Final Truss Placed in Roof Structure

Elected officials from Denver and Commerce City joined representatives from Forest City Enterprises and Bass Pro Shops recently for a “topping off” ceremony as construction workers placed the final truss in the roof structure of the new Bass Pro Shops Outdoor World at Stapleton’s NorthField Retail Center.

The 180,000-square-foot super outdoor store will anchor Stapleton’s 1.2-million-square-foot lifestyle, entertainment, and retail center north of I-70 as the first location in Colorado for Bass Pro Shops. The store is scheduled to open November 10, 2005.

Regarded as part museum, part art gallery, part education, conservation and entertainment center, the Bass Pro Shops retail store at Stapleton will offer some of the same signature features of other Bass Pro Shops Outdoor World stores. However, as typical in stores in other geographic locations, the Denver Bass Pro Shops Outdoor World will be uniquely designed to pick up the local flavor of the area’s outdoor heritage and include state record fish and wildlife exhibits and historical pictures and artifacts from local hunters and fishermen.

“When Bass Pro Shops opens at Stapleton later this year, it will further enhance Denver’s reputation as a haven for sports enthusiasts.”
—Mayor Hickenlooper

A Cool Pool

The much anticipated second community pool opened its doors at Stapleton on the Fourth of July to rave reviews from young and old.

Swimmers found cool relief from a blistering summer sun in the special water features that will make this neighborhood oasis a popular place to be.

Located at 24th and Xenia Street, Stapleton’s second pool offers a variety of features that distinguish it from Aviator Park pool, which is now in its third year of operation. Those special features include a step-free “zero entry” and a variety of cascading waterfalls, bubblers, misters and sprays that delight every visitor.

Both pools are managed by Stapleton’s Master Community Association.

The new pool will be the subject of a naming contest that will kick off August 1st. Anyone wishing to enter the contest may deposit their entry in one of the suggestion boxes at either pool or enter online at www.StapletonOnline.com. The winning entry will be selected August 15th.

Hours for the new pool through the end of the season are shown in the calendar on page 2. The telephone number for the new pool is (303) 393-0018.
Mark Your
CALENDAR
2005 STAPLETON EVENTS

POOL HOURS

New Stapleton Pool
Through August 14
Monday - Sunday 11am - 8pm
August 15 - September 4
Saturday & Sunday: 11am - 7pm
Monday - Friday: 3:30pm - 7pm
September 5 - Labor Day
Monday: 11am - 7pm
Pool closes for the season at 7pm on Sept. 5.

Aviator Pool
Through August 14
Sunday: 11am - 8pm
Monday & Wednesday: Noon - 8pm
Tuesday & Thursday: Noon - 7pm
Friday: Noon - 6pm
Saturday: 11am - 6pm
August 15 - September 4*
Sunday: 11am - 7pm
Monday - Thursday: 3:30pm - 7pm
Friday: 3:30pm - 6pm
Saturday: 11am - 6pm
Monday, Sept. 5 - Labor Day: 11am - 7pm
Pool closes for the season at 7pm Sept. 5.
*On August 20th the pool closes at 4pm.
The Rocky Mountain Arsenal's transition from Superfund cleanup site to one of the country's largest, urban national wildlife refuges is not just about demolishing buildings and cleaning up the soil, it is also about restoring the land to what it once was. Once all the work is completed, the site will truly be a refuge for both the public and the wildlife to enjoy.

The site’s goal is to revegetate approximately 8,000 acres of the Arsenal's total 17,000 acres of land. To date, the program is nearly halfway there – close to 3,400 acres have already been revegetated.

There are several reasons why such an emphasis is put on land restoration, but the main reason is to stabilize the soil and provide refuge for wildlife. Since large areas have been disturbed during the cleanup activities, these former cleanup areas would end up providing ideal conditions for the establishment of many weeds and invasive non-native plant species without the revegetation program. To avoid this, proactive planting and re-establishment of what is believed to be native plant communities takes place. Once the basic native vegetative communities are established, they, in turn, will provide important and necessary habitat for many species of native birds, mammals, reptiles and insects that call the Refuge home.

The native short grass prairie, which is what the Refuge will be returned to, is normally dominated by a variety of cool and warm season grasses, but also includes some wildflowers and shrubs. The dominant grasses used to restore the short grass prairie at the Refuge are blue grama, western wheatgrass, sand dropseed, buffalo grass, needle and thread grass, side-oats grama and a variety of bluestem. Wildflowers such as blanket flower, prairie coneflower, and thread grass, side-oats grama and a variety of bluestem. restore the short grass prairie at the Refuge are blue grama, cool and warm season grasses, but also includes some 5 percent of the seed mixes. Shrubs such as fourwing saltbush and grass prairie at Rocky Mountain Arsenal National Wildlife Refuge also could be included in your own xeriscaped grass prairie at Rocky Mountain Arsenal National Wildlife Refuge.

There are several reasons why such an emphasis is put on land restoration, but the main reason is to stabilize the soil and provide refuge for wildlife. Since large areas have been disturbed during the cleanup activities, these former cleanup areas would end up providing ideal conditions for the establishment of many weeds and invasive non-native plant species without the revegetation program. To avoid this, proactive planting and re-establishment of what is believed to be native plant communities takes place. Once the basic native vegetative communities are established, they, in turn, will provide important and necessary habitat for many species of native birds, mammals, reptiles and insects that call the Refuge home.

The native short grass prairie, which is what the Refuge will be returned to, is normally dominated by a variety of cool and warm season grasses, but also includes some wildflowers and shrubs. The dominant grasses used to restore the short grass prairie at the Refuge are blue grama, western wheatgrass, sand dropseed, buffalo grass, needle and thread grass, side-oats grama and a variety of bluestem. Wildflowers such as blanket flower, prairie coneflower, and thread grass, side-oats grama and a variety of bluestem. restore the short grass prairie at the Refuge are blue grama, cool and warm season grasses, but also includes some 5 percent of the seed mixes. Shrubs such as fourwing saltbush and grass prairie at Rocky Mountain Arsenal National Wildlife Refuge also could be included in your own xeriscaped grass prairie at Rocky Mountain Arsenal National Wildlife Refuge.

There are several reasons why such an emphasis is put on land restoration, but the main reason is to stabilize the soil and provide refuge for wildlife. Since large areas have been disturbed during the cleanup activities, these former cleanup areas would end up providing ideal conditions for the establishment of many weeds and invasive non-native plant species without the revegetation program. To avoid this, proactive planting and re-establishment of what is believed to be native plant communities takes place. Once the basic native vegetative communities are established, they, in turn, will provide important and necessary habitat for many species of native birds, mammals, reptiles and insects that call the Refuge home.

The native short grass prairie, which is what the Refuge will be returned to, is normally dominated by a variety of cool and warm season grasses, but also includes some wildflowers and shrubs. The dominant grasses used to restore the short grass prairie at the Refuge are blue grama, western wheatgrass, sand dropseed, buffalo grass, needle and thread grass, side-oats grama and a variety of bluestem. Wildflowers such as blanket flower, prairie coneflower, and thread grass, side-oats grama and a variety of bluestem. restore the short grass prairie at the Refuge are blue grama, cool and warm season grasses, but also includes some 5 percent of the seed mixes. Shrubs such as fourwing saltbush and grass prairie at Rocky Mountain Arsenal National Wildlife Refuge also could be included in your own xeriscaped grass prairie at Rocky Mountain Arsenal National Wildlife Refuge.

There are several reasons why such an emphasis is put on land restoration, but the main reason is to stabilize the soil and provide refuge for wildlife. Since large areas have been disturbed during the cleanup activities, these former cleanup areas would end up providing ideal conditions for the establishment of many weeds and invasive non-native plant species without the revegetation program. To avoid this, proactive planting and re-establishment of what is believed to be native plant communities takes place. Once the basic native vegetative communities are established, they, in turn, will provide important and necessary habitat for many species of native birds, mammals, reptiles and insects that call the Refuge home.

The native short grass prairie, which is what the Refuge will be returned to, is normally dominated by a variety of cool and warm season grasses, but also includes some wildflowers and shrubs. The dominant grasses used to restore the short grass prairie at the Refuge are blue grama, western wheatgrass, sand dropseed, buffalo grass, needle and thread grass, side-oats grama and a variety of bluestem. Wildflowers such as blanket flower, prairie coneflower, and thread grass, side-oats grama and a variety of bluestem. restore the short grass prairie at the Refuge are blue grama, cool and warm season grasses, but also includes some 5 percent of the seed mixes. Shrubs such as fourwing saltbush and grass prairie at Rocky Mountain Arsenal National Wildlife Refuge also could be included in your own xeriscaped grass prairie at Rocky Mountain Arsenal National Wildlife Refuge.

