

# Front Porch

A publication of Forest City Stapleton, Inc.

STAPLETON

DENVER, COLORADO

AUGUST 2005

## Bass Pro “Tops Off”



Emerick Corsi, executive vice president, Forest City Commercial Development, addresses the gathering at the topping off ceremony for the Bass Pro store at NorthField.

## at NorthField



### Final Truss Placed in Roof Structure

Elect 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*

“Denver metro area citizens appreciate the natural beauty of our region and the opportunities it affords to lead active, healthy lives in which they enjoy camping, fishing, hiking and other outdoor activities,” Mayor John Hickenlooper said in a statement issued to mark the occasion. “When Bass Pro Shops opens its new Outdoor World Superstore at Stapleton later this year, it will further enhance Denver’s reputation as a haven for sports enthusiasts.”

“We are very pleased to have Colorado’s first Bass Pro Shops Outdoor World opening in NorthField at Stapleton,” said Emerick Corsi, executive vice president, Forest City Commercial Development. “Our goal is to make NorthField at Stapleton a reflection of Denver’s residents and their many interests, which includes celebrating the great outdoors in style only the way Bass Pro Shops can do.”

Bass Pro Shops visitors can shop a huge selection of fishing, hunting, camping and marine items, and visit clothing, gift and footwear departments. The store will also feature the complete line of world-famous Tracker® and Nitro® in an expansive showroom and boat service center.

Recognized for their conservation  
(continued on page 7)

## 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 water falls, 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](http://www.StapletonOnLine.com). The winning entry will be selected August 15th.

Hours for the new pool through the end



Opening day at the new pool.

of the season are shown in the calendar on page 2. The telephone number for the new pool is (303) 393-0018.

### 4th of July at Stapleton



Story and photos on back cover.

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3 Arsenal  
Wildlife

Alzheimer’s  
Memory  
Grove

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Quebec  
Square  
Merchants

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Fourth of  
July Photos

16





Stapleton Stampede

# Mark Your CALENDAR

## 2005 STAPLETON EVENTS

### EVERY MONTH

#### First Tuesday

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

#### First Wednesday

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

#### First Saturday

Bluff Lake Birders  
Bluff Lake Nature Center  
7am - 9am

#### Third Tuesday

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

#### Third Thursday

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

#### Every Tuesday

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

#### Every Tuesday & Thursday

Stapleton Strollers  
28th Ave. and Tamarac Street  
9am

#### Fourth Tuesday

Pool Committee Meetings  
Email CommunityManager@  
StapletonDenver.com for information

### EVERY MONTH

#### Every Wednesday

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



Stapleton Under the Stars movie

#### Every Friday

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

#### Every Sunday June 5 - September 25

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

### AUGUST

#### Friday, August 5th

Stapleton Under the Stars Movie  
Shark Tale  
Aviator Pool\*  
Dusk

### AUGUST

#### Saturday, August 6th

Sand Creek Greenway Cleanup  
Sand Creek Greenway  
8am - Noon

#### Tuesday - Thursday, August 9th-11th

Bluff Lake Jr. Naturalist Program  
Ages 11-12  
Bluff Lake Nature Center  
9am - Noon

#### Friday, August 19th

Stapleton Under the Stars Movie  
Legally Blond - Red, White  
and Blond  
Founders' Green\*  
Dusk

#### Friday, August 19th

American Cancer Society  
Relay for Life  
Founders' Green

#### Saturday, August 20th

Happy Hour  
Aviator Pool  
5:30pm - 7:30pm

#### Saturday, August 27th

Stapleton Stampede Run

### SEPTEMBER

#### Friday, September 2nd

Stapleton Under the Stars Movie  
Finding Neverland  
Founders' Green\*  
Dusk

#### September 9-11th

MS Challenge 3-Day walk  
Ending at Founders' Green

#### Saturday, September 17th

2nd Annual Kickball Tournament  
Westerly Creek Elementary  
9am

### SEPTEMBER

#### Saturday, September 24th

Wine Festival  
Founders' Green



### OCTOBER

#### Saturday, October 15th

Fall Festival  
Founders' Green  
11am - 1pm

### DECEMBER

#### December 5th - 9th

Holiday Lighting Contest

#### December 11th

Lighting of the Holiday Tree

\*Visit  
[www.StapletonDenver.com](http://www.StapletonDenver.com)  
for more information  
on these calendar 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.



