Sustainable at Stapleton

In addition to major retailers, Quebec Square offers a variety of banks and financial services and numerous restaurants appealing to almost any taste, many with sunny sidewalk café or patio dining areas. The 740,000 square foot retail center offers convenient shopping for residents of Stapleton and nearby neighborhoods.

Famous Dave’s Opens in Quebec Square

Udi’s Bread Bistro Opens in the Town Center

Colorado’s beautiful fall weather poses a difficult choice for customers who are flocking to the new Udi’s at Stapleton in the E. 29th Avenue Town Center. They must decide whether to dine in the freshly contemporary décor of the new restaurant or enjoy their meals on what is rapidly becoming one of the most popular sidewalk café dining areas at Stapleton.

Either way, they won’t be disappointed. Udi begins the day with an array of omelets made from free range Nest Eggs that include the Israeli Omelet (onion, parsley and mint), the Greek Omelet (feta cheese, tomatoes, basil and olives) and, of course, the classic Denver Omelet. Colorado’s (continued on page 14)
Wednesday, October 5th
Issues that Affect Learning — The Art of Parenting Series
6:30 - 8pm
7350 E. 29th Ave., 3rd Floor
[Stapleton Foundation 303-468-3224]

Wednesday, October 12th
Power Struggles: Win, Lose or Draw? The Art of Parenting Series
(See Oct. 5 for more information)

Saturday, October 15th
Fall Festival* Founders’ Green 11am – 1pm
(See page 13, MCA, for more info.)
[Master Community Association 720.974.4136]

Saturday, October 15th
Kaboom Build Day
Ashley Elementary 6:00am – 5pm
[Bernard Douthit 303-355-3324]

Tuesday, October 18th
An Informational Forum on Development at Stapleton
Denver School of Science and Tech. (Montview & Valentia) 7 – 9pm
[Forest City Stapleton, Inc. 303-382-1800]

Saturday, October 22nd at Vancouver Canucks – 8:00 pm
Tuesday Oct 25 vs. Edmonton Oilers –7:30 pm
Thursday, Oct 27 Avalanche vs. Vancouver Canucks – 7:00 pm
Saturday, Oct 29 Avalanche vs. Vancouver Canucks – 8:00 pm
Stapleton Team Finishes MS Challenge

Team Stapleton crossed the finish line at Founders’ Green at noon on Sunday, September 11th tired and weary, but filled with satisfaction after raising over $6,000.00 for the National Multiple Sclerosis Society during the 3-day MS Subaru Challenge Walk.

The Stapleton team was comprised of Angie Malpiede, executive director of the Stapleton Transportation Management Association; Johanna Bjork, an Ambassador at the Stapleton Visitor Center; and Brad Phillips, president of the Greater Stapleton Merchants’ Association.

Team Stapleton expressed appreciation for the support of its sponsors: Sam’s Club, Stapleton Home Services, Volume Rate Liquors, MyStapleton.com, Allstate Insurance, Stapleton Mortgage, Wingz, Etc, Forest City Stapleton, and MRW & Associates.

By Dennis Piper
Here at Stapleton, construction continues at Central Park, Westerly Creek and the NorthField Ponds.

Westerly Creek
All of the contractors involved in work at Westerly Creek from Montview Boulevard to the MLK Bridge are focused on completing their work by the end of the year.
Central Westerly Creek—(roughly from 26th Ave to MLK) will be transferred to Denver Parks and Recreation in January 2006. Other areas of Westerly Creek will be transferred over the next few years.

By Caroline Wilten
Over 300 adults and children turned out for the 2nd Annual Stapleton Kickball Tournament sponsored by Stapleton United Neighbors (S.U.N.). Sixteen teams competed — compared to six last year! The tournament was held at Westerly Creek Elementary/Odyssey School Playing Fields on Saturday, September 17.

The tournament was round-robin, double elimination with competitive and social brackets. Four games ran consecutive-ly. Many of the kids took the opportunity to play additional pickup games.

The championship team was the West Side Warriors, captained by Tracey Privitera.

A special thanks should go to our grant sponsor, Active Living Partnership of Greater Stapleton (ALPS), The Bladium who helped organize the event, and sponsors of food, drinks and prizes that included Instant Imprints, Chipotle, Anthony’s Pizza, Noodles & Company, Eileen’s Colossal Cookies, PostNet, Forest City Stapleton, Inc., Starbucks, Panera Bread, The Coral Room, Phoenix Yoga Studio, and Cold Stone Creamery.

2nd Annual Stapleton Kickball Tournament
S.U.N. Event More Than Doubles in Size from Last Year

The West Side Warriors, captained by Tracey Privitera, were the 2005 tournament champions.
The Club Card offers great discounts at these Stapleton merchants:

HEALTH & BEAUTY

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

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

Bladium Sports Club
Offer: $79 for initiation fees. Location: East 29th Avenue Town Center

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

Executive Tans
Location: Quebec Square
Offer: 10% off any service and professional products. Free haircut with color service. Location: East 29th Avenue Town Center

Fantastic Sams
Offer: 10% off all services and professional products. For 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: One month unlimited, first timers $77. 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

MISC. RETAIL

Allstate Insurance, Brad Phillips & Associates
Offer: A $5 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.

RE/MAX City Horizons, The Learns 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.)

SERVICEs (continued)

Art & Framing of Stapleton
Offer: $10 off custom framing, not valid with any other offer. Location: East 29th Avenue Town Center

Commercial Federal Bank
Offer: Open a FREE no-minimum balance checking account with Direct Deposit and receive free credit report 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 all of 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

Loll.ocks Kid Salon
Offer: 10% off any one product purchase with a purchase of service. Location: Quebec Square

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

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.)

SERVICEs (continued)

Stapleton Realty, LLC
Offer: Free move-out house cleaning. Location: East 29th Avenue Town Center

Tires Plus
Offer: $9.99 oil change; 10% off any automotive service; $25 off of a set of four tires; $30 off your 30, 50 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

WIRE 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

Blue Fingers Massage
Offer: 15% off food menu. Location: Quebec Square

Cats’ 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: 5% off liquor and wine purchases. Location: East 29th Avenue Town Center

Hams 2 The Ham
Offer: 10% off all products and services. Location: Quebec Square

Hams 2 The Ham
Offer: 10% off all products and services. Location: Quebec Square

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

2XK Window Fashions
Offer: 10% off orders of $100 or more.