There are several reasons why such an emphasis is put on land restoration, but the main reason is to stabilize the soil and provide refuge for wildlife. Since large areas have been disturbed during the cleanup activities, these former cleanup areas would end up providing ideal conditions for the establishment of many weeds and invasive non-native plant species without the revegetation program. To avoid this, proactive planting and re-establishment of what is believed to be native plant communities takes place. Once the basic native vegetative communities are established, they, in turn, will provide important and necessary habitat for many species of native birds, mammals, reptiles and insects that call the Refuge home.

The native short grass prairie, which is what the Refuge will be returned to, is normally dominated by a variety of cool and warm season grasses, but also includes some wildflowers and shrubs. The dominant grasses used to restore the short grass prairie at the Refuge are blue grama, western wheatgrass, sand dropseed, buffalo grass, needle and thread grass, side-oats grama and a variety of bluestem. Wildflowers such as blanket flower, prairie coneflower, and thread grass, side-oats grama and a variety of bluestem. restore the short grass prairie at the Refuge are blue grama, cool and warm season grasses, but also includes some 5 percent of the seed mixes. Shrubs such as fourwing saltbush and grass prairie at Rocky Mountain Arsenal National Wildlife Refuge also could be included in your own xeriscaped grass prairie at Rocky Mountain Arsenal National Wildlife Refuge.

There are several reasons why such an emphasis is put on land restoration, but the main reason is to stabilize the soil and provide refuge for wildlife. Since large areas have been disturbed during the cleanup activities, these former cleanup areas would end up providing ideal conditions for the establishment of many weeds and invasive non-native plant species without the revegetation program. To avoid this, proactive planting and re-establishment of what is believed to be native plant communities takes place. Once the basic native vegetative communities are established, they, in turn, will provide important and necessary habitat for many species of native birds, mammals, reptiles and insects that call the Refuge home.

The native short grass prairie, which is what the Refuge will be returned to, is normally dominated by a variety of cool and warm season grasses, but also includes some wildflowers and shrubs. The dominant grasses used to restore the short grass prairie at the Refuge are blue grama, western wheatgrass, sand dropseed, buffalo grass, needle and thread grass, side-oats grama and a variety of bluestem. Wildflowers such as blanket flower, prairie coneflower, and thread grass, side-oats grama and a variety of bluestem. restore the short grass prairie at the Refuge are blue grama, cool and warm season grasses, but also includes some 5 percent of the seed mixes. Shrubs such as fourwing saltbush and grass prairie at Rocky Mountain Arsenal National Wildlife Refuge also could be included in your own xeriscaped grass prairie at Rocky Mountain Arsenal National Wildlife Refuge.
Exploring Neighborhoods Near Stapleton (Part II)

By Alice Kelly
Northeast Park Hill Coalition
Northeast Park Hill Coalition, formed in 1998, has a mission to create a safe, more viable community that encourages neighborhood involvement, building the development and connections to neighborhood resources on Northeast Park Hill. The Coalition includes the Adams Area, Triangle Park, Smith Road on the north, MLK Blvd. on the south, and Quebec on the east to Colorado Boulevard on the west. This active coalition has been instrumental in getting lighting in the Holly Shopping Center and working on traffic and safety issues. The Coalition hosts an annual Fun Fest on the third Saturday in August at the City of Arvada Park located on MLK Boulevard and Cherry Street. Free local entertainment, the bicycle safety village, and plenty of good food and fun kicks off this event.

For more information, contact Michele Wheelert, (720)837-5492.

Commercity Commerce City was incorporated in 1952, bringing together the communities of Adams Heights, Derby, Dupont, Irondale and Rose Hill that today is the core of a growing community of more than 50 square miles. The "Northern Range" area of the city provides 43 square miles of growth corridors amid some of Colorado's greatest natural resources, including the Rocky Mountain National Wildlife Refuge, the Prairie Gateway and other trails and open spaces. Tucked in the community are some very good restaurants, a great recreational center and small commercial clusters. Commercity will also be the new home of the Colorado Rapids professional soccer team and there will be an adjacent soccer campus.

Kroneks Sports Enterprises (KSE) is working with Commercity to finalize the plans.

For more information, contact Sheri Chavez, (303) 227-8833.

Rocky Mountain Arsenal National Wildlife Refuge Federal City, OH 43006 and Havanna to begin exploring the largest contiguous open space in the metro area. Prior to World War II, the arsenal was farmland. Settlers began building the short grass prairie sod, planting trees and crops and bringing irrigation to the area in the 1800's. In 1941, the US Army bought thirty square miles of farmland to establish the Arsenal to produce weapons. After WWII the Army leased the land to private companies that produced commercial pesticides. In 1996 biologists discovered the Arsenal was home to a large population of wintering bald eagles. Also thriving were deer, coyotes, prairie dogs, and other birds. In 1992 Congress passed the Rocky Mountain Wildlife Refuge Act, designating the site as a future refuge. US Fish and Wildlife Service has managed the site "as if it were a refuge" and is monitoring habitats and providing opportunities for wildlife-dependent recreation. The site is currently undergoing a major environmental restoration program. No dogs, hunting or bicycles are allowed at the Refuge, but there is fishing on the weekends. The Refuge sponsors wonderful nature programs. Try the Wild Ride Tours on Saturday or Sunday. Reservations required. (303)289-0930.

For more information, visit http://rockymountain arsenal.fws.gov

Montbello
In 1914, Joe Miller obtained land northeast of Stapleton Airport for his personal ranch. After Mr. Miller’s death in 1952, the ranch was purchased by Aetna Insurance, which helped finance the transformation of the real estate into a planned residential-industrial community of Montbello. The neighborhood is bounded by 56th Avenue on the North, Smith Road and 175th on the south, Chappelow Road on the east and Havana Street on the west. Montbello literally means "beautiful mountain." Spectacular views of Longs Peak, Mt. Evans and the Continental Divide inspired developers to name Denver’s new 2600-acre neighborhood Montbello. The annexation agreement included a master plan for the area to develop into a mixed use community and provided for parks, schools and other public facilities. Development began in 1966. Public, charter and pre-schools call Montbello home. There are a host of churches in the community and homes for sale and to rent. Montbello also has a new recreation center and soon to come is a bike trail through Montbello that will link Green Valley Ranch and Stapleton together.

Northern Range Communities of Adams Heights, Original Aurora, East Montclair and Parkside are some very good opportunities. For more information, contact Councilman Michael Hancock’s office, (303) 831-3872.

Alice Kelly is a long-time resident of Park Hill who serves on the Stapleton Development Corporation Board of Directors and Citizens Advisory Board.

Part 1 of this series explored the Original Aurora, East Montclair and Greater Park Hill neighborhoods.

The Alzheimer’s Memory Grove and Garden at Central Park

By Nancy Relihan
A new opportunity now exists to honor someone touched by Alzheimer’s disease through the purchase of a tree to be planted in the proposed Memory Grove and Gardens planned for Stapleton's Central Park.

The gardens are being planned under the direction of Dennis Piper, director of parks and environment for the Stapleton Development Corporation, in consultation with The Alzheimer’s Association and Alzheimer’s Women’s Auxiliary for Research and Education (AWARE). The current design and construction of Stapleton’s 80 acre Central Park has set aside a portion of the land for the garden and the design has been approved. Once the Alzheimer’s Association raises the needed funds for the cost of construction, groundbreaking will take place and construction will begin.

The Alzheimer’s Memory Grove and Gardens, located at the pinnacle of Stapleton’s 80 acre Central Park at Martin Luther King and Central Park Blvd, is designed to reflect the Seasons of Life – with a spiraling pathway of four distinct gardens, enhanced with seasonal plantings, benches, and walkways, all within a grove of 167 flowering plum trees and crab apple trees. The trees and the four-season garden areas are dedicated to “offer a sanctuary for reflection and healing.”

Opportunities to participate in creating this unique and timeless piece of ripoide and remembrance are available now. Following the purchase of a tree, each of which sells for $1,000.00 and is tax deductible, the name of the contributor’s loved one will be inscribed in granite at a centerpoint located in the garden. Revenues raised through the project will provide critically needed funds to foster support and educational services and to generate funds for Alzheimer prevention research.