Opening day at the new pool

### 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.



# Revegetation Brings Wildlife Full Circle

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 reasons are to stabilize the soil for prevention of wind and water erosion, as well as to provide habitat for refuge 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 time, 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, blue flax, penstemons, and globe mallow make up about 5 percent of the seed mixes. Shrubs such as fourwing saltbush, rabbit brush and sand sagebrush also are included in some areas. Additional species such as the prickly pear cactus and yucca also may be included in the mix.

Almost all of the plant species used to restore the short grass prairie at Rocky Mountain Arsenal National Wildlife Refuge also could be included in your own xeriscaped garden. The shortest of grasses, blue grama and buffalo grass can be used as an alternative to bluegrass to lessen water use. However, these native grasses may not withstand use as a play area and can involve more attention to weed control. Certainly many of the native wildflowers and shrubs have a place in a xeriscaped garden where low water

use is desirable and a less manicured appearance is appreciated. Native plants require much less care and water when fully established, and are just as beautiful as

involved. Interested volunteers can contact the Rocky Mountain Arsenal National Wildlife Refuge at (303) 289-0930.

Photos courtesy of Rocky Mountain Arsenal



Geese on Lake Mary at the Rocky Mountain Arsenal, left, and Lake Mary at sunset.



Rocky Mountain Arsenal National Wildlife Refuge is open for drop-in visitors from 8:00 am until 4:30 pm every Saturday and Sunday. Visitors can participate in nature programs and wildlife viewing tours or take a quiet stroll on nearly 9 miles of interpretive trails. The Visitor Center also is full

of fun activities and exhibits – all *FREE!* Enter the Refuge at 56th Avenue and Havana Street. For information about the Refuge visit <http://rockymountainarsenal.fws.gov>. To make reservations for any weekend program or tour call (303) 289-0930.

## Bat Monitoring and Conservation

When visitors come to the Rocky Mountain Arsenal National Wildlife Refuge (Refuge) they most likely will not see the many bats that make the Refuge their summer home. Bats are difficult “watchable wildlife” because they roost during the day and emerge at dusk to begin a night of feeding on insects, which makes it challenging to see these small acrobats as they fly over the Refuge’s lakes, streams, and uplands. Bats are beneficial, important ecosystem members and the Refuge provides feeding and roosting habitat for five bat species. Conserving and protecting these unique animals is one of the management focuses of the Refuge.

In North America, the decline in the bat population has been documented for the past several decades for many species. Habitat loss, roost site disturbance, vandalism, and exposure to contaminants are some of the reasons for the declines. Bats are particularly vulnerable due to their often-colonial nature, need for specific roost conditions, and tendency to use man-made structures. Also, their relatively slow reproductive rate



Photo by Aaron Rinker

A Big Brown Bat prepares to fly away after biologist recorded basic information.

(1 pup/year) further contributes to population risks. Because bats are so mysterious, they are one of the most misunderstood animals. Bats are the only true flying mammal. They are not flying mice, but rather belong to their own group called *Chiroptera*, which literally means “hand-wing.” Eliminating some misconceptions about bats is important. Bats are not blind; they do not attack people or become entangled in hair; and, very few transmit rabies. Bats have the ability to emit ultrasonic sound waves to find and catch insects for food. Their wing bones are similar to our hand bones, which gives them amazing maneuverability to catch insects while in flight. Bats are so efficient at catching insects that individuals of some species can consume about 1,000 mosquito-sized insects per hour.

The Refuge has conducted a follow-on study to its late 1990s study to determine the health of bats. Evaluating contaminant levels in the bats is one way to assess the progress of the Arsenal’s cleanup in reducing contaminant exposure to wildlife. Monitoring the bats is important because the site is a valuable foraging area, particularly for breeding colonies of Big Brown Bats. The 2004 information is currently being analyzed and will be important in evaluating general population trends.

