business group, and also has marketed her services by passing out flyers in the neighborhood. Asked for her advice to someone starting a home-based business, she emphasizes the busier you are, the more essential it is to plan and delegate. “Although it can be hard with children, set some weekly goals and have a priority list each day. Don’t make everything a priority, it just isn’t realistic.”

(Email Kirsten at katein@getyouracttogether.org or check out her upcoming website at www.getyouracttogether.org.)

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

Kirsten Stein’s tips for staying organized:
1. Don’t have enough time to pay bills? Consider online direct bill pay from your bank. Most banks offer the service for free now.
2. Need to get through that pile on your desk? Take small stacks and sort during TV commercial breaks.
3. Get your kids involved. Consider a game of putting the toys away into big bins or buckets or help sort the laundry flat, light colors vs dark. Set a time limit and reward with praise, time, attention, or treats.
4. When trying to get organized create some SPACE. Sort, Purge, Assign a new home, buy a Container and learn how to Equalize. (from Julie Mogensen, “Organizing from the Inside Out”)
5. Hire a professional organizer. They will know the latest tips, tricks and systems to help.
**Breakfast For Dinner**

When I was eight years old my room went back to graduate school, which was great for her mind, but hell on her belly. Dinners became quite the challenge for our family of five: gone were my mother’s well-balanced and compelling meals and in was ushered: Hamburger Helper. Although it’s not all bad, after three nights in a row it does wear on the stomach, even the stomach of an eight year old girl. It was during these years that “breakfast for dinner” was invited into the Wednesday rotation of meals. My brothers and I loved helping by cracking eggs or flipping pancakes. These breakfast dinners definitely had a more festive edge to them than the meals that were poured from a box.

Now that I have a family of my own, I find myself enjoying the same tradition of “breakfast for dinner” every once in a while. But, because my tastes have changed and I don’t crave maple syrup and carb-laden pancakes in the evening, I tend to gravitate more toward the frittata. To appeal to the children, we always include a pancake on the side (we make a big batch of healthy whole-wheat and flap seed pancakes every weekend and freeze the leftovers for quick morning breakfasts).

The word frittata is Italian for a flat, open-faced omelet. They can be served warm or at room temperature. Not only can they be served for a casual main dish for family, but they are easy cut into squares and served as an appetizer (try using green chile and cheddar cheese as additions for an easy Southwestern-style appetizer). Frittatas also are a versatile picnic food easy to pack and need to serve piping hot.

I always make mine in a cast iron skillet that I bought nearly 15 years ago. A 10 inch cast iron skillet will set you back about $9.50. That certainly beats the hölogen stainless steel skillet averaging $120 for the same size. One of the best brands is Lodge, a company in Tennessee that has been around for about 100 years. They are easily seasoned in your oven and will last for decades. Mine has such a good finish on it that it is nearly as effective as a non-stick coating.

So the next time you walk in the house after a long day, check your fig before ordering take-out. All you really need is a few eggs and a knob of cheese, and with any luck at all you’ll find some leftover (below see) that can be revitalized into an entirely new dish. Plus, you’ll be eating a well-known “super food” as eggs are rich in B12, riboflavin and selenium. What more could you want for a fast, easy and cheap weeknight meal?

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**Recipe for Frittata**

2 tablespoons olive oil 1/2 cup grated cheese
6 eggs of your choice
Salt and pepper tablespoons half-and-half or heavy cream

Adjust oven rack to the upper-middle position; preheat broiler.

Pour oil in a medium ovenproof skillet and heat on stovetop until warm. Swirl oil to coat entire bottom of the skillet. In a medium bowl beat together egg, cheese, salt, and pepper. Pour eggs into warmed skillet and turn heat to low. Cook, undisturbed, for about 7 minutes or until the bottom is firm.

Remove pan from stovetop and place in preheated oven. Broil until the top of the frittata is puffed and spotty brown, about 4 minutes. Remove from oven and let stand for 5 minutes to set and finish cooking. Serve warm or at room temperature.

(*this is optional, but it does make the frittata more velvety in texture."