"The purchase of a tree in the Memory Grove and Gardens planned for Stapleton’s Central Park will bring lasting beauty to our community while contributing to essential services to families impacted by this disease and communicate the hope of one day soon conquering Alzheimer’s," said Linda Mitchell, president and chief executive officer, Alzheimer’s Association, Colorado Chapter. “This is a wonderful way to serve individuals and their families impacted by this disease and communicate the hope of one day soon conquering Alzheimer’s.”

Opportunities to purchase trees in the Memory Grove and Gardens in Central Park will be available for a limited time only. To purchase a tree online, please visit www.alzco.org/ssl/memorygrove.asp. Checks in the amount of $1,000.00 made payable to The Alzheimer’s Association may also be sent to 455 Sherman Street, Suite 500, Denver, CO 80203. Please note on the check “Stapleton Memory Grove and Gardens.”

Additional information is available by calling Linda Mitchell at 303-833-1669.

Nancy Relihan is Information Manager for Forest City Stapleton, Inc.
Transforming Women’s Lives

By Heidi Swoboda

To all the working women, moms and female weekend warriors we ask you, how hard are you willing to work for a healthy body? Ah, the conflict between the mind and the body! The mind decides you’ll start getting in shape next week OR for the upcoming reunion OR your niece’s wedding OR to fit into last year’s bathing suit OR...and yet the body has other ideas. It’s too hot, too cold, the kids have practice, too tired, the house, the yard, and the in-laws! It never ends, and you probably won’t for awhile, but you have to start somewhere! And for many of you, Infinite Potential, Inc. can give you that needed nudge.

Infinite Potential is a new action-oriented nonprofit organization offering creative and innovative services to transform women’s lives by addressing the mind, body and soul of the whole person. Our mission is to ensure all women have the opportunity to be strong, fit, healthy, educated and connected to her community. Our vision will take you where Infinite Potential can help.

Infinite Potential is coming to the Stapleton area this month and offering an array of programs that will include cardio boot camp, weight training, band, ball, balance and core work. The classes will be held at Weslyer Creek Elementary School for all fitness levels, but class size is limited. Because Infinite Potential, Inc. is in its infancy, our pilot programs are offered at exceptionally affordable rates, so all women have the opportunity to be strong, fit, healthy, educated and connected to her community. The classes in your neighborhood are an 8-week session, plus a private session with a personal trainer for $59. There’s your start ladies – what excuse do you have now?

X more information regarding Infinite Potential, Inc. and to register for programs beginning in August and September, please call or email, Taylor-Morgan Chapin, Executive Director (303)972-4980 or infinitepotentialwomen@msn.com or Heidi Swoboda, Nutrition Therapist (303)250-1193. Heidi Swoboda is a Stapleton resident and Certified Nutrition Therapist and Nutrition Educator for Infinite Potential, Inc.

Books Mean the World to Children

Montessori Children’s Village in the Park Hill neighborhood will become the latest addition this September to the educational opportunities available to preschoolers in the Stapleton-Lowery area.

Located just south of Johnson and Wales University at 1650 Poplar Street, the school will follow the traditional Montessori curriculum in which each child will move through the Montessori part of the day “choosing” what “work” from the seven Montessori areas. Weekly field trips will enhance learning, as will weekly music, dance, drama and physical fitness enrichment activities.

The school will also offer immersion Spanish and sign language throughout the school day. A designated staff person will speak Spanish exclusively while a different teacher will speak English to the children. Sign language will be used selectively in conjunction with both English and Spanish.

School founders Pam and Bill Hyde have taught students in premier Denver private schools for gifted children, bilingual students in international overseas schools, and disadvantaged inner city students. Pam Hyde is a registered nurse with a Montessori diploma, a Colorado teaching license, and 21 years’ experience as an advocate for gifted children. She will be the director of the school at onset. Bill Hyde, who has a PhD in education and has similar experiences, works with parents in the planning and administration.

The Montessori Children’s Village will maintain at least a 6:1 student to staff ratio, providing what the Hydes believe is optimal observation and evaluation of each child’s learning style and independence. Their initial license will be for a school in their home limited to six children. Upon opening in early September, they plan to apply for a license allowing 12 pupils. The Hydes will get their first five students because of the full curriculum, although part-time slots are also available. The school hours will be from 8:45 am to 3:00 pm with extended care in the mornings and afternoons.

To learn more about Montessori Children’s Village, call (303) 316-3988 or email montessorichildrensvillage@gmail.com.

What’s more important than your child’s education?

**Actual quality dentist!**

**Family Dentistry**

**Prent Clar, D.D.S.**

**303-322-2081**

**Family Dentistry**

**5705 East 35th Avenue Suite 304 Denver, CO 80208**

**303-467-9400**

Experience a Refreshing Change in Dentist Treatment!

**By Elizabeth Baker**

Without sitting down and reading a book cover to cover, it’s hard to know whether it’s excellent or mediocre. And with the demands of raising children being as they are, it can be an overwhelming project to become an expert on the “must-have” books of childhood. Fortunately, Miss Talulah’s just around the corner…existing to provide informed recommendations for books that should be a part of every child’s library. It’s a necessity to provide classic literature throughout childhood that will inspire creativity, imagination and a strong appetite for reading. With reading, it’s a matter of exposure, allowing a broad spectrum of themes in order to discover what genres really engage your child. Since all books are fantastical journeys through dream worlds, they hold enormous appeal to the wild imaginations of all children.

Thankfully, for parents, three same books always manage to convey messages that are vital to understanding the real world and the characters we encounter every day. A man who knows this well is Maurice Sendak, author/illustrator of Where the Wild Things Are, Outside Over There and many other cherished books. Because of his unique approach to storytelling though prose and pictures, often with the collaborative brilliance of Ruth Krauss – he is Miss Talulah’s “Imagination Ambassador” for the month of August. His enchanting images were often drawn from memories of his own childhood, which means children everywhere will be able to relate to his work. One particularly poignant memory is that of his mother, who paid close attention to Maurice, since he was often a sickly child. The pictures of moons, found in most of his books, represent his mother pecking in on him! Take advantage of the extra moments provided by summer to share with your child a few inspired books you’ve never read before. It’s the perfect activity when you’re looking for an escape from the heat and sure to have a lasting impact on the smallest (and tallest) characters in your life!

Elizabeth Baker is a member of the staff at Miss Talulah’s, which is located in the E. 29th Avenue Town Center across from the fountain.

**New Montessori Preschool To Offer Multilingual Education and Field Trips**

Montessori Children’s Village in the Park Hill neighborhood will become the latest addition this September to the educational opportunities available to preschoolers in the Stapleton-Lowery area.

Located just south of Johnson and Wales University at 1650 Poplar Street, the school will follow the traditional Montessori curriculum in which each child will move through the Montessori part of the day “choosing” what “work” from the seven Montessori areas. Weekly field trips will enhance learning, as will weekly music, dance, drama and physical fitness enrichment activities.

The school will also offer immersion Spanish and sign language throughout the school day. A designated staff person will speak Spanish exclusively while a different teacher will speak English to the children. Sign language will be used selectively in conjunction with both English and Spanish.

School founders Pam and Bill Hyde have taught students in premier Denver private schools for gifted children, bilingual students in international overseas schools, and disadvantaged inner city students. Pam Hyde is a registered nurse with a Montessori diploma, a Colorado teaching license, and 21 years’ experience as an advocate for gifted children. She will be the director of the school at onset. Bill Hyde, who has a PhD in education and has similar experiences, works with parents in the planning and administration.

The Montessori Children’s Village will maintain at least a 6:1 student to staff ratio, providing what the Hydes believe is optimal observation and evaluation of each child’s learning style and independence. Their initial license will be for a school in their home limited to six children. Upon opening in early September, they plan to apply for a license allowing 12 pupils. The Hydes will get their first five students because of the full curriculum, although part-time slots are also available. The school hours will be from 8:45 am to 3:00 pm with extended care in the mornings and afternoons.

To learn more about Montessori Children’s Village, call (303) 316-3988 or email montessorichildrensvillage@gmail.com.
The Stapleton Club Card offers great discounts at various Stapleton merchants. Don’t forget your Club Card when you run all of your daily errands.