Aside from gathering data on bats, conservation of the bats at the Refuge is another management goal. More effort is needed to promote bat conservation. Providing artificial roosts near foraging areas is one way to enhance habitat. In December 2004, four artificial bat roosts were installed near favorite foraging sites. If you come to visit the Refuge, you may see these boxes, which are mounted on tall posts, as you tour the area. You can learn more by visiting our website at: <http://rockymountainarsenal.fws.gov>.

## Free Nature Programs in August

Reservations are required for these **FREE** programs at the Rocky Mountain Arsenal National Wildlife Refuge north of Stapleton. Space is limited. Enter the Refuge at 56th Ave. & Havana. Call 303.289.0930 to register.

**Goin’ To Town** Sun. Aug. 7, 8am – 10am

**Let’s Get Aquatic!** Sat. Aug. 13 10am – noon

**Pedal Pushers** Sun. Aug. 21 6pm – 8pm

**Friends of a Feather** Sat. Aug. 27, 8am – 10am

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## Six Steps to Buying a New Home

If you’re looking to buy a new home – or just exploring the possibilities – talk to Joni Probst, your neighbor and mortgage loan officer at the Credit Union at Stapleton. Joni can help guide you through six easy steps to help make your home buying experience more enjoyable.

The first step is determining your budget. Joni can recommend the loan which best fits your situation – and pre-approve you for the loan!

When this is done prior to looking at homes, it helps focus and streamline the rest of the process: 2) choose a realtor; 3) select a home; 4) make an offer and contract; 5) have the home inspected; 6) close and move in!

The Credit Union at Stapleton is located at 3700 North Quebec, Unit 102, behind Panera Bread.

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# 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, beneficial development and connections to neighborhood resources in Northeast Park Hill. The Coalition includes the area bounded by 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 Axum Park located on MLK Boulevard and Cherry Street. Free local entertainment, the bicycle safety village, and plenty of good food make this a great event.

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

## Commerce City

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.

Commerce City will also be the new home of the Colorado Rapids professional soccer team and there will be an adjacent soccer campus. Kroenke Sports Enterprises (KSE) is working with Commerce City to finalize the plans.

For more information contact Sheri Chavez, (303) 227-8855.



Alice Kelly

## Rocky Mountain Arsenal National Wildlife Refuge

Drive to 56th and Havana to begin exploring the largest contiguous open space in the metro area. Prior to World War II, the arsenal was farmland. Settlers began breaking the short grass prairie sod, planting trees and crops and bringing irrigation to the area in the 1880s. In 1943, the US Army bought thirty square miles of farmland to establish the Arsenal to produce weapons. After WWII the Army leased land to private companies that produced commercial pesticides. In 1986 biologists discovered the Arsenal was home to a large population of wintering bald eagles. Also thriving were deer, coyotes, prairie dogs, hawks 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://rockymountainarsenal.fws.gov>

## Montbello

In 1934, 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 I-70 on the south, Chambers 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. Peoria Street contains the commercial area and Albrook Drive is where you’ll find Montbello’s library.

For more information, contact Councilman Michael Hancock’s office, (303)331-3872.

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

# Resident Referral Program for Town Center Apartments Pays You for Your Referrals

So often, friends and family ask our opinions about everything – where to eat, what to do for fun, what areas of town we like. Now your opinions can pay you back!

As part of a new program, now when any Stapleton resident refers a friend, co-worker or anyone to Town Center Apartments, and that referred party moves in, the resident receives \$250 for that referral! And over time, if you refer multiple people to Town Center Apartments and they become a resident, you get paid increasing referral bonuses within a calendar year! Second referrals within a calendar year pay \$500 to the resident, and third referrals pay \$750!

“The beauty of the Resident Referral Program is that it allows our Stapleton residents to choose their future neighbors,” said Cheryl Meyers, Forest City Enterprises Regional Manager. “So, it’s a great opportunity to turn your opinion on sharing what a great place Stapleton is to cash for your referrals to Town Center Apartments for your friends, family and others that you know!”

