

Front Porch

A publication of Forest City Stapleton, Inc.

STAPLETON

DENVER, COLORADO

SEPTEMBER 2005

On the Path to a Great Education

A record crowd for Westerly Creek Elementary School's annual opening day "pool to school walk" reflects increasing enrollment at the popular Stapleton school.

It has become a great tradition at Stapleton. On the first day of school for the students of Westerly Creek Elementary School, a long line of parents, children, strollers, wagons and dogs starts out from Aviator Pool and winds its way along the bike path in Greenway Park to the Westerly Creek campus that also houses the Odyssey Charter School. Greeted by Principal Trich Lea, who has donned a colorful Dr. Seuss hat to put the new students at ease, children, parents, grandparents (and dogs!) find a warm welcome and an air of enthusiasm for the great academic school year that lies ahead.

On the first day of school a long line of parents, children, strollers, wagons and dogs winds its way through Greenway Park to the Westerly Creek and Odyssey School campus.

The "Pool to School" tradition was begun to familiarize parents and children with a safe and enjoyable way for students to take advantage of Stapleton's pedestrian-friendly neighborhoods by walking to and from the Westerly (continued on page 16)

"Main Street" Takes Shape at NorthField



A construction worker welds the exterior of a building lining the Main Street of the NorthField Retail Center at Stapleton.

As the Bass Pro Shops Outdoor World Store, Super Target and Circuit City prepare to open later this year, the nearby Main Street in the heart of the NorthField Retail Center north of Interstate 70 at Stapleton is beginning

to take shape in preparation for its opening in the late summer or early fall of next year.

Main Street at NorthField will be a pedestrian-friendly, open-air retail street anchored on the (continued on page 14)

Newest Faces at Quebec Square Are Familiar

Byron and Michelle Johnson, owners of the popular Wingz, Etc. in Quebec Square, recently became the owners of Okkasions Liquors that occupies space immediately adjacent to their restaurant. Since its opening in Quebec Square several years ago, the recipe for the success of Wingz, Etc. has been high quality food and great customer service. Byron says he will bring the same emphasis on quality and friendly service to the customers of his new liquor store. (continued on page 4)



Byron Johnson, owner of Wingz, Etc. and the new owner of Okkasions Liquors in Quebec Square.

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3 Stapleton Forum | DSST's Scores Soar 4 | Master Community Association 13 | 1st Day at School 15



Stapleton's 2nd annual Wine Tasting Festival will be held September 24th at Founders' Green.

Mark Your CALENDAR

2005 STAPLETON EVENTS

EVERY MONTH

Note: Information to contact the sponsor of each event is shown in brackets [].

Every Sunday June 5 - September 25

Stapleton Farmers Market
East 29th Avenue Town Center
8:30am - 12:30pm
[Colorado Fresh Markets 303.442.1837]

Every Weekday

Music Together classes offered daily
Westerly Creek Elem. Sch.
9:30 & 10:30am
[Music Together 303.333.1474]

First Tuesday

Stapleton Residents' Social Events Comm.
Stapleton Visitor Center 6 - 7:30pm
[Master Community Assoc. 720.974.4136]

Every Tuesday

Preschool and Parent Support Group
Westerly Creek Elem. Sch. 1 - 3:30pm
[720.423.4797]

Every Tuesday & Thursday

Stapleton Strollers
28th Ave. & Tamarac St. 9am
[www.hotmamasdenver.com 303.296.2609]

Third Tuesday

Stapleton Business Association
Call for location 8am
[Stapleton Business Assoc. 303.393.770]

Fourth Tuesday

Pool Committee Meetings
Email CommunityManager@
StapletonDenver.com for information

Every Wednesday

Westerly Creek PTA Meeting
Westerly Creek Elem. Sch. 6:30 - 7:30pm
[Westerly Creek Elem. Sch. 303.322.5877]

Every Wednesday

S.U.N. Traffic Committee Meeting
Stapleton Visitor Center 6:30 - 8:00pm
[Stapleton United Neighbors
303.355.9600]

Third Thursday

Stapleton Citizens Advisory Board Mtg
Stapleton Development Corp 7:30 - 9am
[Stapleton Development Corporation
303.393.7700]



Music Together for children and parents is held at Westerly Creek Elementary School every Wednesday at 9:30am.

EVERY MONTH

Every Friday

Story Time
Westerly Creek Elem. Sch. 9:30am
[Melissa Darzins 303-393-1142]

Every Friday

Mobile Cyclery
King Soopers parking lot
through 10/28 9am - 5pm
[Mobile Cyclery 720.747.8854]

First Saturday

Bluff Lake Birders
Bluff Lake Nature Center 7 - 9am
[BluffLakeNatureCenter.org
303.468.3240]



The Farmers Market will continue on Sunday mornings through September 25th.

SEPTEMBER

Friday, September 2nd

Stapleton Under the Stars Movie*
Finding Neverland
Founders Green Dusk
[Forest City
www.StapletonDenver.com]

Sunday, September 4th

Bonfils Blood Drive
Aviator Park & Pool 11:30am - 3pm
[www.bonfils.org]

September 9-11th

MS Challenge 3-Day Walk
Red Rocks to Stapleton
Ending at Founders' Green
[Elizabeth Norris 303.813.6690]

Saturday, September 10th

Family Affair in Quebec Square
Sam's Club Parking Lot 4 - 7pm
[Wild Iris 720.529.9911]

SEPTEMBER

Saturday, September 17th

2nd Annual Kickball Tournament
Westerly Creek Elementary 9am
[Caroline Wilten wilten4@msn.com]

Saturday, September 24th

Wine Festival*
Founders' Green 2 - 6pm
[Master Community Association
720.974.4136]

OCTOBER

Saturday, October 1st

Schooling Horse Show
The Urban Farm
[Call 303.307.9332 or email:
donna@theurbanfarm.org]

Saturday, October 15th

Fall Festival*
Founders' Green 11am - 1pm
[Master Community Association
720.974.4136]

Sunday, October 23rd

Terry Myers In-Sync
Horsemanship Clinic
The Urban Farm
[Call 303.307.9332 or email:
donna@theurbanfarm.org]

DECEMBER

December 5th - 9th

Holiday Lighting Contest*
[Master Community Association
720.974.4136]

December 11th

Lighting of the Holiday Tree*
[Master Community Association
720.974.4136]



Stapleton's Fall Festival will be held on Saturday, October 15th.

* Check www.StapletonDenver.com two weeks prior to the event for more specific information.

Denver Broncos 2005 Season Schedule



Home (Blue)

Sunday, September 11th at Miami Dolphins - 11:00am
Sunday, September 18th vs. San Diego Chargers - 2:15pm
Monday, September 26th vs. Kansas City Chiefs - 7:00pm
Sunday, October 2nd at Jacksonville Jaguars - 11:00am
Sunday, October 9th vs. Washington Redskins - 2:15pm
Sunday, October 16th vs. New England Patriots - 2:15pm
Sunday, October 23rd at New York Giants - 2:15pm
Sunday, October 30th vs. Philadelphia Eagles - 2:15pm
Sunday, November 13th at Oakland Raiders - 2:05pm
Sunday, November 20th vs. New York Jets - 2:15pm
Thursday, November 24th at Dallas Cowboys - 2:15pm
Sunday, December 4th at Kansas City Chiefs - 2:15pm
Sunday, December 11th vs. Baltimore Ravens - 2:15pm
Saturday, December 17th at Buffalo Bills - 6:30pm
Saturday, December 24th vs. Oakland Raiders - 2:15pm
Saturday, December 31st at San Diego - 2:30pm

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Front Porch

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An invitation from Councilwoman Marcia Johnson to participate in city planning

“The Westerly Creek Connection”

The Westerly Creek meanders through Lowry’s Great Lawn, Aurora’s Montview Park, and across Stapleton’s Westerly Creek Greenway, but like a missing front tooth, the creek is missing a link where it passes through part of Aurora and most of the area in Denver between Colfax and 11th Avenue. It is in Denver’s urban East Montclair neighborhood, in my council district, where the creek is channeled underground.

“How can we connect Stapleton and Lowry along the Westerly Creek with appropriate green space?” If this question were only about physical terrain, money, and will, the answer would be a relatively simple one. However, the issue of a people-friendly green space leads us to another question.

“How do we attract people to an area when the nearby multi-family housing units are often a source of criminal activity?” This question has led to the idea that multiple goals could be accomplished if the present housing was torn down to make room for a great green space along the creek. But what incentives could be offered to these property owners, and where would the people go?

“What if new housing for the same population were built along Colfax where there is an abundance of motel stock?” The positive effects would be to bring housing to East Colfax Avenue (which is an important step in

revitalizing the East Colfax corridor, as emphasized in the Prosser Study); the replacement of 60 year-old buildings with architecture environmentally designed with safety and crime prevention in mind; and the availability of Westerly Creek Greenway as a public amenity for people who live in the surrounding neighborhoods. Of course this question leads us to even more questions.

How are the owners of the existing motels to be encouraged to sell their businesses? What new businesses or properties would interest the present motel owners as investments? Twenty-three people met in my office on Tuesday, August 2nd to discuss the complexities of this chain of visions and its inherent challenges. They represented neighbors, area provider housing facilities, Stapleton, Lowry, Aurora, East

Montclair, the Mayor’s office, various other city departments, and even the State. The consensus was that the goals and concerns, although highly complex and potentially expensive, were definitely worthy of further study and discussion. Assignments were dealt out and a commitment was made to meet again in late September.

Please call my office at 303.355.4615, or e-mail me at marcia.johnson@ci.denver.co.us, if you have ideas or advice on any aspect of the Westerly Creek Connection project. I’d love to hear your suggestions.

Photos courtesy of Councilwoman Johnson



Marcia Johnson, District 5 Denver City Councilwoman

Councilman Michael Hancock

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Invite You to Attend:

An Informational Forum on
Residential, Commercial and
Open Space Development
at Stapleton

Tuesday, Oct. 18, 7 - 9pm
Denver School of
Science and Technology
2000 Valentia Street (at Montview Blvd.)