HEALTH & BEAUTY

A Day Spa
Offer: 10% off any service.
Location: Quebec Square

A Wild Smile
Pediatric Dentistry
Offer: Free well baby check up for 12-18 month-olds.
Location: East 29th Avenue Town Center

Bladium Sports Club
Offer: $75 for initiation fees.

Curves
Offer: 50% off initiation fee.
Location: East 29th Avenue Town Center

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

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

GNC at Quebec Square
Offer: $5 off a purchase of $30 or more.
Location: Quebec Square

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

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

Stapleton Health and Wellness, LLC.
Offer: Free family with every haircut card for free.

SERVICES (continued)

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

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

FirstBank
FirstBank
Offer: Receive $10.00 deposit into your new First Bank savings account when you open a First Bank checking account.
Location: East 29th Avenue Town Center

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

Phoenix Yoga Studio
Offer: 20% off a one-year membership for all Stapleton residents.
Location: East 29th Avenue Town Center

PostNet
Offer: $3 off Fed Ex and/or UPS shipments (excluding ground service).
Location: East 29th Avenue Town Center

RE/MAX City Horizons, The Kearns Team, LLC
Offer: $50.00 towards closing costs and extra discounts on Home Sale costs when you buy at Stapleton.

Renaisance Denver Hotel
Offer: Special room rate savings up to 33%.
Offer valid through 12/30/05.

Stapleton Home Services
Services offered: 35% off 1st scheduled maid service. (Expires 60 days after move in date.)
Location: East 29th Avenue Town Center

SERVICES (continued)

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

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

US Bank
Offer: 25% discount on ANY fixed rate loan.
Location: East 29th Avenue Town Center – in King Soopers

WIRE Group
Real Estate Services
Offer: $500 towards closing costs.

MISC. RETAIL (continued)

Amore Fiori
Offer: Saturdays - get two for one on select flowers.
Location: East 29th Avenue Town Center

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

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

Cingular Wireless
Offer: FREE Vehicle power adapter with any new activation ($29.99 value).
Location: Quebec Square

Grape Leaf
Offer: 15% fixed case of wine or 10% off four bottles.
Location: East 29th Avenue Town Center

Renaissance Denver Hotel
Offer: Special room rate savings up to 33%.
Offer valid through 12/30/05.

Stapleton Home Services
Services offered: 35% off 1st scheduled maid service. (Expires 60 days after move in date.)
Location: East 29th Avenue Town Center

MISC. RETAIL (continued)

V2K Window Fashions
Offer: 10% off of orders of $100 or more.

RESTURANTS

Copper Canyon Grill & Bar at the Renaissance Hotel
Offer: 15% discount on all food and beverage.

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

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

Doubtreet Denver Cafe
Offer: 10% discount on all food and beverage.

Ina Juice
Offer: 10% off of any item.
Location: Quebec Square

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

Noodles and Company
Offer: 15% discount on all food and beverage.

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

Radisson Hotel, Quebec Square
Offer: Saturday - get two for one on select flowers.
Location: East 29th Avenue Town Center

Real Community Church

6pm - 8pm

Fun at Bluff Lake
Free Fitness and Fun at Bluff Lake
Summer’s halfway over, and you haven’t gotten in shape? Don’t worry! You can still be outside, enjoy nature and get fit by participating in the following free activities at Bluff Lake Nature Center. For more information visit www.blufflakenaturecenter.org.

Bluff Lake Birders the first Saturday of the month 7am - 9am
Fireside Chat - “Busy Beavers” Thursday, August 18th 6pm - 8pm

June Top Cop Award

Kemp Coit of the District 2 Top Cop Committees presents an award to Officer Paul Streate.

On 06-10-05, at approximately 2357 hours, Officer Paul Streate, while working car 213A observed four parties walking north-bound on York Street approaching E. 35th Avenue. One of the parties was walking in the roadway. Officer Streate parked his police vehicle in an attempt to contact the individual, who immediately ran westbound across York St. Officer Streate chased the man and observed the suspect pressing his hand against the front part of his waistband and throw it in a nearby bush along the roadway behind E. 35th Avenue. The pursuit continued for a couple of blocks where the suspect was taken in to custody without incident. The weapon, a fully loaded .22 calibre revolver with a defaced serial number, was recovered.

Officer Streate was commended for his professional demeanor while in a dangerous situation. Officer Streate was very clear and concise while calling out the foot chase and informing the cover cars where to respond. Officer Streate was known as a safety conscious and responsible officer when placed in dangerous situations.

New home sales real estate offices
We are the “Insiders” at Stapleton with over 200 properties Sold... and Counting! Located in the Town Center at 35th and Roslyn
Lana Danzico, Broker Owner and Stapleton Resident 303.331.6700 + newavestures@danztorealty.com

Fireside Chat - “Busy Beavers”
July 14th, 7pm - 9pm

Fireside Chat - “Busy Beavers”
Saturday of the month 7am - 9am
Fireside Chat - “Busy Beavers”
July 14th, 7pm - 9pm

Real Community Church
720.985.6810
www.northfieldchurch.com
Contact northfieldchurch.com

Present your Resident Pool ID/Stapleton Club Card for discounts at these businesses.

Stapleton Home Services
 Owned and Operated by a Fellow Stapleton Resident
 Neighborhood Maid Service
mailCare® Carpet Cleaning
WOW! Window Washing
Call for your free estimate today!
303-320-1297

Stapleton Home Services
 Owned and Operated by a Fellow Stapleton Resident
 Neighborhood Maid Service
mailCare® Carpet Cleaning
WOW! Window Washing
Call for your free estimate today!
303-320-1297
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:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Movie Title</th>
<th>Rating</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 5</td>
<td>Shark Tale (PG)</td>
<td>(Aviator Pool)</td>
<td></td>
</tr>
<tr>
<td>August 19</td>
<td>Legally Blonde 2 - Red, White &amp; Blonde (PG-13)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>September 2</td>
<td>Finding Neverland (PG)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Gates open at 7:00 p.m.
Pre-movie entertainment at 7:30 p.m.
Trailers & Movies begin at dusk.

All movies will be shown at Founders’ Green (East 29th Avenue and Roslyn Street) unless otherwise noted.

Please visit www.StapletonDenver.com for full details.

www.StapletonDenver.com

---

Bass Pro (continued from page 1)

efforts and outdoor education programs, Bass Pro Shops Outdoor World will have a staff of approximately 250 associates from the Denver area who have a passion for the outdoors so customers will be assured of getting local skilled, knowledgeable assistance with product selections and questions. The store will also offer free Outdoor Skills Workshops for adults, kids and families that will help maximize outdoor fun by teaching new skills and improving existing ones. Headquartered in Springfield, Missouri, Bass Pro Shops currently has 27 locations in 17 states across the United States and one location in Canada. The stores attract over 75 million visitors a year. For more information on Bass Pro Shops stores, products and events visit www.basspro.com.

headquartered in Springfield, Missouri, Bass Pro Shops currently has 27 locations in 17 states across the United States and one location in Canada. The stores attract over 75 million visitors a year. For more information on Bass Pro Shops stores, products and events visit www.basspro.com.

The store will also offer free Outdoor Skills Workshops for adults, kids and families that will help maximize outdoor fun by teaching new skills and improving existing ones. Headquartered in Springfield, Missouri, Bass Pro Shops currently has 27 locations in 17 states across the United States and one location in Canada. The stores attract over 75 million visitors a year. For more information on Bass Pro Shops stores, products and events visit www.basspro.com.
Gregg’s Design Tips

You don’t need a million bucks to make your home look like a million. Experiment and move things around. Each room or space should tell a story about who you are.

• You should acquire something because you love it! This is how your collection develops over a lifetime.

• Light is the most important element in design and determines the aura and mood of the space. Every light in an environment should be adjustable or at least the right wattage.

• Light is fun – don’t be afraid! Do paint tests on several walls and look at them throughout the day with different lighting. Also keep in mind that your furnishings, art and accessories will add more color.

• Always consider your sense of entry. When you walk through the front door, the house should invite you in and make you want to be there.

• Don’t try to work with a designer. A good designer should be able to work with any budget, create something that suits your taste and lifestyle, and teach you how to incorporate new pieces even after the design process is complete.

