Emphasis on Good Health Shapes Stapleton Lifestyle

The construction of a new, two story 50,000 square foot medical office building in Stapleton’s East 29th Avenue Town Center adjacent to the Walgreens will do more than re-shape the “skyline” at Stapleton – it will also change the way many families in Stapleton and the surrounding neighborhoods receive their medical care.

When completed late this year, the Town Center medical office building will serve as the new location for the University Family Medicine - A.F. Williams Center. Operated by the physicians of the University of Colorado Hospital, the Center will offer a “full spectrum of care, from general wellness care to emergency medicine.” The self-described mission of the University Family Medicine – A.F. Williams Center is to provide family medicine physicians who are trained to

(continued on page 3)

Ideas for Valentine’s Day

Michelle Stefanon, owner of Amore Fiori Flowers & Gifts in Stapleton’s Town Center, offers ideas to make Valentine’s Day special. See Views on the Street, page 13.
CALENDAR
2006 STAPLETON EVENTS

SUBMIT YOUR PHOTOS of scenes that portray life at Stapleton for the Front Porch calendar. Email to frontporch@fineprintco.com.

EVERY MONTH

APRIL
First Wednesday
“1st Wednesdays”
Home-based business group
Most meetings 11:30am - 1pm
[Check StapletonLife.com to confirm time and place]

MAY
Wednesday, May 24th
Aviator & Puddle Jumper Pools Open

JUNE
Saturday, June 10th
*Stapleton Charity Chase 5K Run
Friday, June 16th
*Stapleton Under the Stars Movie

JULY
Tuesday, July 4th
*Pancake Breakfast
*Parade
*Games at the Pools
Friday, July 14th
*Stapleton Under the Stars Movie
Saturday, July 15th
*Community Wide Garage Sale
Saturday, July 22nd
*Pool House Casino Night
Friday, July 28th
*Stapleton Under the Stars Movie

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

EVERY MONTH

Every Tuesday
Preschool and Parent Support Group
Westerly Creek Elementary School
1 - 3:30pm
[720.423.4797]

Every Tuesday
AA Open Discussion Meeting
Stapleton Visitor Center 8:00pm
[Joe Mc at 303.912.7073]

Every Tuesday & Thursday
Stapleton Strolllers
28th Ave. & Tamarac St. 9:30am
[www.hotmamasdenver.com 303.296.2609]

Second Tuesday
Stapleton Residents’ Social Events Comm.
Stapleton Visitor Center 6 - 7:00pm
No meeting in February
[CommunityManager@StapletonDenver.com]

Second Tuesday
New Resident Orientation Meeting
Stapleton Visitor Center 7 - 8pm
[RSVP to Jennifer Graham 303.355.9600]

Third Tuesday
Stapleton Business Association
Call for locations 8am
[Stapleton Foundation 303.393.7700]

Every Wednesday
Music Together classes
Westerly Creek Elementary School
9:30 & 10:30am
[Music Together 303.333.1474]

First Wednesday
Music Together PTA Meeting 6:30 - 7:30pm
Westerly Creek Elementary School
[Music Together 303.333.1474]

First Wednesday
Preschool and Parent Support Group
Westerly Creek Elementary School
1 - 3:30pm
[720.423.4797]

Every Tuesday
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[Music Together 303.333.1474]
Parks For All Seasons at Stapleton

By Nathan Starck - EDAW

The change of season is once again upon us. No better time to appreciate the beauty of winter as it fades away this year, while anticipating the excitement that spring provides, only 4 blocks away. No, I am not talking about the ever-changing Colorado weather, but the four new neighborhood parks that will open at Stapleton this year. Located along 33rd Avenue, these parks are named for the four seasons of the year while providing interest throughout the year.

Winter Park - on Emporia Court

Stapleton’s Winter Park has three boulders, strategically placed to celebrate the beginning of the winter season. On the first day of winter the boulders frame the Winter Solstice sunset as it passes behind the Front Range.

Spring Park - on 34th Avenue

The Spring Park on Emporia Court was designed to accommodate a seating area for parents to relax and watch the playground where children can exhaust their abundant amount of energy. The park provides a large open lawn area for active and passive summer activities at Stapleton. The planting of the park is intended to capture the energy from the summer winds and provide shade from the summer sun, while providing interest throughout the year.

Summer Park - on 33rd Avenue

In the Autumn Park, on 33rd Avenue, residents can experience the best that the autumn season has to offer. With plant material selected for intense fall colors and late season blooms, the park has an open lawn area for outdoor activities and a spectacular view of the sunset along the Front Range. Autumn Park also offers protection from the daytime sun under the elevated pergola that frames the view towards Mt Evans.