Town Center Apartments includes four properties at Stapleton, including Botanica on the Green, Crescent Flats, Clyburn at Stapleton, and Parkside Apartments. To find out more about renting at Botanica on the Green and Crescent Flats, please call (303) 388-1414 or 1-888-507-7368 or visit 7484 E. 29th Ave. in Denver. Clyburn at Stapleton leases on-site at 7401 E. 26th Ave. in Denver or call (303) 388-1515. Contact Parkside Apartments at (303) 355-5444 or visit them at 7780 E. 23rd Ave. in Denver.

For more information on the new Resident Referral Program at Town Center Apartments, please call (303) 388-1414 or 1-888-507-7368.

# The Alzheimer’s Memory Grove and Garden at Central Park

By Nancy Relihan

An extraordinary 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 and crab apple trees. The trees and the four-season garden are designed to “offer a sanctuary for reflection and healing.”

Opportunities to participate in creating this unique and timeless piece of respite 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 centerpiece located in the gardens. Revenues raised through the project will provide critically needed funds to foster support and education 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 support services for families and prevention research,” 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](http://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 303-813-1669.

Nancy Relihan is Information Manager for Forest City Stapleton, Inc.

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4



# Books Mean the World to Children



Elizabeth Baker of Miss Talulah's shows some of her favorite children's books.

## 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 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 soulfire 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 through the process and allow you to meet your goals.

The most frequent questions our trainers and nutritionists are asked, "How and where do I start?" Society is inundated with health and fitness information, and often, one statement contradicts another, so how to choose? Infinite Potential encourages and teaches women how to listen and honor their bodies. Start smart-start slow. First, get the go-ahead from your physician. Next, drink an extra glass of

water, park 10 spaces farther from the grocery store to add a few extra steps, eat half the sandwich instead of the whole thing or do 15 arm circles in both directions. The point is, we can't go from inactivity to 3 days of weight training, 4 days of cardio and 2 Pilates classes. Start smart-start slow. Again, this is 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 Westerly 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?

For more information regarding Infinite Potential, Inc. and to register for programs beginning in August and September, please call or e-mail, Taylor-Morgan Chapin, Executive Director (303)972-4980 or [infinitepotentialwomen@msn.com](mailto: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.*

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 is 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, these same books always manage to convey messages that are vital to understanding the real world and the characters we encounter everyday.

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 through 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 peeking 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 of 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-Lowry 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 "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 another 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, multilingual 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 directress of the school at its outset. Bill Hyde, who has a PhD in education and has similar experiences, works with her in all aspects of the planning and administration.

The Montessori Children's Village will maintain at least a 6:1 child 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 encourage full, five-day participation because of the full curriculum, although part-time slots are also available. The school program day runs 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](mailto:montessorichildrensvillage@gmail.com).

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Location: Quebec Square

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### MISC. RETAIL

#### Amore Fiori

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Location: East 29th Avenue  
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#### Baby Power

Offer: \$10 off of class  
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Location: Quebec Square

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

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each registered child in  
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#### Cingular Wireless

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Location: Quebec Square

#### Grape Leaf

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Location: East 29th Avenue  
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#### Graham Taylor Photography

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#### Instant Imprints

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Location: Quebec Square

### MISC. RETAIL (continued)

#### V2K Window Fashions

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##### Renaissance Hotel

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food and beverage.

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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  
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#### Doubletree Denver Café

Offer: 10% discount on all  
food and beverage.

#### Inta 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: Free fountain  
beverage with purchase  
of entree sized bowl.  
Location: East 29th Avenue  
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#### Panera Bread

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

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**Fitness Walks every Wednesday  
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**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 Committee  
presents an award to Officer Paul Streate.

On 06-10-05, at approximately 2357 hours,  
Officer Paul Streate 01070, 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 as he ran.

Shortly thereafter, Officer Streate observed  
the suspect pull from his waist a dark handgun  
and throw it in a nearby bush along the  
walkway 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 caliber  
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 is known as a safety conscious  
and responsible officer when placed in  
dangerous situations.