HomeWork

Gregg Probasco, Interior Designer

By Kathy Epperson

Does size matter? In a world with too many McMansions and a growing movement toward smaller homes, Stapleton resident and interior designer Gregg Probasco would say it’s the size of space and the design elements within it that matter. Gregg has been doing design for 14 years now and runs his firm Gregg Probasco & Associates from his home. He and his partner Rocky Billago, the Associate Chief Nursing Officer at Presbyterian/St. Luke’s Medical Center, have turned their own smaller scale home into a rich, welcoming and visually compelling retreat.

“A large house with no furniture or character is just an empty shell,” he says. “The advantage of working with smaller spaces is that detail and comfort are easily obtained with minimal cost.”

Gregg has always loved design and felt strongly this was his intended path. “As a very young child, I used to draw floor plans in the dirt with sticks and use grass, rocks and anything with texture to complete the right look.” He graduated with a degree in interior design and has done a wide range of projects in the U.S. and abroad, including residential, model homes, hotels, corporate offices, restaurants and retail. While Gregg’s personal style is very eclectic, he begins the design process with each client by getting to know their lifestyles and personality.

With a 1939 Le Corbusier desk in his office, he shares the process of the design journey:

• Don’t let your design be too predictable. Be consistent but not predictable.

• Don’t fall into the trap of falling in love with one piece or element. This is how your collection develops over a lifetime.

• Light is the most important element in design and determines the aura and mood of the space. Every light in an environment should be adjustable or at least the right wattage.

• Color is fun – don’t be afraid! Do paint tests on several walls and look at them throughout the day with different lighting. Also keep in mind that your furnishings, art and accessories will add more color.

• Always consider your sense of entry. When you walk through the front door, the house should invite you in and make you want to be there.

• Don’t try to work with a designer. A good designer should be able to work with any budget, create something that suits your taste and lifestyle, and teach you how to incorporate new pieces even after the design process is complete.

Different areas in the house – whatever my mood is and where I feel the inspiration. Everything I look at reminds me of some great design element which then takes me somewhere creatively for the client that I am working for at the time.” Gregg can be reached at gregg213@comcast.net.

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

Gregg Probasco, Stapleton resident and interior designer.

150 Mile Bike Ride Raises Funds to Fight Multiple Sclerosis

Stapleton United Neighbors President Mike King (left) and a team of 13 other bicyclists rode the two-day Multiple Sclerosis 150 trek from Castle Rock to Canon City to raise funds to fight Multiple Sclerosis. Sponsored in part by Forest Living Program (ALPS). For additional information on the program, which offers monthly prizes for participation through September, contact Alisha Brown at 303.468.3222 or by e-mail at abrown@stapletoncorp.com

Gaye Mylda displays the Fuji Mountain Bike provided by Mobile Cyclery she won in June as a participant in the 2005 Passport to Active Living Program (ALPS). For additional information on the program, which offers monthly prizes for participation through September, contact Alisha Brown at 303.468.3222 or by e-mail at abrown@stapletoncorp.com

1015. Come visit us or call 303-467-8900 today for an appointment.

ALPS Bike Winner

Before you move to Stapleton, call me!

With over 100 homes sold, we will coordinate the sale of your current residence and the purchase of your new home.

JODY E. DONLEY
The Dolley Team
Stapleton Resident
720-290-8917

Exempla Healthcare Family Medicine at Stapleton
One Standard. Excellence.

Dr. Kristine Walsh, née Leathery, has served Stapleton since 2004. “She is one of the best doctors, period,” says Dr. Walsh. “I want to understand the special needs of each doctor to be a good listener,” says Dr. Walsh. “One of the best doctors, period,” says Dr. Walsh. “I want to understand the special needs of each doctor to be a good listener,” says Dr. Walsh.

Custom Shutters with Guaranteed Installation Dates as quick as 3 Weeks

Buying a New Home? We can save you money.

“Nothing brightens a day like fresh flowers!”

Amore Fiori

Located in Stapleton’s Fest 39th Ave Town Center
Open: Mon-Thurs, Sat, Sun (303) 332-2848 www.amore-fiori.com

No purchase necessary. Offer subject to expiration and change. Limit one per person. Not valid with other offers.

Custom Shutters with Guaranteed Installation Dates as quick as 3 Weeks

Buying a New Home? We can save you money.

“Nothing brightens a day like fresh flowers!”

Amore Fiori

Located in Stapleton’s Fest 39th Ave Town Center
Open: Mon-Thurs, Sat, Sun (303) 332-2848 www.amore-fiori.com

No purchase necessary. Offer subject to expiration and change. Limit one per person. Not valid with other offers.
Recycling Cardboard

According to Denver Recycles, the response from residents to their expanded recycling program has been great! They are having some difficulty with cardboard and ask that when putting cardboard out for recycling, please cut or fold the pieces so that they are no larger than 2 feet by 2 feet. This will help the collection process for Denver Recycles crews and keep the recycling program running smoothly. As a reminder, acceptable items are shown at right.

August New Leaf: Healthy Eating – Fish

Have you seen the August New Leaf yet? This month’s topic is “Healthy Eating – Fish.” Below are some tips about farmed salmon and wild salmon from the New Leaf.

Farmed salmon is not a good environmental choice since salmon farming causes a number of environmental problems. Farmed salmon is also often high in contaminants like PCBs.

Most salmon available in supermarkets and restaurants is farmed, and is often labeled as Atlantic salmon.

Wild Atlantic salmon is endangered in the U.S. and cannot be caught commercially. Wild salmon is usually available fresh during the summer months and may be labeled as wild, Alaskan or one of five Pacific salmon species: Chinook/King, Coho/Silver, Chum/Silver, Pink and Sockeye.

Alaskan salmon is wild (there are no salmon farms in Alaska), comes from well-managed fisheries and is low on contaminants.

To see the entire August New Leaf issue and issues from previous months, visit our website at www.stapletondenver.com.

Stapleton Farmers Market –
Every Sunday through September 25th
8:30 am – 12:30 pm
East 29th Avenue Town Center

Fresh in August: Peaches & Cream Corn, Peaches, Heirloom & Field Tomatoes, Rocky Ford Melons

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

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

Justin and Marissa are quite anxious to experience the growth along the Stapleton corridor and look forward to serving your mortgage loan needs. Stapleton Mortgage may be reached at 303-810-0782, or email justross@stapletonmortgage.net.
Become a Savvy Flower Buyer

At any time or another, each of us has experienced the happiness and joy associated with receiving flowers. It is great to receive, but even more gratifying to give. A research study by The Michael Cohen Group reveals just how much people love to give and receive flowers. Ninety-two percent of women can remember the last time they received flowers, and 97 percent of men and women recall the last time they gave a floral gift. Here is what else they said:

- 88% say flowers can change your mood for the better.
- 99% agree that a person who gives flowers is thoughtful.
- 89% believe that someone who gives flowers is sophisticated.
- 83% would like to receive flowers when they are not expecting them.

Unfortunately, many of us are not sure what types of flowers are appropriate or we fall back to an old comfortable standby. The research confirms this – women and men alike would like to be able to buy flowers with greater confidence.

The good news is, it is easy to become a connoisseur of flowers and plants. Much like taking the time to learn about fine wines or great foods, knowing even the basics about flowers will help you feel more self-assured, whether you are shopping for gift-giving, home décor, weddings or preparing to entertain guests. To help you learn more, floral experts have developed "The Hip Guide to Flowers."

For example, here is an excerpt of the guide’s tips for August, the dog days of summer:

People are seeking simple, affordable ways to enhance their homes. Flowers can provide an essential tie to the outdoors and perk up living space and brighten the mood of every room in the house.

Frequent flowers available during August include the bright, sunny shades of gladiolus, Gerbera daisies and snapdragons.

Use your floral specialist to create arrangements matching the style of a home’s décor, from Victorian to casual, easy living to modern contemporary. If a friend is having a party, send a floral arrangement that complements the color or style of the home before the party starts. She’ll appreciate your personal touch and thoughtfulness.

To find out more about choosing flowers for your home or as a special gift, stop by the shop or give us a call. We would be more than glad to help you learn more about your purchase options. Or you can visit www.aboutflowers.com/hipguide.htm to see what’s in store for the upcoming fall months.

Michelle Stefanon is the owner of Amore Fiori Flowers and Gifts in the East 29th Avenue Town Center at Stapleton. For more information, call (303) 333-3848.

Meet Your Neighbors

Chris and Nita Baumann

Stapleton is a diverse community comprised of unique people from all over the world. We each have a personal history. Meet the Baumanns, Stapleton residents since 2003.