Come early at 6:30pm
to enjoy light refreshments
prior to the forum

Finalists Identified for Ellipse Public Art Project at Stapleton

By Barbara Neal

The artists were selected as finalists by the Ellipse Project Selection Committee on July 26th when the committee reviewed applications and images from those submitted on the CaFÉ website. The finalists, Ilan (NY), David Dahlquist (IA) and Gerald Heffernon visit Stapleton in September to see the ellipse in person at East 29th Avenue and Xenia and talk with the members about the project in preparation for proposals. They'll return in late October to prepare proposals and models for the ellipse at which time the committee will select one of the finalists for the committee recommendations will be reviewed by the Art Advisory Committee and then by the Board of the North Creek Metropolitan District before the contract for the \$100,000 commission is awarded.

The second announcement of a public art opportunity at Stapleton was launched on CaFÉ in August. This project, with an application deadline of September 1st, is for artwork to be placed in the primary civic plaza in the NorthField Town Center. This commission will also be for \$100,000.

For more information about the NorthField project, the Ellipse project or the public art program contact Barbara Neal at barbneal@mindspring.com. Watch future editions of The Stapleton Front Porch or visit StapletonOnline.com for updated information on the Stapleton Public Art Program.

Barbara Neal is the Public Art Consultant for Forest City Stapleton, Inc.

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Class starting Sept. 28th to focus on ages 3-13

“The Art of Parenting”

By Brian Weber

The Stapleton Foundation is offering a four-week series of parenting workshops beginning Sept. 28th.

Called the Art of Parenting, the workshops apply to parents with children of all ages, but are perhaps most useful to parents of children in pre-school through elementary school (ages three-13). It is not necessary to attend all four workshops but themes run through the series and there are benefits from relationships with other parents.

The sessions:

Sept. 28 – Defining and Refining the Vision helps clarify your goals, ideals and values for your family.

Practical ways to achieve your goals come from this discussion. Think of it as preparing the canvas of your family’s unique picture. You will understand your parenting priorities and how those compare and contrast with those of your partner. At the end of this session you will have a framework and tools to continue developing your family’s portrait.

Oct. 5 – Issues That Affect Learning examines the obstacles and issues you must consider when implementing any parenting goal or technique. We will discuss your child’s developmental stages, basic needs, temperament and learning style. You will be able to assess your child’s needs and use this knowledge for more effective parenting. You will understand how these issues impact your child’s readiness and ability to learn new skills. We can spend time discussing specific trouble spots in your family and use our collective experiences to develop plans to overcome them.

Oct. 12 – Power Struggles: Win, Lose or Draw? Children need power and control that is appropriate for their development and allows them to increase their knowledge and competence. Parenting can be seen as the gradual transfer of power and control from parent to child; the art is in accomplishing this with a minimum of struggle. In this session we learn to identify a power struggle, examine the struggle’s dynamics and evaluate your options to resolve it in a productive way. We can examine specific power struggles from several angles and determine which options suit your family best.

Oct. 19 – Parenting Toward Solutions helps you discover your natural strengths and talents that can guide you through parenting dilemmas.

We will discuss a variety of parenting tools including reinforcement strategies, behavior modification as well as using natural and logical consequences. You will identify skills and abilities you use in other arenas that are transferable to your parenting and family life. Bring examples of issues you are facing and we can discuss how to design solutions that are appropriate to your family and utilize your strengths.

The Art of Parenting workshops were developed and are presented by Carolyn Demong, MSW, LCSW, a psychotherapist in private practice with the Jackson Place Counseling Group. Ms Demong is also an experienced parent educator and a Stapleton resident.

The Stapleton Foundation will cover the fee (\$25.00/couple or \$20.00/individual, per session) for those who register prior to the workshops; that assistance applies to individuals who cannot attend the first session but can participate in others. Registration includes all written materials, snacks and refreshments.

Space is limited. Call Ms. Demong at 303-587-5432 to sign up. The workshops will be held from 6:30 – 8 p.m. in the Stapleton Foundation offices, 7350 East 29th Ave. 3rd floor (29th Avenue Town Center). For more information, call 303.468-3224 or email bweber@stapletoncorp.com.

Brian Weber is Vice President-Community Affairs for The Stapleton Foundation.

Innovative Program Offered for Child Care Providers

By Brian Weber

The Stapleton Foundation is offering scholarships of \$750 for home child care providers at Stapleton to participate in an innovative training program that is open to licensed and exempt providers. College credit is also available to qualified participants who complete the program.

The Reflective Leadership Program, which is designed specifically for in-home providers, focuses on the skills needed to run a successful business and provide high quality services to children and families. It is organized into

monthly, daylong sessions held from September 2005 to May 2006.

Through the training, participants will have the opportunity to:

- Share their vision for children with other providers;
- Build on the strengths of their personality styles;
- Hone their communication and conflict management skills to work more effectively with parents;

- Identify their education philosophy and develop curriculum;
- Learn new marketing techniques;
- Examine their policies and procedures to better support their goals; and
- Learn effective business practices.

The Clayton Foundation’s Early Childhood Resource Institute will conduct the program. Sessions will be held at the Clayton Campus, at Colorado and Martin Luther King boulevards. Participants are expected to attend all sessions and to complete a project applying new learning to their work.

Experienced early childhood educators

will be available as project mentors.

The cost per provider is \$750 for tuition and other expenses. The Stapleton Foundation will cover that cost for a limited number of providers. For more information, phone 303.468.3224 or email bweber@stapletoncorp.com.

Brian Weber is Vice President-Community Affairs for The Stapleton Foundation.

Stapleton Foundation to offer a limited number of scholarships to offset costs of the \$750 program designed to help in-home providers run a successful business and provide high quality services.

Wingz (continued from page 1)

The entire month of September has been designated “Grand Opening” month at Okkasion Liquors with beer and liquor specials for fans looking forward to enjoying the collegiate and professional football seasons. Stapleton residents and neighbors using their Stapleton Club Card will receive 10% off on all items. Also beginning this month will be wine tasting opportunities under the guidance of a professional sommelier (call 720.941.7024 for more information). Byron is now completing the application process to sell lottery and Power Ball tickets in the liquor store.

Joining the ownership of Wingz, Etc. is Stella Morales who will bring her bilingual abilities to enhance the restaurant service for its Spanish-speaking customers. Wingz, Etc. and Okkasion Liquors are located on the south side of Quebec Square, across from the United Air Lines Flight Training Center on 35th Avenue.

Denver School of Science and Technology

DSST Has Highest Math Scores in Denver Public Schools

The Denver School of Science and Technology (DSST) at Stapleton has recorded the highest 9th grade math scores in the Denver Public School system and finished among the highest percentage of “advanced” math scores in Colorado, according to the 2005 CSAP scores recently released by the Colorado Department of Education.

DSST also had the second highest scores on the reading and writing tests of any high school in the city, after the Denver School of the Arts (DSA), which is the only DPS high school rated “Excellent” by the state. It outscored

both East High and George Washington in all categories.

In terms of its demographics, DSST is reportedly the most diverse high school ethnically and economically in Colorado. Of the 121 students at DSST who took

the CSAP exams, forty-two percent are eligible for the free or reduced Federal school lunch program. Seventy percent of the initial class of 9th graders at DSST



DSST students meet with one of their teachers.

are students of color.

The Denver School of Science and Technology opened its doors at Stapleton in January of this year. For more information, visit www.scienceandtech.org.



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Neighborhood Watch Tips from the Denver Police Department

By DPD Technician Michael Rappe

Soon our long summer evenings of daylight will give way to shorter days and it will begin to get darker earlier in the evening. We will take time this month to review personal safety tips from your police department. Personal safety and self defense can be categorized in to three distinct areas: **Attitude, Awareness, and Action.**

When you are conducting your daily activities such as walking to and from parking lots in business areas, exercising, or running errands remember to walk briskly and with confidence. Keep your head upright, scan your surroundings, and be aware of persons and areas that you encounter. Avoid taking shortcuts and try to remain where there are other people around you and help can be summoned if the need arises. If someone suspicious is following you, or you have reason to believe you are in danger, look for open businesses or nearby residences that can be accessed to obtain assistance. Carry your cellular telephone will you at all times and have it available to call for police assistance. When going to and from your vehicle carry your car keys in your hand and these can be utilized to stop an attack. Always check the back seat to see if someone is inside before entering the vehicle. When approaching your residence or workplace have the entry keys in your



hand ready to unlock the door. Check around the entrance to your residence or workplace for parties hiding or waiting to attack or grab you. When entering parking structures and home garages check behind you to determine if someone steps under the door as it is closing. Avoid parking in isolated areas with little or no foot or auto traffic. Be especially alert in unstaffed parking lots and enclosed parking garages.

Keep your car in good running condition, pay attention to gas levels and try to gas your vehicle during daylight hours. If your vehicle becomes disabled, park in a well lighted area. Place the hood up and activate the emergency flashers, stay in the locked vehicle and call for assistance. Avoid stopping at isolated out of way or poorly lighted areas, even for car service. Be sure of the intent of parties offering assistance and if someone attempts to gain entry or is otherwise a threat, sound your horn until the person leaves or help arrives. Windshield coverings can be purchased that will alert others to call the police if you need assistance and should be carried in your vehicle. Do not accept rides from strangers and do not pick up hitchhikers under any circumstances. If you are on foot and a vehicle approaches you and you feel threatened, run in the opposite direction from the vehicle and call for help. If someone tries to force you into a

car, fight and resist this attempt, and never get in the vehicle unless it is unavoidable. Avoid stopping to aid disabled motorists. Report their situation to the police and request assistance for them on your cellular phone or stop and inform a nearby service station. Drive with your cars doors locked at all times and lock the vehicle when leaving it. Do not leave the vehicle running and unattended, especially to warm it up on colder mornings.