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# Bass Pro *(continued from page 1)*



Denver Police technician Mike Rapp (left) joins Denver City Councilman Michael Hancock at the Bass Pro Ceremony.

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](http://www.basspro.com).



U.S. Fish and Wildlife personnel from the Rocky Mountain Arsenal attended the Bass Pro topping off ceremony.

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!

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Gates open at 7:00 p.m.  
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Trailers & Movies begin at dusk.

August 5     **Shark Tale** (PG) (Aviator Pool)

August 19    **Legally Blonde 2 - Red, White & Blonde** (PG-13)

September 2   **Finding Neverland** (PG)

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

Please visit [www. StapletonDenver.com](http://www.StapletonDenver.com) for full details.

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# 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 that it's the use 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 Billups, 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 personalities and by asking them to clip pictures from magazines of things they like or respond to.

With a 1939 Le Corbusier lounge in original pony hide, a Japanese sideboard in a champagne gold leaf finish, and a pair of rummage sale wooden doors, it's clear Gregg is not afraid to mix styles, eras or price points. In addition to some expensive investment pieces, Gregg has also found great deals from estate sales, closeouts and discount retailers. "I have pulled out incredible furniture from dumpsters down alleys and purchased limited Italian pieces from Italy," he says. "I have picked up artifacts in Hong Kong and artwork in small farm towns across America."

While Gregg previously worked in a separate office space, he missed being able to work whenever creative inspiration struck and moved back to a home-based business. He keeps one work area with all his design tools that he can close off, but says, "I tend to work from



Gregg Probasco, Stapleton resident and interior designer.

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 greggp21@comcast.net.

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

## 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 City Stapleton, Inc., the route took the riders across the Royal Gorge Bridge.

Photo courtesy of Mike King



### 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. The design process is something you do in phases.
  - 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.
  - Don't try to match everything, and stay away from complete sets of furniture. Create your own vignette — it's all about coordination and placement.
  - 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 be afraid 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.

## ALPS Bike Winner

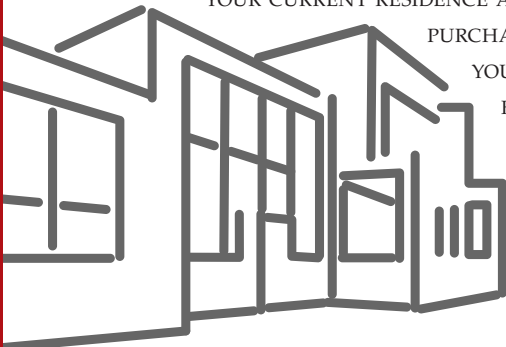
Photo courtesy of ALPS



Gayle Mylanda displays the Fujii 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

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Dr. Walsh provides leading-edge medical care for the entire family, including newborn, child health, and women's health care. The offices of Exempla Family Medicine at Stapleton are conveniently located in the Stapleton Plaza Office Building, 3401 Quebec, Suite 1015. Come visit us or call 303-467-8900 today for an appointment. Making a difference in our neighbors' lives — that's Exempla Family Medicine at Stapleton.

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# Sustainability at Stapleton

by Melissa Knott

## 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/Silverbrite, 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](http://www.stapletondenver.com)

Denver Recycles is making exciting  
*new changes* to the recycling program!

### Acceptable items:



Corrugated cardboard



Magazines & catalogs



Office paper



Junk mail



Phone books



Paperboard (cereal boxes, paper towel rolls, etc.)



Brown paper bags



Newspapers



Plastic bottles



Glass bottles & jars



Aluminum cans, aluminum foil & pie tins



Steel cans & empty aerosol cans

### Unacceptable items:



Plastic bags



Plastic tubs



Garbage

## Stapleton Farmers Market – Every Sunday through September 25th 8:30 am – 12:30 pm

East 29th Avenue Town Center



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

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

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

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# 4 Paws News

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

## 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 vaccines.



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. But one should question the sense 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 untoward 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 completed, 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 vaccinations either.

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 boosted 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 how often to vaccinate and which vaccines are necessary for your 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 303.394.3937.