Chris was born in the western Nebraska town of Chadron. Growing up, his father worked for State Farm Insurance and his mother raised Chris and his twin sister, Kelli. As his father climbed the corporate ladder, his family moved around the country and lived in places like Bloomington, Illinois and Monroe, Louisiana.

As a junior in high school, his family moved to Greeley. A natural athlete, Chris was a pitcher for Greeley West’s baseball team. Later, Chris attended University of Colorado, Boulder. A member of Alpha Tau Omega fraternity, he admits that while in college, he had “a wild side.” Nevertheless, he earned his degree in English and Sociology and was accepted to law school.

Nita was born in Centerville, Iowa. Before she was born, her parents lived in San Francisco’s famed hippie hang-out, the Haight-Ashbury district. According to Nita, she was “baptized in a river in the mountains” and her middle name is Echo. Her father was a home builder and her mother a nurse. They settled down in Longmont to raise Nita and her younger brother, Aaron.

Upon graduating high school, Nita attended the University of Northern Colorado. She earned her bachelor’s degree and teaching credential. While at UNC, Nita was in the same sorority (Sigma Kappa) with Chris’s twin sister, Kelli. Introduced years earlier by Kelli, Chris and Nita started dating during their last year of college. After graduation, Chris returned to Louisiana and entered law school at Tulane University in New Orleans. Nita, never having lived in a big city, followed Chris to the South to start her career.

While Chris studied, Nita taught first grade in an economically depressed urban school. There were no air-conditioned classrooms and at times, no running water. According to Nita, “I knew that if I could teach in that environment, I could teach anywhere.” Despite the trying conditions, she enjoyed the experience. While living in the Garden District of New Orleans, they married (a ceremony in Lafayette, CO) and had their first child, Ava. Shortly after graduation, Chris received a job offer in Colorado.

Currently, Chris is a public defender for Arapahoe County. Although there is intense pressure inside the courtroom, he enjoys presenting his arguments to defend his clients. He likes the action and is not ready to “sit behind a desk, writing memos about memos.”

Nita started teaching kindergarten at Western Creek Elementary School when it opened in 2003. She will continue her teaching career part-time as the Early Childhood Education teacher, so she can spend more time raising Ava (now age 4) and new baby boy, Jack.

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 720.290.8917.

Meet Your Neighbors

by Jody Donley

Discover the Benefits of Yoga with Stapleton Health and Wellness

WOW. THAT WAS QUICK... FOR A BANK!

WestStar Bank understands time is money and that moving your business forward is in our best interest. Whether it is time you need, we’ll not only turn it, we’ll study it, we’ll enhance it and maximize its effectiveness.

Now with 22 Colorado locations.
The Vaccine Controversy

One of the most controversial issues in veterinary medicine today concerns vaccinations. What people are questioning is the frequency of vaccination, some safety vs. efficacy concerns and even whether to vaccinate at all. So when you ask your veterinarian when to bring your animal back for its next vaccine, be aware there is no one correct answer. How often and which vaccines to use will depend upon quite a few different factors. Some of these considerations include a dog’s environment, its breed, the age at which the first vaccine was given and the interval between doses.

The first point to consider is the safety issue. Vaccines can be harmful. We vaccinate because the advantages outweigh the risks. Just ask anyone who has seen a beloved pet die of parvovirus or distemper. The first and most basic question of vaccinating against Lyme disease or leptospirosis in an area where these diseases are not a problem. This is why the dog’s environment is so important. But there are risks associated with vaccinations and when weighed against the benefits, such risks usually are considered acceptable, except when it is your dog that suffers the unwanted reaction.

Another source of controversy is the recommended frequency of vaccinations. Although yearly boosters are recommended by most vets, for many diseases the yearly booster really is not obligatory. However, a yearly checkup is necessary for the same reasons you would have one yourself. For the low-risk pet, once the initial puppy series is complete, a booster at one year and another every three years should suffice until your dog’s senior years. Unfortunately, no duration of efficacy studies are available yet because minimum duration studies were not required for vaccine licensure until recently. On the other hand, no data supports yearly vaccination for dogs. Following the initial puppy and kitten immunization series, cats and dogs will be boostered one year later and then every three years thereafter for all the above diseases. Similar small animal vaccination programs to Program 1701 have been recently adopted by the University of Wisconsin, Texas A & M and the American Association of Feline Practitioners.

Program 1701 recommends the standard three shot series for puppies (parvovirus, adenovirus 2, parainfluenza, distemper) and kittens (panleukopenia, rhinotracheitis, calicivirus) to include rabies after 12 weeks of age for cats and 16 weeks of age for dogs. Following the initial puppy and kitten immunization series, cats and dogs will be boostered one year later and then every three years thereafter for all the above diseases. Similar small animal vaccination programs to Program 1701 have been recently adopted by the University of Wisconsin, Texas A & M and the American Association of Feline Practitioners.

Other available small animal vaccines, which may need more frequent administration, i.e., intranasal parainfluenza, Bordetella, feline leukemia, etc., may be recommended for client animals on an “at risk” basis but are not a part of the routine protocol for small animals. Recent studies clearly indicate that not all vaccines perform equally and some vaccine products may not be suitable for such a program. Talk to your veterinarian about your desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

Program 1701 recommends the standard three shot series for puppies (parvovirus, adenovirus 2, parainfluenza, distemper) and kittens (panleukopenia, rhinotracheitis, calicivirus) to include rabies after 12 weeks of age for cats and 16 weeks of age for dogs. Following the initial puppy and kitten immunization series, cats and dogs will be boostered one year later and then every three years thereafter for all the above diseases. Similar small animal vaccination programs to Program 1701 have been recently adopted by the University of Wisconsin, Texas A & M and the American Association of Feline Practitioners.

Other available small animal vaccines, which may need more frequent administration, i.e., intranasal parainfluenza, Bordetella, feline leukemia, etc., may be recommended for client animals on an “at risk” basis but are not a part of the routine protocol for small animals. Recent studies clearly indicate that not all vaccines perform equally and some vaccine products may not be suitable for such a program. Talk to your veterinarian about your desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”

We follow Colorado State University’s small animal vaccination guidelines. We made this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that over vaccinating has been associated with harmful side effects. Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified and our desire to avoid vaccine-associated adverse events, we recommend a new immunization protocol to our small animal clients based on CSU’s “Program 1701.”
S.U.N. Editorial

The Sun Spot
The independent voice of Stapleton
Brought to you by Stapleton United Neighbors

You have questions? We’ll get you the answers.
As the registered neighborhood organization for Stapleton, among other things, S.U.N. strives to enhance communication between Stapleton’s various stakeholders (i.e., Stapleton Development Corporation, Forest City, and Master Community Association) and Stapleton residents. SUN recently presented the Stapleton Development Corporation and Forest City with numerous “frequently asked questions” and proposed providing the questions and answers in a public forum, allowing potential buyers, residents and stakeholders to have more information at their fingertips. Each of the June and July issues of the SUN have included a “frequently asked questions” section, which has been posted at www.stapletononline.com (on the left column, select “frequently asked questions”). This will be periodically updated as new information comes to light. If you have additional questions that have not yet been addressed, please feel free to email them to tgleason@stapletondenver.com or attend the upcoming SUN forum with the Stapleton experts...details to come.

SUN to Sponsor Distinguished Speaker Series

Watch this space for updates on the upcoming “distinguished speaker series” sponsored by SUN. Our first forum (scheduled for late September) will feature a panel of Stapleton experts who will present updates on our neighborhood and its vision, then open up for a question and answer period. Also in the works are elected leader forums with our city, state, and other representatives. With the fall electoral season heating up with several interesting ballot questions, these forums should sustain.

2nd Annual SUN Kickball Tournament Set for Sept 17

Start organizing your teams for the Second Annual SUN Kickball Tournament, which will kick off bright and early September 17, 2005 at the Westerly Creek Elementary/Odyssey School Playing Fields. This annual fall event is organized by SUN and is sponsored by SUN’s Active Living Partnership of Greater Stapleton (ALPS) and many Stapleton businesses. For any newcomers, Kickball is a sport that is similar to baseball: the team action of kicking, catching, throwing, running, cheering, and other than a few differences, the rules are much the same.

For more information, please contact Tom Gleason, email: tgleason@stapletondenver.com.