Women's purses are a likely target for an attacker. Try to avoid carrying a purse if possible. When running errands wear a neck pouch that is concealable under your clothing. Avoid carrying large amounts of cash. It is safer to carry a debit card or credit card for purchases and carry your identification with this card. Merchants are now requiring identification when using credit cards to determine identity. If you are carrying a purse and someone grabs it, let it go. Do not fight over property. This is applicable with your vehicle as well. If a suspect approaches you and demands your vehicle, whether they are armed or not, give them the car. If you have children in the vehicle, inform the suspect of this and that you will remove the children and they can take the vehicle after you do this.

Park in well lighted areas and as close to store entrances as possible when shopping. Be observant of people and surroundings when approaching businesses and destinations. If the people around the entrance appear suspicious do not leave the vehicle and avoid entering the business. When you are running errands and have multiple destinations, place packages and other valuables out of sight, preferably in a trunk or locked area. Do not leave items in plain view on the car seat, as this will attract suspects to break in to the vehicle and remove the items. Never leave your children unattended in the vehicle for any reason, not even for a few moments to pay for gas or to go in to store to quickly purchase an item.

After entering your residence, lock the door and keep your doors and windows locked while you remain in the residence. When someone knocks at the door, verify who is at the door prior to opening it. Consider purchasing an exterior screen or security door and talk to the person through the locked door. Never let anyone inside of your residence for any reason! If they need assistance, call for help for them, after relocking the door, and leave them outside. Demand to see the photo credentials of any workers that come to your residence to do repairs, if they are not wearing a company uniform or driving a company vehicle. If unsolicited workers show up at your residence do not let them in and call for police assistance if they refuse to leave your property. Beware of parties claiming to work for utility companies or asking to check

on items in your home, such as water meters, electrical boxes. Keep exterior lights burning during hours of darkness. This is very inexpensive and deters crime and increases your safety. Keep your portable phone near your bedside as you retire for the day. Before retiring for the evening, remember to check doors and windows to verify they are locked. Keep your garage doors closed and locked. When doing outside chores or enjoying backyard recreation, keep entry doors locked and secured. Trim and maintain exterior trees and shrubs to be at the level of your exterior window ledge, get involved with Neighborhood Watch programs, introduce yourself to your neighbors, and call the police if you observe suspicious activity at residences that surround you. Plants and barriers can be placed near windows to deter someone from standing and looking inside your residence. Consider installing an alarm system and plan an exit strategy in case the need arises. If you are in the residence and someone enters the home, scream loudly and immediately call for police assistance by dialing 911. If the person does not leave the residence, run out immediately and seek help from nearby neighbors. Take your phone with you and call for police assistance.

If you are attacked and decide to resist, there is no halfway and you must fight with a purpose and attempt to disable your attacker and run to safety, right away. Some tips:

- Call for help as loud as you can to attract attention
- Strike back fast, aim for vital spots.
- Gouge eyes with thumbs, scratch with fingernails
- Jab knees to groin area
- If you are attacked from the rear, dig heels in to the instep, kick at shins, strike attackers with the back of your head
- Carry a whistle: use it to attract attention.

Technician Rappe can be reached at 720.913.1095 for more information about Neighborhood Watch.

Michael Cody Named "Top Cop" for July

Corporal Michael Cody has been named the "Top Cop" in Denver Police District 2 by a citizens committee that recognizes the performance of police officers who go above and beyond the normal call of duty in serving the citizens of northeast Denver.

On July 24 at approximately 9 a.m., Corporal Cody was flagged down by an elderly woman in a neighborhood west of Stapleton. The woman, who was emotionally upset and crying, informed Corporal Cody that her son was "out of control and tearing up her residence." She informed the officer that her son had been a professional "full contact fighter" and was possibly high on drugs. Corporal Cody radioed for additional officers to assist him at that location, and when cover officers arrived, entered the bedroom of the home where the son had fallen asleep.

When Corporal Cody woke up the man to talk to him and determine what was happening, the man jumped up on the bed and began screaming at the officers and his elderly mother. He acted in a highly agitated state and appeared ready to physically engage with the officers. Employing Crisis Intervention Skills, Corporal Cody used a low, steady conversational tone with the man, informing him that he wanted to help but

needed to know what was going on with him. This individual was experiencing feelings of persecution and paranoia and was acting out those feelings by swearing at officers and family members. The man kept his fists clenched during these periods of screaming and cursing at officers. The officers were aware that the man's skills as a professional fighter could inflict damage



Corporal Michael Cody receives his award from Tim Hall of the citizens committee.

to rescue workers who would be required to place the individual in protective custody. Corporal Cody calmly talked to the agitated man for over one hour, after which he finally convinced the individual to put on his clothes, leave his room and walk to an ambulance, where paramedics placed him in the vehicle and administered a sedative to calm him down. He was taken to an emergency facility for mental evaluation and treatment of the issues troubling him.

Corporal Cody was commended by his superiors and the citizens committee for his Crisis Intervention Skills and his patience and understanding. If not for his actions, a physical confrontation may have occurred between the man and the police officers which could have resulted in serious injury of police officers and rescue workers. Corporal Cody was able to defuse a very dangerous situation by utilizing his Denver Police Department training for officers in Crisis Intervention.

Travis Beck, MS
303-587-4050
travis@eco-savvy.com

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HEALTH & BEAUTY

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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 select 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

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

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

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

Stranz Beauty Supply/Salon
Offer: 10% off all services and professional products
Location: Quebec Square

SERVICES

Allstate Insurance, Brad Phillips & Associates
Offer: A \$5 gift card to your choice of Starbucks or Thomas Bros Coffee and Chai with any FREE, no hassle quote on home and auto, or health, business or life insurance.

SERVICES (continued)

Commercial Federal Bank
Offer: Open a FREE no-minimum balance checking account with Direct Deposit and receive added benefits equal to those offered to bank employees!
Location: East 29th Avenue Town Center

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
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 Avenues Real Estate Office
Offer: \$100.00 gift certificate toward select Stapleton merchants.
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: \$500 towards closing costs and extra discounts on Home Sale costs when you buy at Stapleton.

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

Stapleton Home Services
Offer: 50% off 1st scheduled maid service. (Expires 60 days after move in date.)

Stapleton Realty, LLC
Offer: Free move-out house cleaning (\$250.00 value) when you sell your home with Stapleton Realty PLUS discounted commissions.

SERVICES (continued)

Tires Plus
Offer: \$9.99 oil 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

Town Center Apartments
Offer: Receive \$100.00 off of your move-in costs when you lease at Town Center Apartments
Location: East 29th Avenue Town Center

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

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

MISC. RETAIL

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 new activation (\$29.99 value).
Location: Quebec Square

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

Graham Taylor Photography
Offer: 15% off listed Wedding Package or 50% off portrait sitting fee.

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

SERVICES (continued)

Miss Talulah's
Offer: 10% off all lighting products.
Location: East 29th Avenue Town Center

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

RESTAURANTS

Anthony's Pizza and Pasta
Offer: 10% off all items
Location: East 29th Avenue Town Center

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

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 Town Center

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

Radisson Hotel, Quebec's Bistro
Offer: 15% off food menu items.

Thomas Bros. Coffee & Chai
Offer: FREE size UPGRADE on ANY beverage
Location: Quebec Square

Wingz ETC!
Offer: 10% off any combo meal.
Location: Quebec Square

Family Affair in the Square

September 10, 2005
2:00 p.m. - 5:00 p.m.

Sam's Club Parking Lot
35th Avenue, Quebec Square

On Saturday, September 10th from 2:00 p.m. - 5:00 p.m., Stapleton residents, neighbors and visitors of all ages are invited to a fun-filled special celebration in the Sam's Club Parking Lot on 35th Avenue in the Quebec Square Retail Center.

"An Affair in the Square" will showcase the wide variety of goods and services at Quebec Square in a family-oriented block party. There will be food and prizes, as well as special activities for the kids that include a special appearance by Clifford the Dog from the popular PBS TV show.

For more information, contact Kim Merkel with Wild Iris Recreation Services at 720-529-9911 or Lisa Mantanona with Sam's Club at 720-941-7917.



Quebec Square Merchants will showcase their goods at the Family Affair in the Square.

Rocky Mountain Arsenal National Wildlife Refuge

September Nature Programs

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

Refuge Campfire
Saturday Sept. 3 7:00 - 9:00 pm

Family Fishing Fun
Saturday Sept. 10 9:00 - noon

Moonlit Hayride
Sunday Sept. 18 6:00 - 8:00 p.m.

National Public Lands Day (Free Fishing)
Saturday Sept. 24 8:00 a.m. - 4:30 p.m.

The Chocolate Indulgence!

Chocolate Spa

Enjoy a chocolate facial, pedicure or body wrap!

Splash around in a chocolate mineral foot bath, massage with chocolate butter cream!

Immerse in a fat-free chocolate indulgence that actually produces a slimming effect!

303-780-9000 Quebec Square

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

2nd Annual Stapleton KickBall Tournament

Logo by David Westman

The 2nd Annual SUN Stapleton Kickball Tournament will kick off at 9 a.m. on Saturday, September 17 at the Westerly Creek Elementary/Odyssey School Playing Fields. This annual fall event is sponsored by Stapleton United Neighbors, The Active Living Partnership of Greater Stapleton (ALPS) and many Stapleton businesses.

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. Base runners 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 kids' 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 as teams or small groups and individuals who will be formed into teams. With a limit of eight adult teams (up to 20 members per team), it is important to register as soon as possible before the September 10th deadline. For more information, please contact Caroline Wilten at wilten4@msn.com.

Denver Public Library Lewis and Clark Exhibit

Lewis & Clark College's traveling exhibition, titled The Literature of the Lewis and Clark Expedition, which opened at the beginning of August at the Denver Central Library, will remain on view through September 30.

The exhibition, which is on a national tour, features 66 items in 11 display cases and a number of framed wall pieces with items drawn from the college's unmatched library of expedition-related literature acquired over the past 20 years.

"We are proud to host this traveling exhibition," said Celeste Jackson, public information officer for The Denver Public Library. "The Library offers such a vast collection of American History. What better place than the Denver Public Library to be able to view and further explore the travels of Lewis & Clark?"