Suggestions for additions:

- A handful of cooked and chopped veggies: asparagus, spinach, broccoli, onion
- Leftovers: bacon, cooked sausage, ham, smoked fish, cooked shrimp
- Fresh tomato lightly sautéed or sun-dried tomatoes
- Fresh herbs
- Red pepper flakes
- Sautéed mushrooms

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**Talking to Kids About Pet Loss**

A pet can be a child’s best friend. The death of a pet can be a sad and confusing time for children as well as a difficult time for parents. Often parents are dealing with their own grief and aren’t sure how to talk to their children about the death of the pet, whether it’s a hamster, turtle, cat, dog, or horse.

The continued role for talking to children about the death of a pet is to be honest. It’s important to let children say goodbye and to express their grief.

When a pet dies, some parents have the impulse to lie to protect their children from grief. They may tell the child that the pet was given away, lost, or went to a farm to live “happily ever after.” Adults may lie because they want to protect their child from sadness and hurt. It breaks your heart to see a child sob, but it’s normal and healthy for children to grieve. When they lose a pet and it dies, they need to know its okay to cry.

Most experts recommend sticking to the basics, simple truth and using language the child can understand. If you can foresee a death or euthanasia, you can prepare by talking to the children beforehand, explaining, “Fluffy is very sick and can’t get better. When she dies, her heart will stop and she cannot walk or play or eat or run anymore.” Avoid the euphemism “put to sleep” because it can cause a child to be afraid of going to sleep at night. It’s better to say “Because Fluffy can’t get better we’re going to help her die.”

Statements like these will probably lead to a barrage of challenging questions such as “Why?” and “Where is she going?” Parents should try to answer these questions and help children learn that death is a natural part of life. Many pets have short life spans. They get ill, body parts wear out, they get into accidents, and sometimes they can’t be saved. Plus, parents have the opportunity to discuss their spiritual beliefs with their children.

Other suggestions to help children cope are:

- Let children say goodbye to the pet before euthanasia or burial. A teenager away at college may want to know what’s going on.
- Let older children or teens be present for the euthanasia, if they want to be, and if they are carefully prepared for what will happen.
- Let children express their feelings. Encourage a child to draw a picture or write a story about the pet. Making a scrapbook or memory book may help an older child.
- Let children help in planning a memorial, whether you have ashes, a burial, or a simple eulogy in the living room.
- Read books together, such as The Tenth Good Thing About Barney, where a brother encourage his son to think of 10 good things about his cat after the cat dies.
- Parents can learn more about pet loss from resources such as Children and Pet Loss: A Guide for Helping, by Marty Toursley.
- Don’t rush into getting a new pet.

Dr. Smith is a Stapleton resident. Her clinic, the 29th Avenue Animal Hospital, is located on the courtyard next to Fantastic Sams in the East 29th Avenue Town Center.

For more information, call 303.394.3927.
Stapleton United Neighbors Editorial

SUN to Kick Off 1st Annual Stapleton Block Party Day June 18

Beginning at noon on June 18, SUN's Outreach Program will kick off the first annual Stapleton Block Party Day. Each block will organize and throw its own unique party, with SUN to provide prizes, traveling entertainment, such as clowns and face painting, from block party to block party, and advertising and logistical support. Some blocks may choose to join forces with neighboring blocks and hold their event at a nearby outdoor space, such as a park, or even a "rally in the alley." SUN will assist in providing information about city regulations and any necessary permits. After blocks select the location for their block party, SUN will help get the word out by publishing party locations and email addresses for "block captains" organizing their block's efforts.

In future years, if SUN's budget permits, Block Party Day may culminate in a free neighborhood concert at Founder's Green. To help make your block's party the best it can be, please find your block number on the map (below) and contact the volunteer block captain listed in the box below the map for your block. If no volunteer is listed for your block yet, then volunteer yourself! Email makin@8thlaw.com if you wish to volunteer as your block's captain. The next planning meeting with SUN and block participants will be held at 6:30 p.m. on May 19 in the second floor conference room at Forest City Stapleton, Inc., 7351 East 29th Avenue.