RESTAURANTS

Anthony’s Pizza and Pasta
Location: Quebec Square
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,” “Get to Know It” or “Scoop & Go” 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. Location: Quebec Square

Noodles and Company
Offer: Free fountian 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

Wing EZ
Offer: 10% off any combo meal. Location: Quebec Square

Michelle Wheeler of the “Top Cop Committee” congratulates Corporal Trista Tourney.

Corporal Trista Tourney Honored

Corporal Trista Tourney has been named the “Top Cop” for the Month of August in Denver Police District Two.

On 07-31-05, Corporal Tourney responded to the La Quinta Inn at I-25 and Park Ave. on a report of a disoriented elderly male. Corporal Tourney contacted the 80 year old male who was confused and unsure of where he was. Corporal Tourney suspected that the man was suffering from an early form of Alzheimer’s disease and realized that he needed care and a place to reside. After an assisted living facility somewhere in the metro area. Corporal Tourney established a rapport with the elderly male and attempted to gather as much information about where he lived and who could take care of him. Although the man would not or could not provide this information about himself and Corporal Tourney was unable to find a missing persons report from a home or assisted living facility, she persisted and eventually found this individual resided. To ensure that this gentleman had someone to care for him, Corporal Tourney became more concerned for his overall welfare after she discovered that he lived alone in an apartment and he was still having trouble keeping his facts straight. It was now later in the evening and Corporal Tourney was still unable to locate anyone to care for the elderly citizen. The Denver Police officer prepared a quick dinner for the elderly man to ensure that he ate. Her concern and persistence finally paid off when she was able to reach a friend of this individual who immediately responded to the residence to care for him.

Corporal Tourney was honored by her superiors and the citizens who serve on the District 2 “Top Cop” committee for the compassion she demonstrated while caring for this elderly male. To further show the other side of police work, which is helping out people in need.

Editor’s note: The Denver Police District Two “Top Cop” Citizens Committee welcomes nominations from citizens, businesses and civic groups who are interested in submitting the names of officials who may warrant recognition under the “Top Cop” program. To nominate an officer who has served the community above and beyond the normal call of duty, email Commander Rhonda Jones at jonesr@dpd.co.gov.

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4
Instruct your children that if a "Bad Stranger" is following them in a vehicle, and attempts to speak to them or contact them on the street, that they should, "run away, right away" and yell to people in the area that this person is trying to take them away and they are not their mother or father. Encourage your children to walk to and from locations with a friend or group of friends and never go places alone. Tell your children to ask your permission to leave the yard or house and to inform you where they are going. Get to know your children's friends, their addresses and telephone numbers. Teach them to kick, bite or scratch the person to attempt to free themselves. Explain to them that they can use their arm to break free of the grasp of someone attempting to grab them. Explain that they can scream, "run away, right away" and yell to people in the area that this person is trying to take them away and they are not their mother or father. Encourage your children to walk to and from locations with a friend or group of friends and never go places alone. Tell your children to ask your permission to leave the yard or house and to inform you where they are going. Get to know your children's friends, their addresses and telephone numbers.

Make a Difference: Tutor a Child

Join Stapleton Neighbors at Philips Elementary

For the second year running, a group of Stapleton residents is extending community goodwill by tutoring young students at Philips Elementary, the Denver Public School (DPS) grade school located at Montview and Monoac. Volunteers are needed to provide the children with the benefits of one-on-one time and attention. The time commitment consists of two hours every Tuesday evening from now through late April, not including DPS vacation periods. Participating students will be selected by school officials from grades 2-5 and will have schoolwork assigned by their teachers specifically for the tutoring session.

Drawing extensively from its surrounding neighborhood, Philips serves a diverse student body. And while a majority of its students qualify for the free/reduced price lunch program, Philips' daily attendance rate regularly hovers near 95 percent and parental involvement is encouraged through monthly workshops and other activities. For more information about becoming a volunteer tutor at Philips Elementary, contact Kerby Meyers at 303-282-5919 (days) or kdub52@yahoo.com.

Join Stapleton Neighbors at Philips Elementary

The 2005 Relay for Life held in Stapleton's Founders' Green this past August raised over $38,000 for the American Cancer Society. A total of 13 teams comprised of nearly 200 people participated in the event to increase awareness of cancer and raise money to support the programs and services of the American Cancer Society. During the relay, cancer survivors and their family members and friends walked continuously on laps around Founders' Green, which was lit with special Luminaire candles in celebration of cancer survivors or in memory of someone who lost his or her life to cancer. The top fundraising team, Will Power, brought in almost $19,000, and the top fundraising individual, Jo Young, raised $2,300.

Editor's Note: To become involved in the planning and participation for the 2006 Relay for Life, contact Elizabeth Munson of the American Cancer Society at elizabeth.munson@cancer.org.
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Rocky Mountain Arsenal National Wildlife Refuge

“Prairie Days and Prairie Nights”

R ocky Mountain Arsenal National Wildlife Refuge will open its gates from 1 p.m. to 8 p.m. on Saturday, October 15th for a free celebration called “Prairie Days and Prairie Nights.” The event will be held during National Wildlife Refuge Week, which more than 540 national wildlife refuges observe each year.

The activities will include slow-and-easy hayrides through woodland, wetland and prairie landscapes, free catch-and-release fishing, special tours of the National Eagle and Wildlife Property Repository, exhibits and displays about night animals, including bats and coyotes, and guided walks along trails lined with tall cottonwoods and willows. A scenic bike ride through the Refuge will be offered as well.

As the evening air turns cooler, visitors will gather around the campfire for some “wild” songs, games and stories. They can also watch wildlife photographer Dave Showalter present a photo gallery of his spectacular slides illustrating animals at the Refuge. Reservations are required for hayrides, nature walks, and the Repository tours.

Follow the “flying fox” on our website for clues to enter for your chance to win a day of free viewing.

Please visit and become a member soon!