In February 1803, Thomas Jefferson described the Corps of Discovery's mission. "We are now actually sending off a small party to explore the Missouri to its source, and whatever other river heading nearest with that, runs into the Western ocean; to enlarge our knowledge of the geography of our continent... and to give us a general view of its population, natural history, productions, soil & climate," Jefferson wrote. Under the leadership of Meriwether Lewis and William Clark, the journey lasted 28 months and covered nearly 8,000 miles.

The College's collection includes edi-

tions of every journal in English, Dutch, French, and German, multiple printings of expedition narratives, maps, contemporary newspaper accounts, government documents, broadsides, review notices and secondary literature. The College also owns a the only copy of the Coues-Anderson manuscript, which is an exact replica of the original Lewis and Clark journals housed at the American Philosophical Society in Philadelphia. Writer and copyist Mary Anderson created this word-for-word, drawing-for-drawing copy in 1892 for Elliot Coues, historian and scholar, and Francis Harper, a New York publisher.

The traveling exhibition is organized around six topics: the traveling library, early expedition notices, Patrick Gass's expedition journal, surreptitious and apocryphal expedition accounts, compilations and editions from Lewis and Clark manuscripts and general histories and centennial publications. The exhibition includes rare books, maps, newspapers, photographs of engravings, hand-colored plates, a period compass, Indian artifacts and other items.

Denver Central Library is located at 10 W. 14th Ave. Pkwy. Located on Level Five, the exhibit can be viewed during regular Library hours. All exhibitions at Denver Central Library are free and open to the public. For more information, call 720-865-1821, or visit www.denverlibrary.org.

Story Time

The popular Story Time program for young children and their parents will resume at Westerly Creek beginning Friday, September 9th at 9:30 a.m. Please enter through the Akron Street entrance of the school. For more information, contact Melissa Darzins at 303-393-1142.

Arts and Humanities Instruction Center Opens in Park Hill

Axis of the Arts, Inc., which describes itself as "the only comprehensive arts instruction venue in Northeast Denver," has opened its doors at 3931 Holly Street in Park Hill west of Stapleton.

Axis of the Arts, Inc. is an arts and humanities instruction center that distinguishes itself by making it possible for kids and adults to take different classes at the same time, or joining each other in one class for a family art experience. It also serves individuals learning side-by-side, from pre-schoolers to senior citizens. The intention is to create partnerships with neighborhood schools, organizations and families to help fill the gap that has been left by severe cutbacks in arts programming in the schools.

Formed by a group of professionals in the arts, Axis of the Arts, Inc., offers instruction in the arts (visual, performing, craft) the humanities (literature, poetry, storytelling), and movement arts (hip hop dance, tai chi) The roster of artists

continues to grow, and all have professional art experience and/or educational qualifications including fabric art, theater, music, photography, tai chi, sculpture, painting and drawing.

Axis of the Arts, Inc. currently has 20 instructors. Two of the founders of this enterprise, Richard Colvin and Katherine Temple are well known to the Denver metropolitan area as visual artists and art conservator and restorer. The Rocky Mountain News chose them as two of eleven best artists in Colorado.

As a non-profit company, Axis of the Arts, Inc. will seek grants and donations so that scholarships can be offered to those who could not otherwise afford to take courses. Courses will be offered during the day, after school, evenings and weekends. A new fall schedule begins on September 6.

For complete course offerings and other details, call 303-377-4700 or visit www.AxisOfTheArts.com.

Axis of the Arts, Inc. makes it possible for kids and adults to take different classes at the same time, or join each other in one class for a family art experience.



Chile Harvest Festival to Be Held at Denver Botanic Gardens

Denver Botanic Gardens and Chicano Humanities and Arts Council (CHAC) will host a Chile Harvest Festival on September 11th and 12th (9 a.m.-5 p.m.) honoring Spanish-speaking cultures that have incorporated chile peppers into their lifestyles. The grounds of the Gardens will resonate with activity as guests enjoy eclectic Hispanic performances and activities, as well as visit a variety of vendors offering Hispanic art and wares.

Entertainment throughout both days will include exciting music, The Aztec Danza Grupo Teoilhuikatl, storytellers,

tango dancers, activities for kids, chile tasting, riestra tying and artist demonstrations. Guests will also experience the exciting range of Hispanic traditional and contemporary artwork ranging from Santeros and tinsmiths to stained glass, paintings and weaving. Flavorful cuisine will be available. Tickets can be purchased at Denver Botanic Gardens' Gatehouse on the days of the event. All proceeds go towards the enhancement of the Gardens' education and conservation programs, and to support several programs at CHAC. For more information, call 720-865-3544.

Denver Botanic Gardens thanks the citizens who support the Scientific and Cultural Facilities District (SCFD). Colorado residents can enjoy a special free day at the Gardens thanks to funding from the SCFD on Monday, Sept. 19th.

Denver Botanic Gardens is located at 1005 York Street, west of Stapleton. Visit www.botanicgardens.org or call 720-865-3500 for more information.

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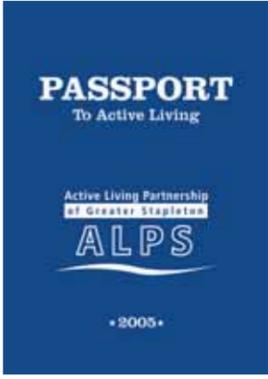
A WILD SMILE - (720)945-1234
Stapleton 29 Ave Town Center, Denver
www.jessewitkoffdds.com

Passport to Active Living

Mary K. Kottenstetto is the latest winner in the Passport to Active Living program sponsored by The Active Living Partnership of Greater Stapleton (ALPS) in cooperation with the Robert Wood Johnson Foundation's national Active Living by Design program. Ms. Kottenstetto received an I-Pod Shuffle as the July winner in the program.

The August Passport to Active Living winner will receive **10 ESPN Zone Skate Park Passes**.

The *PASSPORT TO ACTIVE LIVING*



program is a series of on-going neighborhood activities designed to heighten interest in physical activity through everyday life. Residents in the Northeast Park Hill, Greater Park Hill, East Montclair, Original Aurora and Stapleton neighborhoods are encouraged to participate in these activities for opportunities to win prizes, while staying physically fit and leading more active, healthier lives.

For additional information, please contact Alisha Brown of The Stapleton Foundation at 303.468.3222 or by e-mail at Abrown@stapletoncorp.com.

Comfortable and Fun Learning Environment New Dance Institute

Toddler Movement Class to Be Offered

By Georgia Brown

Michele Zohn recently fulfilled a dream by opening Dance Institute at 4601 Quebec St. (Unit C 8 and 9) across from Stapleton.

Ms. Zohn has had a passion for dance since she was three years old. When asked about her goal,

Photo courtesy of Dance Institute



Michele Zohn of Dance Institute on Quebec Street.

she replies, "To share what dance has done for me with others."

After receiving a minor in dance from the University of Minnesota, Michele spent ten years instructing. Interested in starting her own studio, she came to Denver and was attracted to Stapleton. Michele says she enjoys the prospect that her studio would grow with the developing area and become part of its legacy. She also felt that Stapleton residents would appreciate her (continued on page 14)

Kiosk at Stapleton is RTD's Most Heavily Used

The RTD Kiosk located in the Stapleton King Soopers is the most used Kiosk in the region. Out of 65 Kiosks placed around the Greater Metro area, including the RTD Market Street Station, the Stapleton Kiosk was the most active as over 4,000 people used the kiosk since January of this year with an average of 700 "hits" each month. (Information provided by RTD and Angie Malpiede, executive director of the Stapleton Transportation Management Association.)



Stapleton MS Team Headed for the Finish Line

The Stapleton team of four people who have walked 50 miles to raise funds to fight Multiple Sclerosis will be crossing the finish line in Founder's Green at 29th & Roslyn in the East 29th Avenue Town



Denver School of the Arts Visitation Days

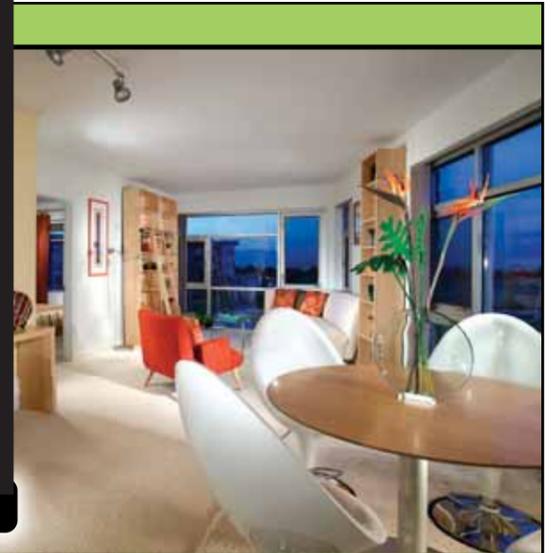
DSA Visitation Days are designed for students who are considering application to DSA. Those wishing to visit should make reservations through Ellen Zachary at 720.424.1700. Visitors will be given a schedule that corresponds with their prospective art major and grade level. Administration staff will be available for a question and answer session in the Concert Hall at 9am. Classes are in session from 10am to 2:45pm and visitors may stay however long they desire on Visitation Days. Visitation days will be:

Sept. 13 & 14, 2005	Jan. 10 & 11, 2006
Oct. 11 & 12, 2005	Feb. 7 & 8, 2006
Nov. 8 & 9, 2005	Mar. 7 & 8, 2006
Dec. 13 & 14, 2005	

Shadowing opportunities outside of visitation days can be arranged for 8 - 12th graders through Mr. Andre Shaw at 720-424-1717.

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FOREST CITY RESIDENTIAL



Sustainability at Stapleton

by Melissa Knott
 Director of Sustainability for Forest City Stapleton, Inc.

Back to School Recycling Tips

The school year is here again and many of you have been hitting the stores for back to school shopping. Here are some of my favorite tips on how to waste less this school year.