The SUN Outreach Program represents a blend of old ideas and new: bringing neighbors together on a block-by-block basis for some good cheer and neighborhood bonding, while also getting back to the old New England concept of a "town hall democracy." Participation government - where citizens and their leaders are engaged in a continual dialogue - was once the hallmark of American democracy. With its focus on neighbor interaction and community space, Stapleton represents a great opportunity to get back to our roots and encourage both dialogue and empowerment at the grassroots level. While SUN serves as the elected representative "neighborhood association" for addressing neighborhood issues and bringing neighbors together, we believe that each block can emerge as its own "organization" that creates opportunities for block-level social activities, addresses block-specific concerns, and provides input on neighborhood issues. With the continued growth of Stapleton, communication at the grassroots level will be particularly essential, and will provide the building blocks to develop the neighborhood we are all hoping for.

Meet Your Neighborhood Credit Union

You'll Be Amazed at What We Can Do for You

Our members regularly tell us that our exceptional service sets us apart from others. We think we are extremely convenient, too! We're right in your neighborhood - and as part of the DPS Credit Union network, you gain access to over 500 free ATMs and 65 convenient branch locations in Colorado!

"The level of personal attention and service I receive at DPS Credit Union is a million times better than what I received at a regular bank. I love DPSCU!! Thank you for making me feel like a 'member' of a very special institution!" - Catherine

If you have not yet visited the Credit Union at Stapleton, please stop by to meet us! We're conveniently located at 3708 North Quebec, Unit 102, and we're enjoying meeting our neighbors. As a part of this growing community, it's important to us to help you and your family with your individual financial needs.

Credit Union at Stapleton
303.321.4209 www.dpscu.com

TO ADVERTISE IN THE FRONT PORCH
call: 720.295.1518
email: marketing@StapletonDenver.com
or visit: www.StapletonDenver.com

S.U.N. Block Captains

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**S.U.N. Presents Board Candidates**

SUN has been preparing for the election of new Board of Directors members on May 17, 2008. Eight neighbors have submitted their candidacy for seven open positions on the Board. With this letter, the SUN nomination committee presents information about the candidates for your consideration.

Thanks again to everyone who has participated in this process. Please be sure to mark your calendar with the election date, Tuesday, May 17 at Westerly Creek school, 4:30pm. We look forward to seeing you.

Diane Deeter, Stapleton Community Manager

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**Letters to the Editor**

Residents Could Use Encouragement to Do More Recycling

We are grateful that Stapleton and Forest City are continually working on sustainability and green initiatives, and happy to see those described in various issues of Front Porch. I have noticed, however, that most of what is described pertains to what Forest City is doing (like recycling concrete from old manways), and not so much on what residents can do to fulfill this promise. For example, when I go on my morning walk, I occasionally notice items left out for trash pick-up that could easily be donated. We all have busy lives, but with a little guidance from Forest City on where to donate old computers, electronics, strollers, and other items, I think folks would make the effort to see that this stuff doesn’t end up in landfills. Additionally, I’d love to know if we can see a large recycling bin in one of the neighborhood parking lots where folks can take magazines, cardboard, and other items until Denver’s recycling program expands later this summer. There are also many other easy things to implement that would make a big difference, like composting, using compact fluorescent lightbulbs, donating old cell phones, and so forth. I’d like to suggest that we add a sustainability page on the community website that lists all these ideas, plus where to donate various items that should not get trashed, and include details on these ideas in future Front Porch issues.

Kerry Epperson, Stapleton resident

**Editor’s Note:**

In addition to the information provided each month in the Front Porch feature “Sustainability at Stapleton,” Forest City also publishes a monthly newsletter with tips for sustainable living called “New Leaf.” Topics covered so far in 2005 include Managing Household Hazardous Waste, E-Waste, and Minimizing Light Pollution. Past New Leaf issues on composting, using compact fluorescent light bulbs, saving water and much more, are available on our website at www.StapletonDenver.com. Visitors to that site can download back issues and sign up to receive new leaf via email from our website. New Leaf may also be picked up as paper form at the Stapleton Visitor’s Center. Last year we also started distributing New Leaf for Kids, which is available on our website and at the Stapleton Visitor’s Center and features fun tips and activities to help children understand the principles of sustainability.