Name
Street Address
City, State & Zip
Email

Mail to:
Bluff Lake Nature Center
7350 E. 29th Ave., Ste. 300
Denver, CO 80238

Get ready to Ride-in-Sync® with Horse & Rider Conformation Judge, national clinician and world champion trainer Terry Myers at The Urban Farm in Denver on Saturday, October 23rd.

- Learn how your position affects your horse's movement and learn to target and correct position faults.
- Learn how you can make your horse move more naturally by changing your position.
- Learn tools for relaxation and how they will make you and your horse Ride-in-Sync.
- Lots of obstacle work with your horse.
- Learn how to apply what you have learned to the show ring, on the trail or in your everyday riding.

When: Sunday, Oct. 23, 10am – 6pm
Where: The Urban Farm at Stapleton off I-70 and Havana at 10200 Smith Rd.
Cost: $125 per rider (w/ continental breakfast and lunch);$50 more for use of school horse. $30 to audit.

To Ride: Open to beginner, intermediate and advanced riders
For information on registration contact Christy Landwehr at 720-857-6160 or landwehr8@msn.com or visit TMTrainingCenter.com

Rocky Mountain Arsenal

Fall Nature and Recreation Programs

- Prairie Days and Prairie Nights Saturday, Oct. 15, 12:30 - 8 pm
- Prairie Days and Prairie Nights Saturday, Oct. 23, 9 am to 1 pm
- Wildlife Watch Sunday, Oct. 23, 9 am to 1 pm
- Trick-or-Tweet Saturday, Oct. 29, 1 - 3 pm
- Evening Birding Saturday, Oct. 1, 4:30 - 6:30 p.m.
- The Magic of Migration Sunday, Oct. 9, 9 a.m.
- Prairie Days and Prairie Nights Saturday, Oct. 15, 12:30 - 8 pm
- Prairie Days and Prairie Nights Sunday, Oct. 23, 9 am to 1 pm
- Wildlife Watch Sunday, Oct. 23, 9 am to 1 pm

Reservations are required for these programs. Space is limited. Enter the Refuge at 56th Ave. & Havana. Call 303.289.0930 to register. For additional information, visit the Refuge Web site at http://rockymountainarsenal.fws.gov.

Urban Farm

Ride-in-Sync® Clinic!

Get ready to Ride-in-Sync® with Horse & Rider Conformation Judge, national clinician and world champion trainer Terry Myers at The Urban Farm in Denver on Saturday, October 23rd.

- Learn how your position affects your horse’s movement and learn to target and correct position faults.
- Learn how you can make your horse move more naturally by changing your position.
- Learn tools for relaxation and how they will make you and your horse Ride-in-Sync.
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In and Around Stapleton

The Denver Public Library — Check it out!

The Denver Public Library — Check it out!

Call All Neighborhood Babies, Toddlers, and Preschoolers

Monday, October 31st

wear your costume
come to the lunch room* at 2:30
have some cookies and juice
watch the parade

* Inner circle doors in the middle of the building. facing 28th Avenue. LOCKS FOR THE CRIMINALS

spread the word to all the little ones on your block
RSVP not required but appreciated for planning
abby reynolds at 303-321-5484
or abbyrey@msn.com

Friends and Family Denver-bound for the Holiday Season?

Put them up in style in the Timbers Hotels’ spacious one- and two-bedroom suites. With accommodations as big as Colorado’s open spaces, they will appreciate their full kitchens, the custom-designed furniture, private living room and separate bedrooms (one- or two-bedroom option) and pillow-top beds. The full-service hotel now features Peoria Bar & Grill.

Centrally located at 4411 Peoria, off I-70 (exit 281), the hotel sits in the heart of the metro area’s fastest growing region, minutes away from Stapleton, Denver International Airport, Fitzsimons and Centennial.

For reservations and more information contact: 800.844.9404, 303.373.1444, www.timberstexas.com

Ask for Our Grand Opening Special: $25 off your next stay! Restrictions may apply and subject to change without notice. The Timbers is a member of LaRe Worldwide, available on the Web at www.laredworldwide.com

Exempla Longmont Family Medicine at Stapleton
One Standard. Excellence.

Dr. Kristine Walsh, née Leathery, has served families in Stapleton since 2004. “She is one of the best GPs I’ve ever been to,” says Jim McBain of Denver, Colorado. Dr. Walsh’s compassion makes a difference in her patients’ lives. “I’ve been a patient myself so I know how important it is for your doctor to be a good listener,” says Dr. Walsh.

“I want to understand the special needs of each of my patients. That’s my goal. That’s how I can make a difference in her patients’ lives. “I’ve been a patient myself so I know how important it is for your doctor to be a good listener,” says Dr. Walsh.

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

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Pauline Robinson Branch Library
5575 E. 33rd Ave. (303) 370-1530
School-age Programs

Mondays and Wednesdays at 4:00 p.m.
At the Library or in your classroom

From 10 a.m. to 4:00 p.m.
You will learn how to do it yourself

After School is Cool — No registration is required. All programs are free, so come as indicated. Snacks are provided.

Monday, October 3 — The Big-Ballono Show — Big Balloons means BIG FUN! Stuart, the Balloony magician, takes balloon twining to a whole new size.

Monday, October 10 — Welcome to Bug Bits Cafe on with Butterfly Pavilion — Discover bug cuisine from cultures around the world and find bugs in our everyday food. Meet live animals who have been in the menu and taste a few buggy treats yourself!

Wednesday, October 19 - Native American Pudding — Mix ingredients with Jessica to make Native American Pudding and then enjoy some too.

Every other Saturday beginning at 11:00 a.m. (October 1, 15, 29) — Knitters’ Club — This fun group is for all ages that are interested in learning how to knit or are already working on cool projects. Knitting materials and snacks are provided.

Preschool Programs

Wednesdays at 10:30 a.m. — Preschool Story times for 3 to 5 year olds

Thursday Story times for 3 to 5 year olds

Tuesdays and Thursdays at 10:30 a.m.
Preschool Storytime with a Craft.

Thursdays at 11:15 a.m.
Bookbells for children ages 6 thru 24 months and their parents or caregivers.

Super Saturday Programs

10:30 a.m. — Sponsored by Mervyn’s

Saturday, October 8th — Justin Meri performs “Apples and Bananas!” His musical program takes an entertaining look at something we all like: FOOD!