- File away papers from last year and reuse old folders and binders.
- Look for products made with recycled content.
- Buy compact or concentrated products and look for products that come in bulk sizes. Also look for supplies wrapped with minimal packaging. Save packaging, colored paper, egg cartons and other items for arts and crafts projects.
- Buy reusable items like refillable pens and rechargeable batteries.
- Use scrap paper for notes and art projects. Recycle any unwanted papers.
- Pack your kids' lunch in reusable containers instead of disposable ones. Put drinks in a thermos instead of sending disposable bottles or cartons.

September New Leaf: Reduce Junk Mail

Have you seen the September New Leaf yet? This month's topic is "Reduce Junk Mail." Below are some tips from the New Leaf on what you can do to reduce the amount of junk mail you are receiving.

Call 1-888-567-8688 to have your name removed from the mailing lists used for unsolicited credit card and insurance offers by the major credit bureaus. Or go online to the official Consumer Credit Reporting Industry Opt-Out website at www.optoutprescreen.com.

Send a postcard with your name, address and signature to Mail Preference Service, Direct Marketing Association (DMA), P.O. Box 643, Carmel, NY 10512 or download their online form at www.dmaconsumers.org. The DMA represents mail order sales companies and estimates that listing your name with their mail preference service will stop 75% of all national mailings coming to your home.

Write to National Demographics & Lifestyles List Order Services, 1621 18th Street, Suite 300, Denver, CO 80202 to have your name removed from mailing lists generated from warranty cards. You are covered under a manufacturer's warranty whether a card is returned or not. Warranty cards are primarily used to gather names for mailing lists.

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

Don't trash those old school papers, instead

RECYCLE your homework



Recycling your old homework, test papers and notes is easier than ever. Just place your old papers in your recycling containers at home.

Why recycle your homework?

We throw away more paper than anything else. In fact, about 35 percent of what we trash is paper. Much of that paper could be recycled instead. Please make sure you only recycle papers that you no longer need.

Why recycle?

Recycling saves trees and other natural resources in our environment. Recycling also reduces air and water pollution and saves energy.

What is the recycled paper made back into?

Notebook paper can be made into all kinds of new paper including copy paper, newspapers and even new notebook paper.

What else can you do?

Reuse what paper you can by writing on both sides or using as scratch paper. Bring your paper home to recycle in your Denver Recycles container.



DENVER RECYCLES
 CITY AND COUNTY OF DENVER
 A program of Denver Public Works/Solid Waste Management

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To find out more about recycling in Denver visit www.denvergov.org/DenverRecycles or call 720-865-6805.



Stapleton Farmers Market
 Last Market Day – September 25th
 8:30 am – 12:30 pm

East 29th Avenue Town Center

Fresh in September: Fresh and Roasted Chiles, Corn, Apples, Winter Squash and Pumpkins!

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Lil' Kickers
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Meet Your Neighbors

by Jody Donley

Ann and Ben Grossman

Stapleton is a diverse community, comprised of people from all over the world. We each have a personal history. Meet the Grossmans, Stapleton residents since 2002.

Anne Edmondson Grossman was born and raised in Denver, Colorado, the oldest of three girls. Anne's mother was a full time parent, while her father worked for United Airlines for over 30 years in customer service and later as a flight attendant manager. Since he received flight vouchers, her family took many opportunities to travel, visiting

Photo courtesy of Jody Donley



Anne and Ben Grossman with son Adam and daughter Madeline (Maddy).

Hawaii, the east coast, and her grandparents in Louisiana. A tomboy and animal lover, Anne also played competitive soccer.

After graduation, she attended Pomona College, a small liberal arts school in southern California where she played soccer and earned her bachelor's degree in English Literature. Ready for a change after college, Annie moved to Seattle, WA to start her career. She worked as a writer in the marketing department for Safeco Insurance.

The youngest of four brothers and sisters, Ben Grossman was born and raised in Phoenix, Arizona. His father built a career owning various car businesses. Ben started working for his father at age thirteen where he learned the value of entrepreneurial spirit along with the challenges of

vacations at the beach in California and backpacking in Ben enjoyed recreational swimming and golfing.

After high school, Ben attended the University of Arizona and returned home to help his father manage the car business and graduated with a bachelor's degree in purchasing and his professional career in southern California, but moved back to Seattle where his career also brought him to Safeco Insurance.

Ben and Anne met at Safeco. While working full time, they both earned degrees from Seattle University. They married ten years ago and relocated to Portland, Oregon. Both their daughter, Madeline, and son Adam were born there. Ben began a new career as a pharmacist and Anne stayed at home to raise their children.

After Adam was just 2 months old, Ben received a job offer in a centrally located neighborhood and an affordable home. Anne and Ben Grossman's liked "the vision for the community," so they bought one of the hundred homes built in Stapleton.

Now Anne is pursuing a career as a veterinary technician and practitioner in human medicine. While Ben remains in pharmaceuticals, an emerging entrepreneur, selling gourmet pasta at local farmers markets.

Jody Donley is a Stapleton resident who runs a real estate business at Innovative Real Estate Group." For more information, visit www.innovativerealestate.com.

Art and Framing



Lin Clark of Art and Framing at Stapleton in the East 29th Avenue Town Center.

Home Work

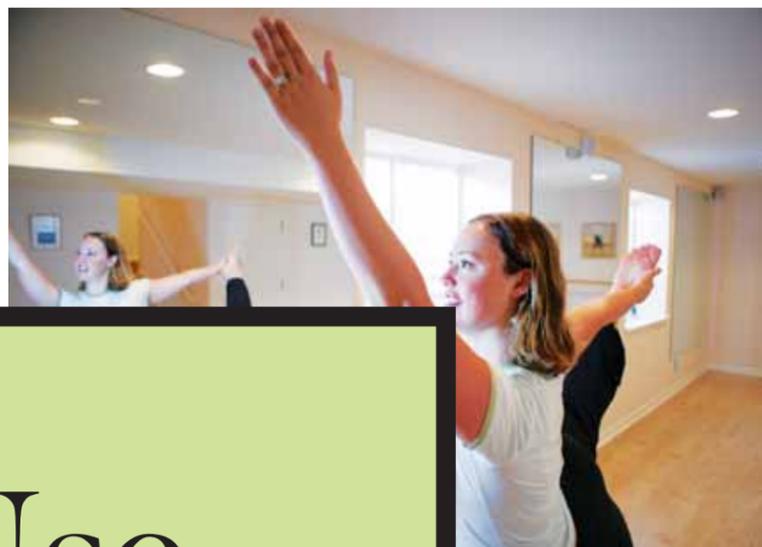
by Kathy Epperson



Robin Tobin, Stapleton Health and Wellness

The inspiration for Robin Tobin's business came as it does for many entrepreneurs: a happy discovery while trying to solve another problem. Robin, a ballet dancer for many years, was being treated for injuries and soreness when her massage therapist recommended she try yoga. She began using different poses to enhance her dance training and noticed a real difference. "It was amazing to have this whole new challenge and discovery that would actually heal instead of harm my body!"

This first discovery was about 12 years ago, and Robin began taking yoga classes and later teaching friends on an informal basis. It wasn't until she and her husband Brad moved to Stapleton that the idea for Stapleton Health & Wellness hit them. Initially drawn to Stapleton by the new urbanism concept and impressive progress made by homebuilders, it was the lack of nearby yoga classes that first compelled Robin to start her own yoga studio. "Once the idea was there, it developed quickly – and within six months our basement was finished into a studio and we were open for business," she explains. "I already had the yoga training, so we



Robin Tobin's yoga studio.

figured the worst case scenario was nobody would come and we would just have a beautifully finished basement!" Already an experienced dance teacher, Robin felt comfortable making the switch to yoga instruction that is open to all levels and also plans to offer classes that continue to work full time at an IT consulting firm. "I'm excited about the power of yoga to dramatically improve health and seeing the progress of her students and "bring-

ing-also allowed her to incorporate another passion: teaching a yoga program with events to raise money for local charities. Robin partnered with a massage therapist to offer a special event for this first event is being donated to a local charity in October and will benefit breast cancer research. Visit www.healthandwellness.com.

Kathy Epperson writes about home businesses.

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Town Center

their personal taste and protect the work for years to come," said Ms. Clark. "We will also be carrying fine art in all mediums, from watercolor to oils, originals to prints, tradition to abstract, in all price ranges. In addition, we will have sculpture, glass, and unique (continued on page 14)

Art & Framing at Stapleton was formerly 825 Art & Framing, located in the art district on Santa Fe Drive. The store is owned by Lin Clark with her brother Ron Leraen, who is described as "the framing part" of the business. Ron has 15 years experience in the framing business and is meticulous about his work.

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4 Paws News

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

Brain Exercise Keeps Older Dogs Sharp

As dogs age, they may experience loss of mental sharpness, a condition known as geriatric cognitive dysfunction, similar to geriatric dementia in humans. Signs of cognitive dysfunction include altered interactions with people, decreased activity, "accidents" in the house, disorientation, change in sleep patterns, and loss of learned behaviors.

Geriatric cognitive disorder shares its many signs with other conditions; for example, an alteration in the sleep-wake cycle and increased urination may instead be related to a urinary disorder, and lethargy may simply mean that the dog isn't feeling well. Since there is no gold standard for diagnosis of geriatric cognitive disorder, veterinarians perform a thorough exam and run laboratory tests to rule out other problems.

The physiology behind geriatric cognitive disorder is not fully understood, but dietary supplements, medications, and intellectual stimulation have all been shown to help maintain a healthy brain. In most cases, combining these approaches yields better results. Increasing dietary intake of antioxidants, such as vitamins E and C and L-carnitine, may help protect the brain and the rest of the nervous system from free-radicals, the reactive byproducts of normal body processes. (Free-radical damage is the primary suspect in the aging process of humans as well as dogs.)

Dietary studies indicate that puppies learn new tasks better when given antioxidant supplements, so antioxidant supplements may benefit the young as well as the more mature.

New studies on human aging demonstrate that intellectual activities, new leisure activities, or hobbies can delay onset of dementia in older people. We believe the same is true for dogs. Behavioral enrichment in the form of new experiences helps keep the brain active.