Interstate 70 Update

The next round of corridor-wide I-70 East Corridor EIS project meetings has been scheduled for August 31st and September 1st, 2005. At each meeting, more information on the alternatives that are being fully evaluated in the Draft Environmental Impact Statement will be provided (note that the same information will be presented at each meeting). The meetings are expected to run from 5pm to 8pm and food, Spanish translation, and child care will be provided. The Wednesday, August 31st meeting will be held at the Montbello Recreation Center, 15555 E. 53rd Ave, Denver, and the Thursday, September 1st meeting will be held at Bruce Randolph Middle School, 3955 Steele St., Denver.

While Waiting for a Natural Foods Store... by Carol Fossen

If you are one of the many Stapleton residents wishing and waiting for a Whole Foods or Wild Oats to locate at Stapleton, don’t hold your breath. Despite all our calls and emails, these chains and others like Sunflower Markets and Vitamin Cottage can count the rooftops and do the math, which means it will probably be years before the Stapleton development is “mature” enough to support an additional, more upscale grocery store.

In the meantime, if you are interested in buying organic or natural food products, there are several attractive and affordable options available to Stapleton residents.

CSAs

Community Supported Agriculture is a direct arrangement between farms and consumers that gives consumers below-retail prices and gives the farmer a secure market for her crops. Local farms sell an annual share of their crops to a fixed number of members, and members pick up their share once a week from a specified time throughout the growing season. There are two local organic farms whose pickup point is convenient to Stapleton residents: Monroe Organic Farms and Granata Farms.

This year’s annual share at Monroe Organic Farms includes certified organic produce, fruit, eggs and honey and costs $50 for a non-working share and $270 for a working share. Members pick up their share every Tuesday, 5:30-7pm at Alameda and Quebec (a member’s home) from July to October.

Granata Farms members pay $550 for their annual share, which includes fruits, vegetables and herbs. From May to October, members pick up their shares at 2071 Grape Street, Thursdays, 4:30pm. Granata Farms follows organic farming principles, but does not pursue organic certification.

More details on these and other CSAs serving Denver can be found at www.localharvest.org. (continued on p.14)

To Send Letters to the Editor

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

Views on the Street

What do you like best about Stapleton’s Farmers Market?

Ian Caiozzi and Nisha (4)

“I couldn’t imagine anything more relaxing and fun than a farmers market on Sunday morning. That’s why we come. We come pretty much religiously. We like the chocolate crosses and the brisket.”

Nisha says, “I like it because there are lots of good eats. My favorite is chocolate crosses.”

Denise Birkholz

“I’ve lived in Stapleton for just a couple months. I love to come to the Farmers Market because it’s the first place I ever tasted goat cheese. I bring my husband and my dog and we try the samples and get the fresh vegetables because we don’t have a garden at our house.”

Ernie Diller

“I like all the people and dogs. There are like 20,000 different dogs. It’s kind of interesting to see all the different breeds. And the breakfast burritos. I love the breakfast burritos here. They have the green pepper chiles but they’re kind of mellow, just nice. I enjoy that. We’ve had it every time we’ve been here, like four or five times. We’ve gotten to know the people at Steve’s. The other thing I like here is the pasta. We get our week’s supply of fresh pasta – there are some unique kinds that we really like. My favorite is eggplant rolled. And the pasta. And my wife’s into the spices. She wants to go check out the Colorado Mountain Spice here pretty soon because she likes to use it for dipping into olive oil.

We just sold our house and we’re moving into an apartment here in the town center for six months until our house is completed – a row house on 29th Avenue. We had a good feeling about Stapleton. Whenever we tell people we’re moving to Stapleton they always say, ‘Oh yeah I have a friend who moved out there to Stapleton and they love it.’ We’d heard no negatives, all positives, and people who are envious. We can’t wait til we get moved in.”

Redef Shalom Preschool

REGISTER NOW!
Summer & Fall
303-256-1061
Parent-Tot, 2’s, 3’s, & Pre-K Early & After Care
7-45-3:30 (4:00 on Fri)
450 South Kearney St.
www.rodef-shalom.org

www.chrislandandjansen.com
DUKE & JANSSEN, P.C.
ATTORNEYS AT LAW
• Wills & Trusts
• Powers of Attorney
• Living Wills
• Felony & Misdemeanor
• DUI & Traffic
• Juvenile
303-839-5800
Located Downtown Denver

SAVE YOUR HOME FROM FORECLOSURE NR.
ALLSTATE
5000 Phillips & Associates, LLC
STEIN ET AL VS OFFICE BUILDING
5000 Phillips & Associates, LLC
4440 E 29th Ave Suite 100 Denver Co 80207
www.5000phillips.com

CALL ME FROM HOME TO AUTO LIFE TO TOYS, I CAN HELP YOU PROTECT THEM.
1200 Program images used in this document were generated by the Allstate Graphic and Media Services team.
“Our family likes to come to the Farmers Market on Sunday mornings for Steve’s breakfast. We laugh at the fresh fruit and vegetables we get for our weekly meals, and we can’t live without the pasta. We try to get at least one or two meals with fresh fruits and vegetables, and the Bravissimo sausage guy is good. We’ve been here a year, so the Farmers Market has become a Sunday morning ritual for us. The other thing we get out of Farmers Market is that we have a way to get exercise. We walk to Farmers Market, get our breakfast and walk back. We run into neighbors here and lots of people bring their dogs, so we meet a lot of great pet people.”

McGlenn says, “What I like best about the Farmers Market is that you get food from the Farm Market it is fresh from the fields so it hasn’t been processed it in any way. And I like the doggie treats over there too. Not that I’ve tried them.”

Pat Milton

“This is early morning for me but I’ve heard about the Farmers Market so I came after I did my little shopping at King Soopers, which was a mistake because I’ve come here and found some things that I might have been able to buy before. I’ve lived in the community for a long time and it’s nice to have something in the neighborhood that gives you a chance to get out and see what’s going on. It’s improved so much it’s just amazing. I’m a native I’ve lived in Park Hill for 32 years, so it’s nice to see the change, so positive. And it’s nice to see this happen in our community rather than running to Cherry Creek. I’m definitely coming back. I’m kind of hooked on the produce thing. This is something I’m going to get home and do for dinner. I have everything I need to try something new, something different, and I like that.”

Katrina Simms, Nana’s House Cookies

“What I like best about the Stapleton Market is it’s family oriented. Being the owner of Nana’s House Cookies I care a lot about families and family structure and it’s great to see kids, grandparents, parents, people with multiple children, even people with children of the animal persuasion (we have a lot of dogs that come out here). Everyone is so friendly. The dogs even get along. It’s a really nice market. I’m a long term Park Hill resident. It’s a wonderful morning ritual for us. The other thing we get out of Farmers Market, get our breakfast and walk back. We run into neighbors here and lots and lots of great pet people.”

My name is Tom Keyse. I am an attorney and have been a Stapleton resident since November 2002. My family (wife Jen and sons Will, Ben and Ned) and I moved here from Congress Park to be part of a modern, diverse, neighborhood, urban community. We have been active in various neighborhood and school projects over the last three years and it was my pleasure to serve as the initial District 2 delegate to the Master Community Association (MCA) in 2004. Throughout last year, I received numerous thoughts and suggestions on community open space and development issues from individual residents and neighborhood groups like Stapleton United Neighbors (SUN) and shared them at quarterly MCA board meetings with representatives of Forest City and Management Specialists, Inc. (the MCA manager). Without fail, your suggestions were well received and important in implementing (e.g., pool changes). I look forward to continuing to serve as the District 2 delegate in 2005 and to working with Brian Beckler, the new District 3 delegate. Please continue to share your ideas with us, or to share them directly with the MCA board during the open forum portion of our meetings, and help us preserve and improve the Stapleton community we’re proud to call “home.”

Contact me at tkeyse@bwmlc.com or 303-324-6988.
Meet Your Quebec Square Merchants

Famous Dave’s BBQ to Open at Quebec Square
By Latrice Norwood

Stapleton will soon be home to one of only a handful of Famous Dave’s BBQ restaurants in the state of Colorado. Slated to open in Quebec Square later this month, Famous Dave’s will have a comfortable, Minnesota lodge feel geared towards children and families. Offering hickory smoked Saint Louis style bbq customers are sure to love, Famous Dave’s will serve brisket, chicken and ribs, and “side fixens” such as honey buttered cornbread, beans and coleslaw.