Saturday, October 29th — Jim Looshbaugh shares his “Halloween Magic and Marionettes” in this frightfully good show!

Park Hill Library Teachers Book Sale
Thursday, October 13th — 3:30 - 5:00 p.m — TEACHERS! — Mark your calendars.

Park Hill Branch Library
4705 Mountview Blvd. 303-331-4063
School-age Programs

Tuesday afternoons, 3:30 to 5:00 p.m.
“Paws to Read” for children in grades 1-5.
Space is limited, so register early.

Preschool Programs

Mondays and Fridays at 10:30 a.m.
Preschool storytime for 3- to 5-year-olds.

Tuesday and Wednesdays at 10:30 a.m.
Preschool Storytime with a Craft.

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Thursday, October 13th — 3:30 - 5:00 p.m — TEACHERS! — Mark your calendars.

be held at the DSA campus at 7111 Montview Boulevard, just west of Stapleton.

Mr. Stein is known for his unmatched freelancing in a variety of musical genres. He will perform the Haydn Concerto for Violin in G, and also “jam” in a jazz violin set.

Has recorded with such notables as Itzhak Perlman, world-class pop, jazz, and classical violinist, Andy Stein, plays the Haydn Concerto for Violin in G, and also “jam” in a jazz violin set.

Has recorded with such notables as Itzhak Perlman, and John Pizzarelli, and has performed with top artists, music workshops and educational trips. Tickets are $10 for general admission, $8 for seniors and $5 for students.

Event proceeds benefit the DSA Educational Programs. The Denver Public Library — Check it out!

The Denver Public Library — Check it out!

Children and Family Programs

Super Saturday programs sponsored by Mervyn’s — 1st and 3rd Saturday at 11:00 a.m.
Saturday, October 1 at 11:00 a.m. — Rock Around the World — Mr. Shine’s World Tour will have you laughing, dancing and most importantly, wanting to read all about the fun you will sing and dance all day long.

Saturday, October 15, 11:00 a.m. — African Tales — Ed Glassman presents African tales with his Cosmic Circle puppets.

Saturday, October 22, 12:00-1:30 p.m. — The Pauline Robinson Book Club — Please call the Robinson Branch Library for further information on this program.
Everybody's a Kid

By Leysa Morris-Noone

I'm onto the fact that my kids are mind readers. I know that they belong to a secret society of mind-reading kids, fine-tuning their skills on playdates and outings. I learn the depth of their ESP as soon as I get comfortable in how I parent – as I get cocky or complacent. Picking up on this brainwave activity, they respond by behaving in ways that send me to analyse. In that moment, they know that I'm locked in confusion and dismay about how to redress their misbehavior.

What your young minds don't know is that I have a secret weapon in my canvas bag of parenting paraphernalia. This weapon is potent and quick – focused and precise. When I pull it out of its holster, I hardly need to call on those old standbys like frustration or coercion, or the ancient trio of guilt, shame, and blame.

The Scene: My one child has decided not to get ready for school. If we allow her to dawdle and delay, she'll ultimately cause me to get longer exhausted from nagging.

"Mom, look. I'm totally ready." Child pronounces proudly.

"Oh, that's okay. Your pajamas are fine," I say, trying to keep my cool.

"But I'm not dressed yet," protests the child.

"Oh, that's okay. Your pajamas are fine," I respond, trying to maintain my composure.

"What I can't go in my jammies," she exclaims, the child in shock.

"Hmm. I thought you wanted to wear your pjs today since you didn't seem to want any help getting dressed," I announce.

"I'm dressed," she exclaims, pointing at herself.

"That's great. Your pajamas are fine," I reply, trying to keep my cool.

"But I want my pjs today since you didn't seem to want any help getting dressed," she exclaims, the child in shock.

"Okay. That's fine. You can wear your pajamas," I respond, trying to maintain my composure.

"Then why am I not allowed to wear my pajamas?" she exclaims, the child in shock.

"You are allowed to wear your pajamas," I reply, trying to maintain my composure.

"But I want my pjs today since you didn't seem to want any help getting dressed," she exclaims, the child in shock.

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"You are allowed to wear your pajamas," I reply, trying to maintain my composure.

"But I want my pjs today since you didn't seem to want any help getting dressed," she exclaims, the child in shock.

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Back to School Recycling Tips

Thanks to all of you who supported the Stapleton Farmers Market throughout the 2005 season! Thanks also to this year’s market managers, Colorado Fresh Markets, and to all of the terrific vendors who brought their fresh vegetables, fruits, and specialty items to the Stapleton Farmers Market each week. The second year of the Stapleton Farmers Market was a great success! Colorado Fresh Markets will be back next year as the market managers and the 2006 season of the Stapleton Farmers Market is set to open June 4, 2006.

Also, after three straight years of printing New Leaf, our monthly Tips for Sustainable Living information sheet, we are taking a brief hiatus to redesign the publication. There will not be a New Leaf in October, but look for New Leaf in November when it will reemerge in an all new format! To sign up to receive New Leaf via email, visit www.stapletondenver.com.

Xcel Energy’s Windsource® Program

Would you spend a nickel a day to help the environment? That’s exactly what you can do if you specify that part or all of your electricity be generated by wind power through Xcel Energy’s Windsource program. You can choose to buy a fixed number of Windsource blocks (100 kWh each) or choose to get 100% of your electricity from wind blocks. According to Xcel, a typical Colorado residential customer uses about 600 kWh of electricity per month, so the additional cost to supply 100% of your electricity through wind power would be approximately $5.82 per month, depending on your actual usage.

The energy that supplies Windsource is 100% wind energy generated or purchased from Colorado wind farms. A total of 77 wind turbines located at the Pennequin and Wind Peetz Table wind farms currently supply the wind energy. The electricity is added to the Xcel Energy system for use across Xcel’s service area in Colorado.

Windsource electricity is produced without creating air emissions such as carbon dioxide. In addition, no water is used to produce wind-generated electricity. Supporting renewable energy helps to reduce our dependence on fossil fuels and preserve our natural resources for the future.

For more information or to sign up for Windsource, visit www.xcelenergy.com.

Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month. The American Cancer Society recommends that women have yearly mammograms starting at age 40. Women in their 20s and 30s should have a clinical breast examination as part of their regular health exam every 3 years. Women should report any breast changes promptly to their health care providers. Starting in their 20s, conducting monthly breast self-exams is suggested. Women at increased risk (e.g., family history, genetic tendency, past breast cancer) should talk with their doctors about the benefits and limitations of starting mammography screening earlier, having additional tests (e.g., breast ultrasound or MRI), or having more frequent exams.

For more information, contact the University of Colorado Hospital Breast Center at www.ucol.ac/breast, Starting Denver’s Race for the Cure www.racefortherecure-denver.com, or The American Cancer Society www.cancer.org.

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Grandfather’s Journey and Tea With Milk

Author and Illustrator: Allen Say

Brief Biography: A native of Yokohama, Japan, Allen Say wanted to be a cartoonist by the age of six, but found himself caught in the middle of a war. Fortunately his dream outlasted the war and by the age of 12 he had managed to apprentice himself to his favorite cartoonist, a man by the name of Noro Shinpei. At 16, when his family moved to the US, Say found himself displaced and enrolled in a military school where he only managed to last the year. In the years that followed, he wound his way through a number of career ventures, eventually settling on photography. It was in the studio that he wrote his first children’s book, The Ink-Keeper’s Apprentice, based on his experience working with Shinpei. Through his writing, Say has found a way to connect with and honor his Japanese heritage, while providing his readers with an intimate look at race, identity and what it means to call a place “home”.

Why your child would enjoy these books: The pictures literally tell the story. Although it might seem that Say’s simplistic story-telling style lacks drama and flair, it is clear that at least half of each story is intended to come from the large, dream-like experience through the stages of childhood, adolescence and adulthood. His books speak from a cross-cultural perspective to the ways that we make sense of the times we fit and don’t. Elizabeth Baker is an employee of Miss Taihalia’s in Stapleton’s East 24th Town Center. Her email address is lazybumpkin@gmail.com.

Thomas Bros Coffee and Chai in Quebec Square

Coffee House Offers Natural Products

Thomas Bros. Coffee and Chai, one of the original tenants of Stapleton’s Quebec Square, now has a special appeal for anyone looking for natural products in their lives.

In response to the proximity of the greater Stapleton community places on healthy living, Thomas Bros. has made a conscious decision to carry only Organic and Fair trade certified coffee beans. In addition, the Coffee House converted several months ago to Farmer’s Fresh brand milk to make all of its latte’s and milk based drinks. The Farmer’s Fresh brand is hormone and pesticide free. Thomas Bros. Coffee & Chai carries organic coffees from around the world, including: Nicaragua, Guatemala, Sumatra, Mexico, Uganda and Costa Rica. The Coffee House has a medium and a dark roast line up for its regular coffee and recently started to carry the premium organic certified Ethiopian beans. Thomas Bros. sells all of its coffee beans in bulk for $10.99 per lb, ground or whole. The Coffee House also offers freshly made authentic Indian Chai.

Thomas Bros. is located on 35th Avenue, on the south side of Quebec Square, across from the United Air Lines Flight Training Center. The Coffee House describes itself as a child and pet-friendly place that is “the destination for a coffee connoisseur.” There is live music entertainment every Saturday evening from 6-8 pm and ample parking. Thomas Bros. is a free Wi-Fi hotspot as well.

Editor’s note: For more information, call owner Sam Thomas (303.596.6269) or manage Justin Block (303.399.7334).

Heidi Waldron, Essence Living

Home Work

by Kathy Epperson

For many people, work is simply a means to earn a living. For Stapleton resident Heidi Waldron, it is also her philosophy and way of life.

A few years ago, Heidi owned her own landscaping business but has since expanded this to offer help organizing homes and offices and creating systems to help people live better lives. She has now operated Essence Living for the past two years from the Stapleton home she shares with her husband Gary and their two dogs and two cats. “The reason I moved out of doing landscaping exclusively,” she says, “was because I wanted to be able to make even more of a difference for people - I wanted to help them transform their entire life.”

While Heidi has always had a knack for organizing spaces and streamlining processes, she has been most inspired by her experience with Japanese and English cultures. Through her college studies in horticulture, she first started learning about these cultures and the importance they place on the garden as part of their homes. “Everything in a Japanese garden and home is sacred, simple, and represents something larger and of importance,” she explains. An extended stay in England led her to discover other cultural traditions of taking care of oneself and honoring one’s home, including living small er and with fewer possessions, recycling and using resources efficiently, and making time for daily rituals to maintain a healthy and balanced life. “They have less stress,” she says, “and I think it is because they have a connection to nature and they take time to nurture themselves.”

Most clients come to Heidi because they are overwhelmed, can’t manage paperwork and balance their commitments, or know they want something else but can’t see a path to getting there. Previous work in training and leading personal development programs has given Heidi the skills to begin the process with each client. “I work with people a lot to sort out their thoughts first,” she says. “Then I remove whatever is not what they want, whatever is in the way. I try to have people get down to two types of things what they need and what they consider to be sacred.”

Through this process, she helps clients clear out things that are not meaningful, organize and streamline possessions and processes, and create a personal and beautiful home or garden. The ultimate result, she finds, is that her clients are able to live focused and effective lives and begin to realize their dreams.

For more information, visit www.essenceliving.com or email heidiwaldron@comcast.net.

Thomas Bros Coffee and Chai offers organic coffee beans, a free Wi-Fi hotspot in a child and pet-friendly atmosphere.

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For more information, visit www.dpscu.com or email kathyepplin@marshnewco.net.