We also frequently post useful sustainability information on the Stapleton Online (www.StapletonOnline.com). Currently there is information on the internet about where to recycle old eyeglasses, classes on becoming a Master Composter/Recycler, and the 2005 schedule for Denver Water’s Xeriscaping Clinics and Seminars. Sometimes the sustainability articles are pushed to the “Parenting Community News” section so we are currently exploring ways to make this information easier to access.

ToR Recycling has blue recycling bins conveniently located throughout the Greater Stapleton community (on the south side of the Odyssey School parking lot for 28th Avenue, on the south side of the Ashley Elementary School parking lot at the corner of Sycamore and Montview, and in the Denver School of the Arts parking lot at Olive and 21st) for recycling office paper, junk mail, magazines, and newspapers. Due to space limitations of the bins, phone books and cardboard are not accepted, however the main ToR Recycling Center, located at 2600 (at 40th Avenue (north of I-70 between Colолодo and Vassar) does accept those materials and more.
Women's Personal Safety Class
The Denver Police Department has partnered with Innovative Martial Arts to host a one-day class designed especially for women to promote their safety awareness. Topics that will be covered are:

- Basic Drive Maga self-defense techniques
- Situational awareness and methods to reduce vulnerability to attack
- Choices women should be prepared to make when confronted with assault
- Personal weapons and the laws associated with possessing and using them.

The classes will be held on Saturdays. Participants will be restricted to registering for only one four-hour session. Students will be able to participate in brief self-defense training, however this is only for awareness purposes and is not intended as certification in any self-defense technique. Liability waivers will be required. Women 12 and older are welcome; however, those under 18 must be in attendance with a parent or guardian. To register or for questions call: 303-379-1521.

Location: Denver Police Academy, 7620 E. Montview Blvd.
Dates: May 14th & June 11th, 2005
Times: 9am - 1pm
Cost: Free
Class Size: 50 students maximum

Wesley Creek Now Enrolling 6th Graders
by Sarah Rogers
Wesley Creek Elementary will offer 6th grade starting in the 2005-2006 school year. We are seeking those 6th graders who are ready to make the transition to their neighborhood school. Wesley Creek has small class sizes and offers art, music, and physical education as well as many electives after school programs. These children will go on to attend the new Stapleton K-8 school after its completion in the fall of 2006. Now is the time to enroll your child.

Please call me at 720-485-5578 if you have questions.
Sarah Rogers is a resident of Stapleton and President of the Wesley Creek PTA

S.U.N. Board Candidates (continued from page 13)

Jill Fuson
7805 38th Avenue
Resident Since: September 2002
Occupation: Teacher Trainer, Graduate Student
Current President of S.U.N.
I am a teacher by training, having taught high school humanities at the Rocky Mountain School of Expeditionary Learning, and now train teachers across the metro area in a history and democratic citizenship curriculum through the PEBIC Facing History Project. I also work with Center for Civic Ethics at DU where my doctoral work has focused on helping to create the Civic Canopy, a network of organizations dedicated to promoting dialogue, civic engagement, and a healthier civic climate in Colorado. Based on these interests, Stapleton is a dream coming true for my family and me, and we have loved every minute of living here since we arrived in September of 2002. I feel extremely fortunate to have joined the merry band of SUN organizers as its inception, and to have served in the past year as President of SUN. I also have served on a variety of other boards and worked with a wide range of civic and community groups, frequently playing the role of facilitator.

What's important to me and my primary goal for SUN this year is to build stronger relationships at the block level to create a network for communication, fun, and safety in our neighborhood.

Anthony Aragon
2806 Akron Avenue
Resident Since: January 2004
Occupation: Mayor's Office
I reside on the 2800 block of Akron Street, near Wesley Creek Elementary School. My partner, David, and I have lived at Stapleton for approx. 14 months, having moved in mid-January. We lived in Pino, Colorado for seven years, the interesting thing was we really had no neighbors or a sense of a neighborhood. All houses were across from one another and you really had to walk to any convenient stores. The neighborhood was quite isolated, and I enjoyed being a part of the Stapleton family, we are active members of Stapleton and David and I introduced the concept to our friend Ted Belock who helped create Jumpstarts. It's wonderful to have groups like this.
S.U.N. Board Candidates (continued from page 14)

people with the same and diverse interests and we enjoy spending time with both groups. I currently work in Mayor Michaelcooper's office and know first-hand the demands, we as a neighborhood face. I would like to be involved on the SUN board and work with other neighborhood organizations in District 11, including Parks Hill Green Valley Ranch and Montbello.