Quebec Square’s Famous Dave’s BBQ will be operated by local restaurateur Bill Ferguson who has been in the business for more than 20 years and is no stranger to the metro area. With roots that run deep in the uptown area for 17 years with The Avenue Grill, Mr. Ferguson chose Stapleton as the location for his Famous Dave’s BBQ because “I like the idea that people love to live in Stapleton and find there is a really strong sense of community here. It’s important to me to be part of the community.” Although his Quebec Square store has not yet opened, Bill and his staff have already begun to plant roots in the Stapleton community, participating in events for Stapleton’s Master Community Association, a fundraiser for a local swim team, and also supporting in the Stapleton community, participating in events for Stapleton’s Master Community Association, a fundraiser for a local swim team, and also supporting

Bill is out to set a new standard in the Denver area with Dave’s Famous BBQ while demonstrating that his company will be active in the community and dedicated to providing great food and quality customer service and satisfaction. Famous Dave’s is located on 36th Avenue at Rosemary Street in Quebec Square.

Latrice Norwood is an employee of Forest City Stapleton, Inc. and a regular contributor to The Front Porch.

Inta Juice Moves Inta Stapleton!

Amanda Hallmann has just the right answer for anyone looking for a healthy, refreshing drink on the way to work or after a strenuous work-out: Famous Dave’s is located just north of 35th Avenue, “Inta Juice” serves more than fifty fresh and delicious fruit smoothies with a choice of individual supplements including Echinacea, Vitamin C, Calcium and other ingredients designed to suit almost any nutritional goal. Other popular choices include fresh-squeezed orange, carrot, celery, cucumber and beet juices. “Inta Juice” is open Mondays through Fridays from 7 a.m. to 9 p.m., Saturdays from 8 a.m. to 9 p.m. and Sundays from 10 a.m. to 6 p.m. Abundant parking is available.

While waiting for a natural foods store... (continued)

Organic Home Delivery Service
Door-to-Door Organics is a company that will deliver a market basket of fresh organic fruits and vegetables once a week year round to regular subscribers. Subscribers receive a weekly menu via email to which they are allowed to make up to three substitutions. Boxes of produce come in four sizes ranging in price from $20 to $53. The company tries to include as much locally grown produce as possible during the local growing season, but in the winter months, it obviously must rely on imports. For more information, check out denver.doortodooororganics.com or call 303-297-3616.

Natural Foods Buying Club
Of course, produce is only part of what we transplants from the old Denver neighborhoods are used to buying at Whole Foods and Wild Oats. What about flour, oil, spices, canned goods, breakfast cereals, chips, frozen dinners and Tom’s toothpaste? A handful of us Stapleton residents are interested in starting a natural foods buying club through the Tucson Cooperative Warehouse. The way the buying club works is that each member places an order online from the entire warehouse stock, which has much the same product mix as Whole Foods/Wild Oats. Then individual orders are delivered to a central location in Stapleton (probably a member’s house) because we are a buying club, we receive bulk discounts, but without the traditional work and confusion associated with a food coop. From the member/consumer’s point of view, the process is very much buying groceries online—no meetings, very little work.

If you are interested, shoot me an email: carolfriesen@comcast.net. You can check out the merchandise at www.tcwnaturalcooperative.com (select “ShopNatural.coop”).
WHAT'S NEW AT STAPLETON

It’s time to head back to school at Stapleton! Westerly Creek Elementary and Odyssey Schools will be welcoming students back for their third year, and Stapleton will welcome Denver Public School’s K-8 school here in August 2006. Also welcoming students back this month is the Denver School of Science and Technology, which opened last January. So sharpen your pencils and grab your backpacks, kids, and get a great start to the 2005-2006 school year at Stapleton!

Prepare for “Back To School” at Quebec Square. Stock up on your school supplies at Office Depot or Wal-Mart, and your cool school duds at Ross Dress-for-Less. Don’t forget to stop by Inta Juice, the newest addition to Quebec Square, for a refreshing smoothie.

Why get an apple when you can surprise teachers with beautiful flowers from Amore Fiore at the East 29th Avenue Town Center? Eat a healthy breakfast before school at Einstein Brothers’ Café, and get your back-to-school haircut at Fantastic Sam’s or LulliLocks.

Pack a picnic and a blanket because there are three movies left in the Stapleton Under the Stars Movie series scheduled for this month and next. Join the fun at Founders’ Green and catch a movie with your friends and neighbors.

When you’re in study mode, find a quiet place on the grass at the Westerly Creek Greenway. Visit www.StapletonDenver.com for more on what’s going on at Stapleton!

Turn back those clocks!

It’s time to turn back those clocks! No, not for daylight savings time, but for water conservation! Many new homeowners may have forgotten that the clocks that govern the operation of their landscape irrigation may need to be re-set for less frequent watering now that their landscape has become established. It is a smart, sustainable way to save water and it will prevent “over watering” that can be harmful to your yard and may undermine patios, walls and driveways. For example, most drip zone applications require only 30 minutes of watering every 3 days. Anyone with questions about adjusting their irrigation system should contact their home builder.

Almost any hour of the day it is easy to spot Stapleton residents and visitors strolling the sidewalks and driveways. For example, most drip zone applications require only 30 minutes of watering every 3 days. Anyone with questions about adjusting their irrigation system clocks should contact their home builder. And please remember not to water between the hours of 10 a.m. and 6 p.m. at any time!

Don’t abandon your tree lawn!

Don’t abandon your tree lawn! Almost any hour of the day it is easy to spot Stapleton residents and visitors strolling the sidewalks and driveways. For example, most drip zone applications require only 30 minutes of watering every 3 days. Anyone with questions about adjusting their irrigation system clocks should contact their home builder. And please remember not to water between the hours of 10 a.m. and 6 p.m. at any time!

Don’t abandon your tree lawn!

Almost any hour of the day it is easy to spot Stapleton residents and visitors strolling the sidewalks and driveways. For example, most drip zone applications require only 30 minutes of watering every 3 days. Anyone with questions about adjusting their irrigation system clocks should contact their home builder. And please remember not to water between the hours of 10 a.m. and 6 p.m. at any time!

Don’t abandon your tree lawn!

Almost any hour of the day it is easy to spot Stapleton residents and visitors strolling the sidewalks and driveways. For example, most drip zone applications require only 30 minutes of watering every 3 days. Anyone with questions about adjusting their irrigation system clocks should contact their home builder. And please remember not to water between the hours of 10 a.m. and 6 p.m. at any time!

Don’t abandon your tree lawn!

Almost any hour of the day it is easy to spot Stapleton residents and visitors strolling the sidewalks and driveways. For example, most drip zone applications require only 30 minutes of watering every 3 days. Anyone with questions about adjusting their irrigation system clocks should contact their home builder. And please remember not to water between the hours of 10 a.m. and 6 p.m. at any time!
Small Town 4th of July Celebration

Stapleton may be one of the largest new urban communities in the nation, but when it comes to celebrating the Fourth of July, its East 29th Avenue Town Center takes on the look and feel of a traditional "small town" celebration.

This year as last, a red, white and blue flag-waving parade of parents, children and pets on foot and riding on decorated bikes and in wagons of all descriptions wrapped around Founders' Green on a parade route that extended down 29th Avenue. The size of the parade doubled from last year's attendance. Next year the route will be increased to accommodate the large number of participants. The hot July sun had everyone anticipating the enjoyment of Otter Pops and a climb up into the hook and ladder fire truck from District Two.

The community participated in an Ice Cream Social at each of the pools. Famous Dave's brought the BBQ and many adults participated in the "beer dive" to wash it down. Each person received a coupon for ice cream and another for a frozen cappuccino drink. All participated in the games and activities.

Swimmers relax at the new pool on the Fourth of July, which was the pool's opening day.

Stapleton welcomes Comcast to the neighborhood

COMCAST – NOW THE PREFERRED PROVIDER AT STAPLETON.

3 great services available in one great neighborhood.

DIGITAL CABLE WITH ON DEMAND
Comcast Digital Cable gives you more choices and more control than ever. With hundreds of channels and exciting new features like ON DEMAND and High-Definition TV, you’ll enjoy watching TV again!

HIGH-SPEED INTERNET
With Comcast High-Speed Internet, everything about the Internet is better. Not only will you zip around the Internet at lightning-fast speeds, but our service won’t tie up your phone line because it’s cable powered.

DIGITAL TELEPHONE SERVICE
Now you have a choice in local and long-distance home phone service. Stay in touch with Comcast’s reliable, flexible and affordable home phone packages.

Call 303-537-1071