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CREDIT UNION AT STAPLETON

Just in case you were wondering about opening a free checking (and more) account at the Credit Union at Stapleton, you’ll find the checking accounts are free*. But, even better than that, you’ll be smacked to also receive:

• Free checks (The first box is free!)
• Free direct deposit (There’s no charge for electronic deposits to your account)
• Free VISA® Debit card
• And you even get a free gift!
Plus, there are no monthly service fees or check writing fees — and no minimum balance requirements or
Help Your Pet Avoid Autumn Hazards

Fall is upon us. It is time to change the antifreeze, wage war on field mice in search of warm quarters, stock up on Halloween candy, and plan the Thanksgiving menu. Pet owners would be well advised to not assign any of these chores to their pets. There are several autumn hazards to pets, some potentially fatal. Knowing what these hazards are and taking simple precautions will keep your pet healthy through the coming months. The following is a summary of recommendations:

Antifreeze: Most radiator antifreeze/coolant contains ethylene glycol and is highly toxic. It has a sweet taste and is readily consumed by children and animals. Five teaspoons can kill a 10-pound dog, less will kill a cat. It is very fast acting and results in kidney failure and death in as little as four to eight hours. Newer products that contain propylene glycol are less toxic and more stable. New antifreeze should be stored in its original container, out of reach of pets and children. Keep the empty container or a record of the product used so that if your cat leaks and your pet finds it before you do, you can tell your veterinarian what was consumed. Dispose of old antifreeze in a sealed container, don't hose it down the driveway. Always have plenty of fresh water available for your pet. A thirsty pet may relieve its thirst with antifreeze that a neighbor left out or hosed down the driveway. If you think your pet has consumed antifreeze, call your veterinarian right away.

Rodenticides: Rodenticides that kill the rodents hoping to winter in your house will also kill your pet. They cause severe bleeding, kidney failure, and death. There are no safe rodenticides. Whether out of hunger, boredom, or curiosity, pets will consume these products. If rodenticides are used in your home, put them in places inaccessible to pets and children. Keep a record of the product used and in case of accidental poisoning, contact your veterinarian immediately.

Chocolate: Chocolate is a favorite people-treat at Halloween, Thanksgiving, and Christmas but it is toxic to dogs, cats, and birds. The initial signs of chocolate poisoning are those of stomach upset, vomiting, and diarrhea. If sufficient chocolate is consumed, an animal will become restless and uncoordinated and can suffer heart failure and/or respiratory failure. Pet owners should contact their veterinarian immediately if chocolate has been consumed. Chocolate can kill a 10-pound dog. Like other poisonings, chocolate poisoning requires medical treatment.

Thawed frozen foods: Holiday meals can also cause medical emergencies for pets. Chicken and turkey bones can get stuck or can pierce holes in any portion of the digestive tract. Rich foods can cause sudden pancreatitis or bloat. Keep holiday meals, leftovers, and table scraps out of reach of pets. If your pet misses on participating in the feast, cooked vegetables (without the butter and salt) or commercial dog treats are safe in small amounts.

Cold weather: Indoor pets not acclimated to winter temperatures should not be left outside in cold weather for long periods. Outside pets can withstand fairly cold temperatures if they have shelter from wind and rain and have bedding to insulate them from the cold ground. Avoid electrical heating devices that could electrocute your pet if the appliance is not properly insulated. Dogs and cats need extra food in cold weather to generate body heat, and they need access to water that is not frozen. Keep your pet's feet clean and dry. Ice or salt will cause severe irritation when caught between your pet's toes. Frostbite is from the cold ground. Avoid electrical heating devices that could electrocute your pet if the appliance is not properly insulated.

New antifreeze should be stored in its original container, out of reach of pets and children. Keep a record of the product used and in case of accidental poisoning, contact your veterinarian immediately.

The Crust — 1 cup flour (if you're feeling particularly virtuous try the new white-whheat flour from King Arthur Flour Co., which is available at King Soopers. But be warned, it definitely produces a heavier, not so flaky crust, but you can't have it all, now can you?) 1 tablespoon of sugar 1/2 stick cold butter cut into small cubes 2-3 tablespoons of ice water

Although you can make this in bowl using a pastry fork, I find my food processor does a fine job, just as long as I'm careful not to over-process the dough. Plus, if I'm drooling out my food processor, I always make two batches of dough – one for now and one to freeze (wrap in plastic wrap and place in freezer bag with contents clearly marked) for up to 6 months.

Add flour and sugar to bowl. Pulse briefly. Add butter. Pulse to blend for 10 seconds. Add one tablespoon of ice water. Pulse to blend again. Continue to add water, but only until the flour and butter just start to come together. Your butter should be incorporated, but the dough should not come together in a mass; rather you should pour out the contents of the dough onto a counter and bring it together to form a solid lump with the warmth of your hands. At this stage I usually wrap the dough in plastic wrap and place in my freezer for about 30 minutes. Why? Because this will ensure a flakier crust. Flakiness happens when the butter melts at high temperatures and forms pockets of air. The colder the butter, the bigger the pockets and hence, the flakier the crust. If you have warm butter it will just melt into the gluton of the flour and won't expand, thus producing a tough, lack-flake crust.

Bake at 400 degrees for about 8-9 minutes. Remove from oven and let cool. You can always make extra dough and freeze it for when you need it. I think the dough is more pliable when it is frozen, allowing you to make it into shapes of your choosing.

Drizzle honey and sprinkle cinnamon over the fruit. Fold over the edge of the dough to overlap the fruit. And, if you like a nice sugary crust, brush a little milk on the top of the dough and sprinkle sugar on top.

To learn more about this new program, visit us at www.ucd.edu/healthbywomen or call 720.844.WISH (9474).
Questions about Stapleton past, present and future? We’ve got answers.

SUN and Forest City Co-Sponsor October 18 Community Forum to discuss the future of Ashley School

Stapleton United Neighbors (SUN) and Forest City stapleton, Inc. are co-sponsoring a community forum that will be held on Tuesday, October 18, 7-9pm at the Denver School of Science and Technology, 2000 Valencia Street (at Montview Blvd.). This forum will feature a panel of Stapleton experts who will give the latest information about the status of Ashley School. The forum included the Ashley School, SUN, the Stapleton Foundation, the Westerly Creek PTA and the East Montclair Neighborhood Association as potential sponsors for the project.

Kalboom typically matches corporate sponsors who generally provide the majority of the $30,000 to $40,000 in funding needed for a playground 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.

With funding secured and the design well under way, we now need volunteers for what Kalboom calls the “Build Day.” A date has not yet been selected for this volunteer-driven event. If you have the basic skills and want 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. Kalboom 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 in voluntering, please contact Alisha Brown at the Stapleton Foundation at 303-468-3222, or Bernard Dohart from SUN at 303-335-3124.