# Eat Good Food

by Annie Brown

## Tomatoes: The Essence of Summer

I remember as a child my mother picking tomatoes warm from the sun and making the juiciest, most flavorful BLTs on the planet. I picked up the same habit, but have forgone the traditional B (bacon), replacing it instead with my own B - basil. And although I don't have a garden, I do have access to a thriving farmers' market here at Stapleton every Sunday morning where we are now finding some of the best produce in the state. Look for organic, heirloom tomatoes: while they may not look pretty, they will be intensely flavorful.

When we lived in Baltimore, every September just before the end of tomato season we'd go to our local farmers' market and buy at least two bushels of tomatoes. Farmers loved us because we loved buying the tomatoes that were slightly bruised - perfect for making our winter sauce.

My hands-down favorite tomato sauce recipe came from a cookbook by Marcella Hazan, one of the best hands at Italian cuisine. It's one of those recipes where you can't believe how something so simple tastes so incredibly good.

But like most dishes, it's all about the quality of your main ingredient. The better the tomato, the better the sauce. I would not recommend using the heirloom tomatoes to make this sauce - no, save those for eating straight up or paired with fresh mozzarella and fresh picked basil. Instead search out the farmers' market for "sauce tomatoes" or Roma or plum tomatoes. These tomatoes have less water content and make a thicker sauce.

If you are as lucky as we were and can buy a large amount, make as much sauce as you possibly can. It freezes beautifully and will be a wonderful reminder of summer during those chilly winter nights. One year we made nearly 50 quarts of sauce, which we froze and gave out as holiday gifts along with a pound of gourmet pasta to friends and neighbors. The gift, we were repeatedly told, was appreciated much more than the obligatory plate of cookies and fudge.



### Classic Pomodoro Sauce

- |   |                      |
|---|----------------------|
| 2 lbs. fresh ripe plum or Roma tomatoes, peeled, seeded and finely chopped* | 6 tablespoons butter |
| 1 medium onion, peeled and cut in half                                      | Sea salt             |
|   | Parmesan cheese      |

1. Put all the ingredients (except Parmesan cheese) in a saucepan and simmer for 20-30 minutes. The tomatoes need to reduce and separate from the butter.
2. Remove from heat and discard the onion. (The onion's role here is to impart a subtle sweetness to the sauce.)
3. Pour noodles into the sauce and stir until noodles are completely coated with sauce. Serve immediately. Sprinkle freshly grated Parmesan.

\*Although you can buy hydroponic and hot-house tomatoes year-round, I almost never do because the quality just can't compare to in-season tomatoes. Instead use a 28 oz. can of the best canned tomatoes you can buy. I highly recommend San Marzano tomatoes. Buy whole tomatoes and use the juice in the can. Puree in blender before adding to a saucepan with the butter and onion.

Whatever your preference - fresh heirloom tomatoes or sauce tomatoes - just be sure to enjoy summer's abundance at its peak! And don't forget that tomatoes are high in lycopene, which may support prostate health for men and offer a boost to the immune system for everyone.

Annie Brown is a Stapleton resident and independent food consultant

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

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S.U.N. Editorial

The SUN Spot  
The independent voice of Stapleton  
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You have questions? We'll get you the answers.

As the registered neighborhood organization for Stapleton, among other things, SUN 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 Front Porch included "Frequently Asked Questions," which have been posted at [www.stapletononline.com](http://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 [stapletonneighbors@msn.com](mailto:stapletonneighbors@msn.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 sizzle!

2nd Annual SUN Kickball Tournament Set for Sept 17

Start organizing your teams for the Second Annual SUN Stapleton Kickball Tournament, which will kick off bright and early at 9am on Saturday, 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, Active Living Partnership of Greater Stapleton (ALPS) and many Stapleton businesses. For any newcomers, Kickball is a sport that is similar to baseball: instead of hitting the ball with a bat, players kick the ball, which is a little bigger and harder than a soccer ball. Baserunners circle the bases, from 1st to 2nd to 3rd to home, and other than a few differences, the rules are much like those of baseball. There will be a competitive adult kickball tournament and fun, loosely organized kid's tournament, but most importantly, the event offers a great opportunity to get outdoors and have fun with friends and neighbors. Come play or watch, but be sure to bring your skills of kicking, catching, throwing, running, cheering, laughter and neighborly goodwill.