Intellectual challenges for pets of all ages can be simple changes in routine. If you always take your dog for the same walk, try a new route to a new park, even if the dog is resistant. New experiences are good.

Another suggestion is to replace old toys with new ones regularly and trying different games and activities with a pet. Laboratory studies of dog behavior have shown that introducing different games and different toys improved dogs' ability to learn new tasks.

Keeping an aging dog socially active also keeps the brain sharp. If a dog is friendly, it can benefit from meeting new people and dogs on regular basis. Introducing a new puppy into the household can help keep an older dog more active, both physically and mentally. Both the brain and the body work on the "use it or lose it" principle. If a dog, or a human being for that matter, just sits around all day, of course, it's going to get older faster.

The latest recommendations from CSU Veterinary Teaching Hospital are to visit a veterinarian at least once every six months. A geriatric dog seeing a veterinarian once a year is like a geriatric person seeing a doctor once every four or five years. Since dogs experience more health problems as they age, it makes sense that they see a veterinarian more often. In addition, any change in a geriatric pet's behavior warrants a visit to the veterinarian.

For more information about geriatric cognitive disorder or general care for your geriatric pet, contact your veterinarian.

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.

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Eat Good Food

by Annie Brown



Green Chiles – Healthy, Delicious and Available NOW

Green chiles are one of the healthiest and tastiest foods of summer and right now they are at their peak in farmers' markets throughout the Southwest.



Drive down select streets in Denver this time of the year and follow your nose. You'll find people roasting green chile over large propane fires, and the aroma is something like bell peppers roasting in your oven, only smokier, more intoxicating. Like the first hints of red and orange on leaves in New England, the smell of roasting green chiles means fall can only be a few weeks away.

And, yes it is "chile" with an "e" rather than an "i." The "i" at the end changes the meaning of the word from a type of pepper to a dish typically made with beans and beef.

In New Mexico people slather chile on everything from eggs to pizza to pork. You can do the same.

Green chile is the freshly picked and roasted version; red chile is a powder made out of green chiles that have been left on the vine to redden and then dried and ground into a powder. Use red chile to add spice to a dish, or create a succulent, spicy sauce by simply adding a little water and flour.

The health benefits of green chile abound. Ounce for ounce, green chile has more vitamin C than citrus fruits. In addition, some nutritionists claim that

the capsaicin (the substance that makes chiles hot) present in the chiles helps boost your metabolism and at the same time curb your appetite. One thing nearly all nutritionists agree upon: Capsaicin triggers the body to release endorphins, creating a natural opiate that makes people feel calm and satiated.

I've created this recipe which incorporates another traditional New Mexican dish, calabacitas. This is a summertime favorite in New Mexico, combining garden-fresh zucchini, corn and chile peppers. It's usually served as a side dish, but I added a little extra

water to draw it out as a sauce for pasta and topped it with cheese. This is a perfect height-of-summer pasta dish, which takes full advantage of quintessential farmers' market veggies like corn, zucchini, onions, chiles and garlic.

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 anniebrown@yahoo.com.

Calabacita Pasta Sauce

- | | |
|---|--|
| 1 lb. pasta | 4 New Mexico chile |
| 4-6 ears of corn, kernels shaved off (about 2 cups) | peppers roasted, peeled, seeded and diced |
| 2 tablespoons butter | 1/2 cup pasta-water (water used to boil pasta) |
| 1 medium onion, sliced | Salt and Pepper |
| 4 cloves garlic, minced | 1/2 cup grated cheddar cheese |
| 4-5 small to medium zucchini, diced | |

1. After all of your vegetables are prepped and ready to go, cook pasta in pot of rapidly boiling salted water until al dente (about 8-10 minutes). Drain and transfer to heated pasta bowl. (Don't forget to save 1/2 cup of the cooking water).
2. Heat butter in a large skillet over medium-high heat. Add onion and garlic; sauté until soft, about 2 minutes. Add zucchini; sauté until soft, about 2 minutes. Add corn and chiles, sauté until corn is cooked, about 2-3 minutes. Add pasta water, salt and pepper. If it needs more liquid, add a few tablespoons more water.
3. Serve sauce over pasta and top with grated cheddar cheese. Serves 4-6

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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.

S.U.N. News

The SUN Spot
 The independent voice of Stapleton
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SUN Leads Efforts to Obtain Grant for New Playground at Ashley Elementary School

Volunteers Needed for Playground "Build Day"
 Driving by Ashley Elementary School (at the corner of Syracuse and Montview), even the casual observer will see a playground that is fairly outdated and in need of major upgrades. As SUN's mission includes forging ties with surrounding communities as well as making Stapleton a better neighborhood, SUN's Education Committee, led by Bernard Douthit, submitted an application earlier this summer to KaBoom, a national organization (www.KaBoom.org) focused on supporting communities and businesses to build new playgrounds and redevelop existing playgrounds. KaBoom typically matches corporate sponsors who generally provide the majority of the \$30,000 - \$40,000 funding needed for a playground project. Community sponsors are then asked to provide part of the funding, and also participate in the design and build-out of the playground.

In accordance with KaBoom's community-based build model, the application included the Ashley School, SUN, the Stapleton Foundation, the Westerly Creek PTA and the East Montclair Neighborhood Association as potential sponsors for the project. Working with the Denver Public School facilities department, SUN and the Stapleton Foundation were able to engage DPS to provide the \$7,500 community funding portion of the project. SUN recently learned that the Ashley School playground project has been approved, with the design and build days scheduled for this fall. During "Design Day," KaBoom designers will meet with Ashley School students, teachers, and parents in order to integrate their ideas about the colors, structure and theme of the new playground.

We need your help!

With funding secured and the design well under way, we now need volunteers for what KaBoom calls the community "Build Day", which is scheduled for Saturday, October 15th from 6:30am to 5pm. During this time, volunteers will construct and complete the entire playground. Build Day will require volunteers to help with various tasks involved in the playground build-out, ranging from pouring asphalt to moving and assembling playground parts to helping provide refreshments and moral support to the work teams. KaBoom estimates that Build Day for this project will require as many as 250 volunteers, with community organizations including SUN, the Westerly Creek PTA, and Ashley Elementary required to provide an estimated 125 volunteers.

Participating on Build Day should be an opportunity to get to know other community members and also make a positive and lasting impact on the kids of Ashley Elementary and the surrounding communities. Food, drink, music, and all necessary supplies will be provided. If you are interested in volunteering please contact Alisha Brown at the Stapleton Foundation at 303-468-3222, or Bernard Douthit from SUN at 303-355-3324.

SUN General Meeting and Town Hall on Referenda C & D Sept. 20 at Westerly Creek

November's looming vote on Referenda C & D has been characterized by supporters as requiring a "yes" vote to avoid an economic train wreck, while detractors have labeled it a tax increase. Ever wonder what TABOR stands for, or why the "ratchet" is not just a tool you use for home repairs? As part of its general meeting, SUN will sponsor a Town Hall on Referenda C & D beginning at 6:30pm on September 20 at the Westerly Creek Elementary School Cafetorium, with experts on both sides to debate this red-hot issue and answer questions from the audience - and a chance for neighbors to engage in a dialogue that will transcend the usual polarizing sound bites on this issue. Afterwards, interested parties can continue the discussion and enjoy lively conversation at Casey's Pub in the Town Center.

The "vote yes" side of the dialogue will be represented on the panel by Wade Buchanan. Since 2001, Mr. Buchanan has been the President of the Bell Action Network, the advocacy and organizing arm of the Bell Policy Center, which is committed to making Colorado a "state of opportunity" for all. Mr. Buchanan was senior advisor, policy director and chief speech writer to former Colorado Gov. Roy Romer. A former Rhodes Scholar, Mr. Buchanan also served as acting executive director of the Colorado Department of Natural Resources, director of the Colorado Office of Energy Conservation, and chair of the Regional Air Quality Council, the lead air quality agency for Metro Denver.

Jon Caldara will voice the "vote no" end of the discussion. Since 1998, Mr. Caldara has been the President of the Independence Institute, a free-market think tank in Golden, Colorado. Mr. Caldara is also a radio talk show host on News Radio 850 KOA, host of the current affairs television program "Independent Thinking" on Channel 12 KBDI, and a weekly Sunday columnist for the Boulder Daily Camera. Mr. Caldara began his political career in 1994 when he was elected to the Regional Transportation District Board of Directors, and in 1998, became Chairman of the Board of RTD. 5280 Magazine has named him as one of the top 10 most influential men in Denver, Westword awarded Caldara "Denver's Best Media Manipulator," the Denver Post put Mr. Caldara on their list of "people to watch," and the Colorado Jaycees awarded him as the Outstanding Young Coloradonian.

Views on the Street
What is your favorite place to see the leaves change color in the fall?

Connie Rayer

"I love Jefferson County Open Space Parks. Two of them that are just lovely in the fall are Reynolds Park near Conifer and Lair 'o the Bear. Take 285 to Conifer and it's just about 5 miles further on (that's Reynolds Park)."



Mark Engelstad

"Telluride. One of our favorite vacations was October in Telluride several years ago...Climbing up Mt. Sneffels and the Sneffels high line trail just above the Town of Telluride. The colors were beautiful, the city was beautiful, the peaks were still snow-capped. It was just a very memorable experience."

Tom Zichterman

with son Ethan (3 years)

"I'd say our favorite place to watch the aspens change would be Independence Pass near Aspen. Last year Jen's parents came out and watched Ethan for a weekend so Jenny and I could get away on a romantic getaway. We rented a cottage up near Aspen and took our time getting there driving through Independence pass which is just a wonderful winding highway to get up to Aspen through Leadville. It was just picturesque. There were little spikes of golden yellow through the evergreens all through the pass as you're winding through waterfall-laced boulders. It's just gorgeous, especially the way the sunshine cascades and glimmers through the yellow leaves. It's beautiful."



While Waiting for a Natural Foods Store, Continued...