My Opinion: Power to the People or Power Outage? The Most Important Vote in Colorado History

by Mike Kinzler

With schools back in school, the mercury dropping from blistering summer highs to brisk, crisp temperatures, and football cranking up, fall has been gradually pushing summer into the background. As fall’s sign that fall has arrived: the gradual increase in political lawn signs cropping up, announcing the arrival of election season. Notwithstanding the barrage of political signs, advertisements, and media attention, ask a cross-section of citizens about this fall’s election and you may get some disturbing answers: even some of the most savory voters who consider themselves up to date with the news are often unable to articulate the political climate.

Vital information about the two ballot questions that are companion pieces on the November 8 ballot, the Taxpayer’s Bill of Rights (“TABOR”) to the state constitution in 1992, requiring our elected leaders to obtain our permission for any spending in excess of TABOR's mandated limitations. In the 12 years since passage of TABOR, we, the people, now own this problem - and all its lessons required to understand the inner workings of the state budget increases through a formula based on changes in population and inflation. In the event that actual tax revenue exceeds the limit imposed by TABOR, the excess must be refunded. However, here’s where it starts to get complicated: lawmakers have designated 17 different special interests ranging from child-care expenditures that are first in line for any TABOR refunds through the funding of tax credits. This complicated refund mechanism explains the discrepancy between proponents’ claims that C & D legitimate areas for government to spend more of the typical taxpayer would actually receive after the effect of those refunds after required funding of tax credits – or we might otherwise have been entitled to. We can spend our time from now until election day debating whether this is tantamount to a tax increase and bickering over the size of those refunds after required funding of tax credits - or we can focus on the heart of C & D, which asks voters to approve $25 million for Pro-Comp, an ambitious “first-in-the-nation” program that seeks to move away from the traditional system of paying teachers simply for longevity, and instead provide additional salary incentives for teachers who are working in tough schools, teaching “hard-to-teach” subjects.

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SUN’s Education Committee submitted a grant application on behalf of Ashley Elementary School to KaBoom, a national organization (www.KaBoom.org) focused on supporting communities and businesses to build new playgrounds and redevelop existing playgrounds. The Ashley Elementary School PTA and the Stapleton Foundation included the Ashley Elementary School, SUN, the Stapleton Foundation, the Westerly Creek PTA and the East Montclair Neighborhood Association as potential sponsors for the project.

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**Sydney**

5 year old Golden Retrievers/Australian Shepherd Mix with Pamela Vaughn (left) and Sherri Keller.

Sydney lives in Stapleton. Since moving from Connecticut she’s lost 10 pounds. She enjoys walking the Greenway Park, playing frisbee, going to the Farmers Market, coming up to the town center and checking out all the other people and dogs in the neighborhood.

**Fall Festival**

Celebrate the season with your neighbors at the Fall Festival scheduled to be held in Founders’ Green in the East 29th Avenue Town Center on October 15th from 11am to 1pm. This Festival, sponsored by The Master Community Association (MCA), has many exciting activities planned, including the ever-popular pick-your-own pumpkin patch, various crafts, bounce castles for the children, and carnival games with prizes.

The MCA will be collecting canned goods from everyone who attends to donate to the Kid’s Cafe program. Kids Cafe is one of the nation’s largest free meal service programs for children. Since the program’s inception in 1993, Kids Cafes have become a central tool in efforts to end childhood hunger. Please bring donations to the event to support this outstanding program. Pumpkins will be available (1 per family) for those who pre-purchase tickets by the deadlines listed below. All pre-purchased tickets will be available at will-call. The day of the event, Food and beverages will be available at the Fall Festival event, including hot dogs, kettle corn, and fresh-squeezed lemonade.

**Fall Festival Ticket Prices**

Advance Purchase (Postmarked by October 7 or online at wildirecreation.com by Midnight October 12):
- Adults - $5; Children ages 1-17 - $3

Event Day Purchase:
- Adults - $10; Children ages 1-17 - $5
- Children under 1 are admitted free.

To register, go to wildirecreation.com. Click on Event Planning, then Stapleton and then the Fall Festival link.

**MCA Committees**

Are you looking for ways to get involved in your community and have an interest in certain areas? Then serving on an MCA committee might be just the ticket!

Currently, the MCA has openings on the following committees:
- Social Committee (Event Planning)
- Finance Committee (Budget Planning)

**TO ADVERTISE IN THE FRONT PORCH**

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**MCA Assessments**

Electronic payment is now available for your MCA account. Your assessments will be automatically deducted from your checking account and transferred electronically to the MCA. If you would like to utilize this service, please log onto www.managementspecialists.com and click on Homeowner Services; Download Forms; and then on ACH. Complete the form and return to MSI. It’s fast, easy and reliable!

If you have questions about payments to your MCA assessment account, please contact Stacy Wills at Management Specialists, Inc. (MSI). Stacey can be reached at 720.974.4163 to help you.

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

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**Alabama**

9 year old Beagle with Dave, Laura and Avery Magdulin.

Alabama likes living in Stapleton because it’s very dog-friendly. She feels lucky that we have Dr. Smith here. In the past she hasn’t liked to go to the vet much, but now she does like Dr. Smith. She likes to walk to the Farmers Market and she likes to go to the park with our daughter Avery.
Forest City Community Day

Stapleton Employees
Landscape
North East Denver
Housing Property

Nearly 50 employees from Forest City Stapleton spent their company’s 2005 “Community Day” rehabilitating a residential courtyard into a green space with grass, shrubs and sitting area at a North East Denver Housing Center complex.

Forest City created Community Day last year as an initiative that allows employees to volunteer their time and skills to local community organizations and to exhibit the company’s strong belief in such.

Udi’s (continued from page 1)
favorite Huevos Rancheros are also included, as is Egg Shakshuka (two fried eggs in tomato and sweet paprika stew served on toasted Levain). Udi’s famous breads and pastries, as well as a range of coffees and other drinks are available to enhance the meal.

Interested in take-out for lunch or dinner? There is no better selection than the hot and cold sandwiches for a convenient but tasty lunch selection of Classic Turkey, New Orleans Muffaletta, Vietnamese Pork or Ham Panini. For dinner, try crispy striped bass, prime rib-eye steak or Chicken Schnitzel among the temptations. Udi’s has an impressive wine menu to go with its choice of beer and mixed drinks.