This event is FREE and all levels of players are welcome. You are welcome to sign up as teams, small groups or individuals, as teams will be formed from small groups and individuals. **There is a limit of eight adult teams (up to 20 people per team)** and the registration deadline is September 10, 2005. For more information, please contact Caroline Wilten at [wilten4@msn.com](mailto:wilten4@msn.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 Friesen

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 cheaper-than-Whole Foods) 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 at 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 \$510 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, 4-7pm. 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](http://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](mailto: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 croissants and the brioche."



Nisha says, "I like it because there are lots of good eats. My favorite is chocolate croissants."



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 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 the tomato with a little garlic. 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've heard no negatives, all positives, and people who are envious. We can't wait til we get moved in."



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# Meet Your Quebec Square Merchants



Mike Santarelli, kitchen manager for the Famous Dave's Barbeque coming to Stapleton.

## 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 the MS Walk and the Denver Police Boxing League, just to name a few.

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.



Amanda Hallmann of Inta Juice shows one of her fresh fruit smoothies.

## 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: the juices and "fruit smoothies" available at her new "Inta Juice" store in Stapleton's Quebec Square.

Located between Subway and Doctors Vision Works on the west side of Quebec Square 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.



## Ladies Workout Express

Regina Miller, manager of Ladies Workout Express, works out using a hula hoop. For information call 303-322-9980.

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## 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.doortodoororganics.com or call 303-297-3636.

### Natural Foods Buying Club

Of course, produce is only part of what we transplant 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 like 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.tcwfoodcoop.com (select "ShopNatural.coop").

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## STAPLETON TODAY



Back to school at Westerly Creek



Town Center shoppers

### 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 Fiori 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 LolliLocks.



Pond at Westerly Creek Greenway

**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](http://www.StapletonDenver.com) for more on what's going on at Stapleton!

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## Master Community Association News

by Diane Deeter  
Stapleton Community Manager



### Name that pool!

Would you like to go down in history as the person who suggested the name for Stapleton's newest pool? Don't despair: fame is within your grasp! Beginning August 1st, information will be available on the Stapleton Intranet ([www.StapletonOnline.com](http://www.StapletonOnline.com)) with all the details and directions for making your suggestion online. We will also have boxes at Aviator Park pool and the new pool that will receive your suggestions. On August 15th we will select the top 4 suggestions that have been submitted and then give Stapleton residents the opportunity to vote for their favorite name online. The individuals whose suggestions are chosen to be posted online for the final contest will each win a Guest Pass to the pools good for 5 adult visits. On September 1st, the overall winner will be selected to receive a Stapleton Cruiser Bicycle...and go down in history as the person who named our great new pool!!

### 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, walks 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 down the sidewalks with friends and family, enjoying the benefits of living in such a pedestrian-friendly neighborhood. Among the reasons a stroll through Stapleton is so enjoyable are the broad tree lawns that have been planted to separate the sidewalk from the street. Except in areas governed by maintenance agreements of sub associations, the maintenance of those tree lawns we all enjoy so much is the responsibility of individual home owners. Please remember to care for the trees and grass of the tree lawn in front of your property: you will be helping to keep Stapleton a pleasant place to live!

Diane Deeter is the Community Manager for Forest City Stapleton, Inc. She may be reached at [communitymanager@StapletonDenver.com](mailto:communitymanager@StapletonDenver.com).