I hope to be an asset on the board to not only a neighborhood representative but also a city representative assisting SUN with any needs that may arise.

Susan Hodinger Roslyn Court at 28th and Quebec
Residents Since: Occupation: Professional Coach and Consultant
I have lived in Stapleton for one year and love the community feel of suburban neighborhood. I am interested in serving on the SUN board as a way of becoming a more active member of this community.

Bluff Lake is that it continues to foster active participation by the community in neighborhood development. As a professional coach, I bring my skills of active listening and facilitation to this process. I can help in mediating conflict and ensuring that voice is heard. As we continue to grow, I look forward to holding our collective vision in developing our community.

Mike Johnson 3933 Alton Street Residents Since: Oct. 2004 Occupation: Teacher
We moved to Stapleton in October of 2004 from Congress Park. My wife, Carol Friesen, and I have three daughters (Sarah 11, Abby 8 and Carly 6) all of whom are students in Denver Public Schools. Since moving to Denver from the midwest in 1979, I have lived in various neighborhoods in East Denver, Capitol Hill, Capitol Hill, and Wing Park.

I am also a rider with the Colorado Horse Riders. We moved to Stapleton because of the open space, walking and bike paths, kid-friendly foot and proximity to Denver School of the Arts (where our oldest is in 6th grade). My goals for the neighborhood are to create a sense of community and safety for children and adults as possible. As a parent of three school-age children, I am also extremely interested in the development of the public schools in and around Stapleton.

Michael Brevilence 8805 E. 28th Ave 
Resident Since: April 04 Occupation: Software Engineer
You will find in me two traits in Stapleton that I am "mostly" a native and second being that I am currently single. However, Stapleton has influenced my ways in that I am proud owner of a Maltese cat, Callie. I look for a house around Denver for about six months before viewing Stapleton; then I did not have to look any further.

What is important to me is values, providing the opportunity to negative impact in the quality of life of the community and serving on the Board would be a good way to do this.

SUN Board Candidates (continued from page 14)

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What is important to me is values, providing the opportunity to negative impact in the quality of life of the community and serving on the Board would be a good way to do this.

Before you make a move to Stapleton, call me!

JODY E. DONLEY
The Donley Team
Broker Associate & Stapleton Resident

Before you make a move to Stapleton, call me!

JODY E. DONLEY
The Donley Team
Broker Associate & Stapleton Resident

McStain neighborhoods is introducing new variations on their Row Homes at Stapleton. Featuring tuck under garages and courtyards, these homes will be a welcome addition at Stapleton.

SHOPS

The Coral Room is preparing to open in the East 29th Avenue Town Center. The Coral Room will serve dinner in a hip, fun atmosphere.

Lollolock's Kids Hair Salon will be opening in the coming months at Quebec Square. Lollolock's is a full-service hair salon specializing exclusively in children's cuts and styles as well as a range of exceptional kids' products, services and gifts.

The first Bass Pro Shops in Colorado will be opening this fall at Northfield at Stapleton. Located just north of I-70 and east of Quebec Street, Bass Pro Shops is the World's Leading Supplier of Premium Outdoor Gear.

EVENTS

A dunk booth, face painter, balloon artist, a masseuse and three of Denver's best local bands: Dressy Bessy, Matson Jones and Vicki Woodworth will all be part of the 4th annual Stapleton Founders' Day on Saturday, June 11th from 4:00 p.m. to 9:00 p.m. at Founders' Green.

The first movie in the 2005 Stapleton Under the Stars Movie Series will be held on Friday, June 17th. Newly released, The Incredible is sure to be a hit for everyone.

PARKS

With the beautiful Colorado weather, Stapleton's parks and open space are sure to be enjoyed by all this summer and with 85 acres of parks already completed at Stapleton, there will be a spot for everyone to enjoy.

Greenway Park will host the second annual Stapleton Charity Chase on Saturday, June 11th.