Last month's column titled "While Waiting for a Natural Foods Store" by Carol Friesen generated some interesting dialogue around the neighborhood, most of which shared a common theme: Stapleton residents would love to have a natural foods store (like Whole Foods or Wild Oats) sooner rather than later. SUN has been expressing this widespread sentiment to Forest City for quite some time, and Forest City has been aggressively courting natural foods stores. Unfortunately, like any business, a natural foods store makes the decision to locate in a neighborhood based on demographics, and so far, natural foods stores have concluded that our neighborhood's demographics will not support a location. However, hope springs eternal: as Stapleton continues to grow by leaps and bounds and residents continue to voice their support for natural food products, economics will take over, with growing demand reaching the point at which a natural foods

store can profitably operate.

With a Stapleton-area natural foods store still distant on the horizon, we thought it worthwhile to review and disseminate information about other options, including community supported agriculture, organic home delivery services, and natural foods buying clubs. Whether Stapleton residents utilize these options, drive to the nearest natural foods store, visit the Stapleton Farmer's Market, or lobby King Soopers for more natural foods, our growing population is voting with their feet for natural foods options. Interested Stapleton residents can operate on two tracks, taking advantage of a variety of natural foods options, while still making the case that our neighborhood's pedestrian-friendly design, generally health-conscious and growing population, and vociferous support will enable a natural foods location to thrive at Stapleton.

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Cailan (age 7)
with her mom Erin Scott

"We went to Estes Park. We didn't mean to go up there just to see it but we went and I saw the trees change color. They were gold and yellow and orange. We went on a little hike there. There were a lot of children. One was a tomgirl and she had a brother. And then there were other children but they were a little too young to play with. And then there was one more who was too shy to play with. We saw the trees in the campground. We stayed there for two days and one night. We would have stayed two nights if it weren't for that my dad was going to call on Sunday."



Jennifer Evans
with son Jack

"We like to watch the aspen leaves turn on Kenosha Pass. You take 285 out of Denver towards Fairplay and it's just at the entrance to South Park. It's very pretty. There's a nice place to park and beautiful little paths to walk on with kids. Very picturesque"

M.C.A. News

2nd Annual Stapleton Wine Festival

On September 24th from 2-6 p.m. Colorado Tastings and the Master Community Association will present the 2nd annual Stapleton Wine Festival. Located in the East 29th Avenue Town Center, the Festival will showcase between 6 and 10 local Colorado wineries. Also on sale will be a variety of wine accessories, jewelry, art and food from vendors that include Outback Hats, Western Art by S. James, I Gourmet, Tigress Design and Ahasy Silver. Dotsero, one of Colorado's favorite local jazz bands, will be performing.

Wine tasting ticket prices are \$15 pre-sale and \$20 on the day of the Festival. Designated drivers tickets are \$10 pre-sale and \$15 day of event. Children are admitted for \$5. Tickets will be on sale at Stapleton Aviator Pool, Stapleton Pool 2 and on-line at wildirisrecreation.com. Tickets purchased on-line will be available at the Will Call station during the event.



Community Code Enforcement

By Debra Troppman

I regularly receive calls looking for assistance in alleviating issues and disputes between residents. The Master Community Association does not have restrictive covenants regarding common code enforcement, for items such as neighbor-to-neighbor disputes, nuisance abatement, zoning and parking, etc. The City & County of Denver addresses and enforces these types of issues. Call Neighborhood Inspection Services at 720.865.3200 to report a problem property in your neighborhood. Neighborhood Inspection Services protects the quality of life within Denver neighborhoods by seeking maximum compliance to Denver code requirements concerning property use, maintenance, zoning and living conditions. The Neighborhood Concerns Report allows residents to easily transmit information about problematic addresses to city officials 24 hours a day, seven days a week. The electronic service also provides details about city code standards relating to issues such as animal control, illegal outdoor storage and junk cars on private property." An electronic copy of The Neighborhood Concerns Report may be found at www.denvergov.org.

With good neighborly relations, we can live more safely, comfortably, sociably and happily. Remember: YOUR community begins with YOU!

For more information contact me by phone at 720-974-4136 or email at DTroppman@ManagementSpecialists.com.

Debra Troppman, CMCA, is the Manager for Stapleton Master Community Association.

Trash Pick-Up Reminder

The City and County of Denver - Solid Waste Management collects trash every Monday and Friday in Stapleton, depending on your address. Trash must be out by 7:00 a.m. in bags or trash containers no larger than 32 gallons. Please put trash out in front of your house at the curb. If you have an alley, please do not put trash there until all of the construction is complete. You will be notified when you will be able to put trash in the alley. If you have questions or concerns regarding this matter please call (720) 865-6900 for more information. Trash must not be obstructed by vehicles at any time. The notification tags placed on doors are the regulations on what Solid Waste Management can and cannot collect each week. Please follow the rules so that we can better serve you and keep Denver beautiful.

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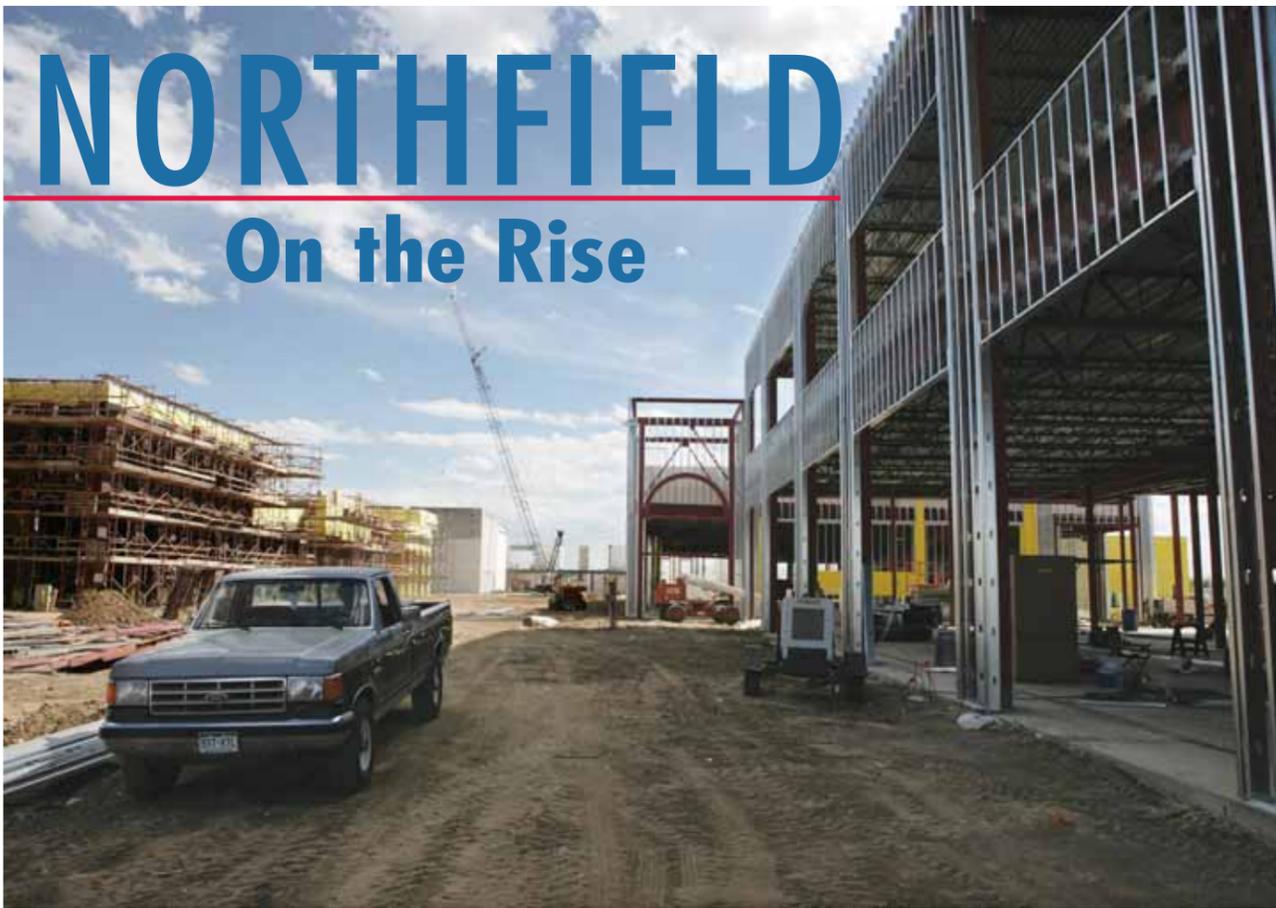


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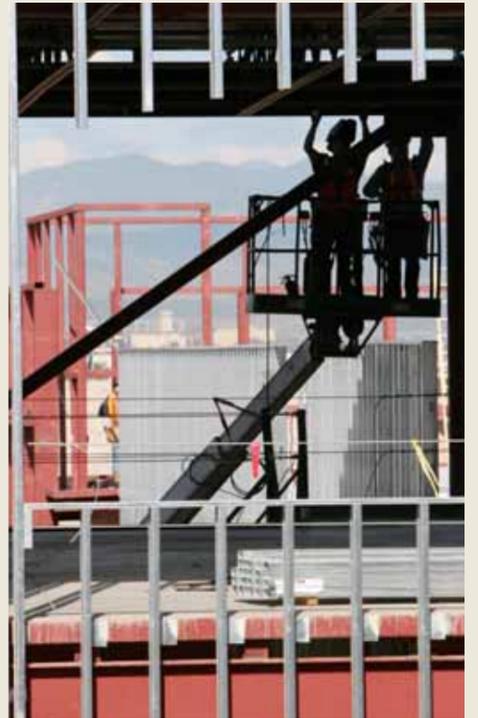
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NORTHFIELD

On the Rise



Left: The view down Main Street toward Harkins Theatre Complex.



(continued from page 1)

southern end by an 18-screen Harkins Theatre Complex and the northern end by a Foley's Department store. In between, along a pedestrian-friendly street that is less than a quarter mile long, will be a collection of small shops, restaurants and perhaps offices with distinctively urban architecture located on an attractively landscaped street. Main Street will draw shoppers, diners and office workers to the heart of the 1.2 million square foot retail center.