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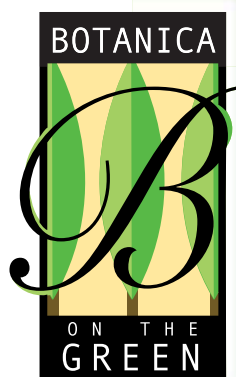
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## Keep Cool in the New Pool

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



## 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.

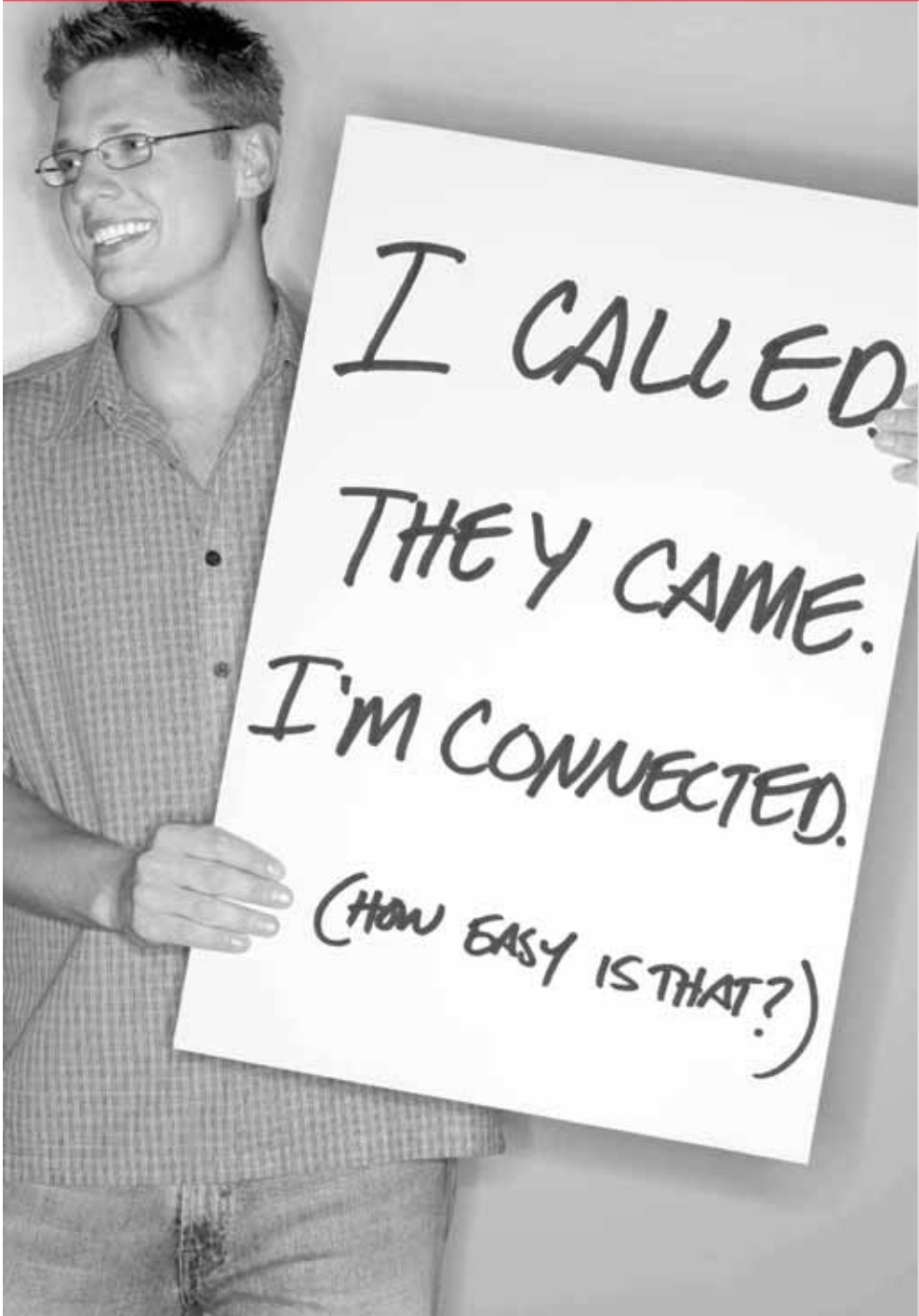
This year as last, a red, white and blue flag-waving parade of parents, children and pets on foot and riding on decorated bikes and in wagons of all descriptions wrapped around Founders' Green on a parade route that extended down 29th Avenue. The size of the parade doubled from last year's attendance. 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.



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