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FEELS DIFFERENT

Exempla Family Medicine at Stapleton
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Dr. Kristin Walsh, née Luthary, has served families in Stapleton since 2004. "She is one of the best GPs I've ever been to," says Jim McSain of Denver, Colorado. Dr. Walsh's compassionate care makes a difference in her patients' lives. "I've been a patient myself so I know how important it is for your doctor to be a good listener," says Dr. Walsh. "I want to understand the special needs of each of my patients. That's my goal. That's how I can give every patient the best possible care."

Dr. Walsh provides leading-edge medical care for the entire family, including newborns, child health, and women's health care. The physicians of Exempla Family Medicine at Stapleton are conveniently located in the Stapleton Plaza Office Building, 1481, Quebec, Suite 1015. Come visit us or call 303-467-4900 today for an appointment. Making a difference in our neighbors' lives – that's Exempla Family Medicine at Stapleton.
DSA Students & Faculty Challenged to Reduce Driving

Students of the Denver School of the Arts meet in a special assembly to kick off a challenge to which students and faculty will attempt to reduce the miles they drive to promote air quality and energy conservation. The challenge is receiving the support of the Stapleton Area Transportation Management Association.

Bluff Lake Classes (continued from page 15)

binoculars and join Bluff Lake Naturalist, Carl Wells as he guides you through the trails at Bluff Lake in search of avian adventures. Through the years over 130 different species of birds have been spotted at Bluff Lake. Don’t miss your chance to learn from an expert! No experience is necessary. Bring your binoculars and bird book if you have them. If you don’t have the equipment, we have plenty to share.

Date: 1st Saturday of Every Month—7 – 9 am Cost: Free

Fireside Chats

You and your family will enjoy a campfire and marshmallow roast as you learn about the animals and ecosystems at Bluff Lake. Watch as nocturnal animals come to life while the sun sets slowly behind the mountains. These programs are fun for the whole family. Children of all ages are invited but required to bring a parent.

Date: 3rd Thurs. of every month—6:30pm
Cost: Free

Dance and Topicos

May 19: Owl’s Call to Owls
June 16: Prairie Dogs, Pest or Pal?
July 21: Clever Coyotes
August 18: Busy Beavers

Wild Patterns in Nature

View nature in a whole new way—through a camera lens! Take your kids on an urban nature expedition where they will bring their memories home on film. Children will discover Bluff Lake’s beauty and learn how to view the patterns all around them in nature. Each child will be given their own disposable camera that they can take home and develop. Kids will be encouraged to enter their photos in the City of Aurora’s Photo Contest.

Date: Aug 27–10am-Noon
Cost: $10 (child members) $15 (child non-members)

Fitness Walk

Get your exercise and learn about nature at the same time, take a fitness walk with a Bluff Lake Naturalist! We will do one lap around Bluff Lake which is approximately 1 mile.

Date: Wed. mornings from May-August—8 am to 9 am
Cost: Free

Sharing Nature With Children

Enjoy a morning of fun nature games that awaken enthusiasm for the outdoors and encourage understanding of ecological concepts using sensory perceptions. This is a special program for parents and their young children (under 5) to develop a better appreciation for nature through play. Bluff Lake’s Curriculum Specialist, Debbie Livingston, has been working with children in the outdoors for over 10 years and has a great insight into the minds of children. Take time to join her for this fun and educational program.

Date: June 25–10am-Noon
Cost: $15 per family (members)/$30 (non-members)

Open House

Interested in learning more about Bluff Lake? Come on over on Founder’s Day for a free picnic lunch. Enjoy the plants and wildlife, participate in a nature hike or help your kids with a fun nature craft.

Date: June 11–11am-1pm
Cost: Free

Group and School Programs

Group programs are offered to schools, day camps and daycare centers throughout the summer on weekdays. Dates and times will vary. Cost is $5 per student. Scholarships are available for qualifying schools. All programs must be scheduled 2 weeks prior to your trip.

Programs:

Sensory Discover (Pre-K, 1st)
Healthy Habitats (1st, 2nd)
Wild Life Cycles (2nd-6th)
Wetland Wonder (3rd, 4th)
Prairie Dogs, Pest or Pal? (all ages)


Curious? You should be.

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