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Art and Framing (continued from p. 10)

jewelry made by local artists."

Ms. Clark added that she will be showcasing Colorado artists in the gallery. "It is truly my belief Colorado has a plethora of extremely talented artists who do not have enough venues to showcase their work," she said. "I am hoping to find artists in the Stapleton community to showcase in October for the grand opening." She said she may run a "call for entry" to select those artists.

Watch future editions of The Front Porch for "framing tips" provided by Art & Framing at Stapleton.

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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.

Dance Institute (continued from p. 8)

structured yet comfortable and fun learning environment.

As a member of Soul Motion, a progressive hip-hop company in Denver, Zohn remains current in her knowledge of dance. Dance Institute offers ballet, tap, jazz, tumbling and hip-hop to all ages. A toddler movement class will soon be available. These classes are evenings, Saturdays, and some mornings.

Dance Institute classes will begin September 12th. For more information, call Michele Zohn at 303-525-0011 or visit www.danceinstitutedenver.com.

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How to Buy a Car (The Easy Way)

Would you like to buy a new car without ever visiting a dealership? That's why we created The Credit Union at Stapleton's Auto Buying Service. We wanted to make it easier and more convenient for you to select and purchase your next vehicle — without the hassles.

Our credit union auto buying consultants can easily guide you through every step of the process. They'll help find the options you're looking for on the car you want. All makes and models are available. Then our professionals will negotiate a fair price based on manufacturer or blue book values — and even arrange test drives, purchase and delivery to a location convenient to you.

You'll be amazed at how easy it can be to buy a new or used vehicle with the help of your neighborhood credit union. Call our Auto Buying Service today at 303.321.4209 to begin the process.

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



CREDIT UNION AT STAPLETON
You'll be amazed at what DPSCU can do for you!
303.321.4209 www.dpscu.com

WHAT'S NEW AT STAPLETON?



Quebec Square merchants will host "A Family Affair in the Square" on Sept. 10th.

Stapleton welcomes **Udi's Bread Bistro** to the current complement of retail tenants in the East 29th Avenue Town Center! Udi's has a fabulous reputation for its breads and sandwiches, so we're happy to have them as a new shop among our other retailers! In Quebec Square, **Fresenius Medical Care** is new to our tenant group. On Saturday, September 10, join us in the Sam's Club parking lot for

Family Affair in the Square from 4 pm to 7 pm. There will be food, fun and entertainment for the whole family, with various offerings from the retailers at Quebec Square!



Udi's Bread Bistro is opening this month in the East 29th Avenue Town Center.

STAPLETON™

FEELS DIFFERENT

Master Community Association News

by Diane Deeter
Stapleton Community Manager



October 18th S.U.N. - Forest City Forum

Everyone is invited to attend an informational forum on residential, commercial and open space development at Stapleton to be held on Tuesday, October 18th from 7 to 9 p.m. in The Denver School of Science and Technology at Stapleton located at 2000 Valentia Street (Montview Blvd. and Valentia). Come early at 6:30 p.m. to enjoy light refreshments prior to the forum.

Dumpsters

Please remember that dumpsters in the areas where homes are under construction are for the use of builders only. Please do not use them for your trash and boxes. Residential trash service is on Mondays and Fridays at 7am. Please contact Denver Solid Waste Management at 720-865-6900 to initiate pick up. Remember that corrugated cardboard boxes may now be recycled if cut or folded into pieces no larger 2ft by 2ft.

Intranet Identification

If you have closed on the purchase of your home since June you may be wondering why it has taken so long to receive your intranet identification to "log on" to the community intranet site (www.stapletononline.com). We are making some improvements and changes to the intranet site that have caused a slight delay. You should be receiving your intranet identification letter in the mail in early September. We are sorry for this delay and any inconvenience this has caused you. If you have already been assigned identification and have forgotten it or your password, please go online and click on "feedback" or "help me." You will receive a response shortly.

Pool Forum

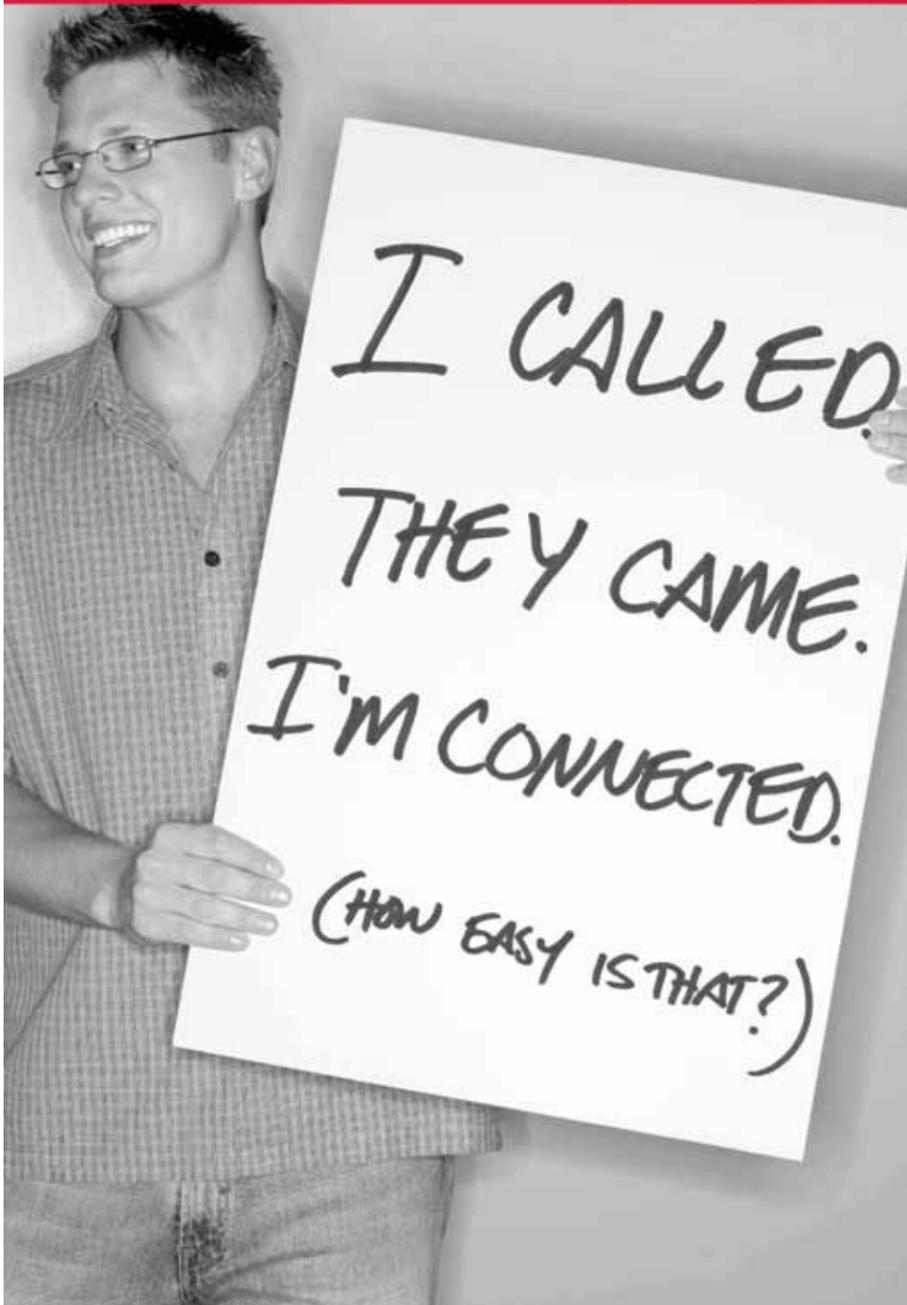
Please voice your comments and suggestions for next year's pool season. We are holding a pool forum on September 19 at 6pm in the Stapleton Visitor Center. Please RSVP at 303-355-9600.

New Resident Orientation

New resident? Haven't set an appointment for the New Resident Orientation? Starting September 13, 2005 7pm-8pm we will be hosting a one-hour group orientation for new residents. Meet your neighbors, learn about the community and receive a cool welcome gift. Please call Jenifer Graham at 303-355-9600 to RSVP for the group meeting or if you can't make it, schedule your personal meeting. WELCOME!!

Diane Deeter is the Community Manager for Forest City Stapleton, Inc. She may be reached at communitymanager@StapletonDenver.com.

Stapleton welcomes Comcast to the neighborhood



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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!

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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.

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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.

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Pool to School Walk



Westerly Creek Elementary School principal, Trich Lea, wearing her Dr. Seuss hat, reassures a student as families gather for the walk to school.



(continued from page 1)

Creek campus utilizing the path through Greenway Park. Since it first opened its doors at Stapleton in 2003, Westerly Creek Elementary has increased its enrollment and

initiated a number of new programs. The school has benefited from the involvement of an active Parent-Teacher-Student Association that has worked closely with Principal Lea and her faculty.

THE BRONCOS HOME OPENER IS SOLD OUT, BUT YOU CAN STILL GET GREAT SEATS AT OURS.



**Meeting Sundays at 9:45 a.m.
Westerly Creek Elementary School**

8800 E. 28th Ave.
1 mile east of Quebec St.
1/2 mile north of Montview Blvd.

Join us on Sunday, September 18, when we launch a brand-new, Christ-centered community church in your area. We know you and your family will be refreshed in our relational community of faith as we share the grace and forgiveness of God.

Each week you will enjoy:

- Dynamic, participatory praise & worship
- Practical, engaging Bible teaching
- Community friendship & fellowship
- Clean, safe, quality nursery care
- Terrific kids' church program
- Coffee/tea & breakfast snacks
- Choice of small group Bible studies

We'd love for you to join us from the very beginning! We invite you to discover for yourself how satisfying life can be as we make this hope-filled spiritual journey together.

For more information, call us at **720-985-6810**, email us at contact@northfieldchurch.com, or visit us on the web at www.northfieldchurch.com.