Kid’s menus are also available. Call 303.329.8888 to place an order or ask for more information. Udi’s is open daily for breakfast, lunch and dinner.

Central Park
Utility work continues at Central Park and irrigation and soil preparation have begun. The first sod will be placed by late October and concrete paths construction will begin and continue as long as weather permits. By next summer it should really start looking like a park.

Over the winter we will determine what areas can have at least some public access.

NorthField Ponds
The NorthField ponds are the area between Quebec Street and the new Northfield shopping area (where a Super Target, Circuit City and Bass Pro Store are preparing to open this year). This 34-acre natural area provides water quality for all of the stormwater runoff south of 56th Avenue prior to its outfall into Sand Creek. It will also increase riparian wildlife habitat at Stapleton.

Dennis Piper is the Director of Parks and Environment for the Stapleton Development Corporation.

Construction (continued from page 3)
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My Opinion (continued from page 12)
building their knowledge and skills, and achieving measurable student progress. Supporters of 3A claim that the merit-based application of this additional funding will enable DPS “to recruit and retain the best teachers in Denver and keep them from leaving for the suburbs.” We will also be asked to pass judgment on Referendum 1A, a proposed 1% increase in the tax on hotel rooms projected to generate an additional $42 million a year that will be earmarked for marketing Denver as a convention and tourism destination. Proponents believe that “to stay competitive we must be able to advertise and market in order to attract new visitors to our city... believe it or not, Colorado is one of the very few states in the nation that does not have a permanent and sustainable tourism marketing program - and that has put us at a competitive disadvantage.”

Opponents, of course, decry C and D, 3A, and 1A as tax increases that will fuel bloated government, and claim that savings can be found through paring back waste, inefficiency and abuse in government, streamlining and consolidating government operations, and selling off government property.

The stage has been set, and a national audience is watching. Now, it’s our move.

Mike King is a Stapleton resident.

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core values as community involvement, teamwork and performance ethics. In 30 cities across the nation, nearly 1,000 Forest City associates spent the day working with local non-profit groups and agencies, to demonstrate the company’s commitment to community involvement.

“Our first Community Day event was such a success that we knew right away it would become an annual event,” said Charles A. Ratner, president and chief executive officer of Forest City Enterprises. “The number of lives and organizations that our associates are affecting, just by the work they are doing on this one day, is a significant accomplishment and we are looking forward to building relationships with our neighbors.”

Stapleton employees chose North East Denver Housing Center’s Austin House at 2416 E. Colfax Avenue to be the recipient of their 2005 Community Day efforts. The organization is dedicated to creating sustainable housing for underserved households throughout outreach, education and housing development. It is the North East Denver Housing Center’s goal to provide individuals and families with safe, decent housing. Support services also include counseling for housing needs, case management, home improvement, rental programs, as well as a healthy homes initiative.

“As the master developer of Stapleton community, we have worked with the North East Denver Housing Center in the past and we chose them for our volunteer day because of their reputation, visibility and credibility in the Denver community,” said Landri Taylor, vice president of Community Affairs. “Through this volunteer service day we hope to have a positive impact on the quality of life of the residents of the North East Denver Housing complex known as Austin House.”

Among the sponsors donating materials or other goods to the 2005 Forest City Community Day program were Paradigm Affiliates, CoCaL Landscaping, M.A. Mortenson, DBC Irrigation Supply and Home Improvement, and Stapleton Square Corporate Retail Center.

Famous Dave’s Pit Bar-B-Que®
(continued from page 1)

Denver-based Basic Food Group. Over the next several years, the group plans to open right against additional Famous Dave’s restaurants throughout Colorado. The Basic Food Group was founded by Bill Ferguson, and is currently known for operating the Avenue Grill, two Great Northern Tavern locations and food service for the Meadows and Foothills golf courses, as well as the Fillmore Auditorium.

“Colleto’s has a plethora of impeccable independent restaurants, but as a state known for attracting out-of-towners, there is a great market for establishments that offer a taste of home,” Ferguson said. “As a long-time fan of Famous Dave’s, I’m pleased to have the opportunity to bring one of these craveable tastes to Colorado.”

Famous Dave’s Bar-B-Que menu features hickory-smoked St. Louis-style ribs, Texas beef brisket, Georgia chopped pork and Famous Dave’s award-winning Rich & Savory® BBQ sauce. Additionally, the menu offers Barbeque and Country Roasted Chicken, BBQ sandwiches, burgers and salads. The restaurant also serves such “down home classics” as made-from-scratch honey buttered corn bread muffins, colelaw, potato salad, Wilbur Beans and Famous Fries. Famous Dave’s homemade desserts include its award-winning bread pudding and hot fudge Kahlua brownie.

Having won awards for everything from best sauce to best ribs to best cookbook, Famous Dave’s has received wide acclaim and praise from customers and critics alike. Famous Dave’s Rib Team regularly competes in rib competitions across the country, and has ranked in 1st place awards at the Southern Florida Championship Cook Off in Jupiter, Fla., the Great American Rib Cook- off in Ohio, the Sioux Empire Rib-fest in Sioux Falls, S.D., the Rib Fest & More in Fargo, N.D., the Pontiac Rib America Rib Fest in Pontiac, Mich., the Twin Cities Rockin’ Rib Fest in Minneapolis, Minn., and the America Indianapolis Rib Fest in Indianapolis, Ind., to name just a few.

Famous Dave’s Pit Bar-B-Q® in Stapleton’s Quebec Square Retail Center is open Sundays through Thursdays from 11 a.m. to 10 p.m. and on Fridays and Saturdays from 11 a.m. to 11 p.m. For more information call 303.399.3100.
A Dog’s Eye View of Stapleton

Top, “The T” and “McTavish” stroll with their owners Heidi Majerik and Lisa Hall through the Town Center. Below, left and center, “Old Blue” gets a free biscuit at PetsMart in Quebec Square, receives a check-up from Dr. Smith at the 29th Avenue Animal Hospital, and stops for a bowl of fresh water outside Thomas Bros. Coffee and Chai. Lower right, an unidentified dog and friend get water at the off-leash dog park.

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