Winter Park - on 34th Avenue

Winter Park on 34th Avenue was designed to capture the brilliance of winter while providing areas for activity and fun. The plant material was selected to provide Gold Rush during (continued on page 10)

CU Medical Center (continued from page 1)

An emphasis on an active and healthy lifestyle permeates many aspects of life at Stapleton today. Among the most popular is the seasonal Stapleton Farmers Market that is held in the East 29th Avenue Town Center just south of the site where the University Family Medicine Center will be located. Now preparing for its third season when it opens its doors in June, the Stapleton Farmers Market will once again offer fresh vegetables, fruits and other organic foods as well as a wide range of specialty items well-received by enthusiastic shoppers, many of whom walk or bike to the popular Sunday markets. Colorado Fresh Markets will be back this year as the market managers when the Stapleton Farmers Market is scheduled to open on June 6th.

Watch for upcoming editions of the Stapleton Front Porch for additional details about the University Family Medicine Center. To obtain more information about the full range of care provided by the Center, visit www.ucdenver.edu/contents/UFMAPW.
A Day Spa
Offer: 20% off of any one product with purchase of 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 fee.

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

Executive Tans
Offer: 30% off selection with purchase of a session. Location: Quebec Square

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

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

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

Phoenix Yoga Studio
Offer: One month unlimited, first times $37. Stapleton residents. Location: Quebec Square

Sports Clips
Offer: $2.00 off of a men’s or boy’s haircut.

Stapleton Health and Wellness, LLC.
Offer: 10% off resident get their first yoga class for free.

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

Allstate Insurance, Brad Phillips & Associates
Offer: A $10 gift card to your choice of Starbucks or Thomas Ross Coffee and Chai with any FREE, no hassle quote on home and auto, or health, business or life insurance.

SERVICES

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 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

Environmnetally Friendly Cleaners
Offer: 20% off at 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 new First Bank checking account.
Location: East 29th Avenue Town Center

LollisLocks
Offer: 10% off any one product purchase with a purchase of service.
Location: Quebec Square

New Avenues Real Estate Office
Offer: $150.00 gift certificate toward select Stapleton members.
Location: East 29th Avenue Town Center

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

RE/MAX City Horizons, The Kears Team, LLC
Offer: $500 towards closing costs and extra discounts on Home Sale costs when you buy at Stapleton.

Renaisance Denver Hotel
Offer: Special room rate, savings up to 40%. Offer valid through 12/30/05.

Stapleton Home Services

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

Tires Plus
Offer: $9.95 oil change; 10% off any automative service; $25 off of a set of four tires; $30 off your $60, 60 and 90 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

U-Shampoo Soft Service Dog Wash & Pet Boutique
Offer: Free treat with any bath.
Location: East 29th Avenue Town Center

Wingz ETC!
Offer: 10% off of all products. Location: Quebec Square

Instant Imprints
Offer: 10% off all products and instant printing fee.
Location: Quebec Square

Miss Talahaf’s Spa
Location: East 29th Avenue Town Center

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

RENAISSANCE

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

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 “Dad to Have It” create your own ice cream. Location: Quebec Square

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

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

Kylie’s Saloon and Eatery
Offer: 15% off with check-in pizza or casual order.

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

Panera Bread
Offer: $1.00 off Sandwich, Salad or You Pick Two. Location: Quebec Square

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

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

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

Your move-in costs when you lease at Town Center Apartments.

What is the plan for the old control tower?
The former control tower has been stabilized for a future use that has not yet been determined. Unfortunately, there is insufficient room at the top of the tower for a restaurant, which is the most frequent suggestion.

Could you publish some statistics about racial/ethnic diversity at Stapleton?
Forest City does not keep statistics of that nature.

What is anything being done (i.e., community outreach) to increase diversity of homeowners?
Forest City’s marketing efforts conducted with its homebuilders utilizes a variety of channels in the minority community designed to promote diversity at Stapleton. Forest City also works closely with the Housing Diversity Committee of the Stapleton Citizens Advisory Board and the City and County of Denver to provide information about home buying opportunities and rental homes at Stapleton. For more information, call Tom Glazewski, Vice President – Public Relations for Forest City Stapleton, Inc. at 303-382-9900.

When will Smith Road be complete from Havana to Quebec?
Although the Stapleton Development Plan envisions the extension of Smith Road east to Havana, there is no current timetable for that to happen.

Will the parking structure (used by RTD and DIA) on MLK be torn down or renovated? If so, when?
While a timetable has yet to be set, current plans call for Forest City to redevelop the structure once the RTD park-and-ride is relocated north to Smith Road where a new “multi-modal” facility services auto, rail, bicycle and pedestrian transportation is planned immediately east of Wal-Mart in Quebec Square.

What role does the Stapleton Security play within the community? If we see someone/something suspicious, especially in new construction areas, can we call Stapleton Security to check it out? If not, what is their role, other than driving around?
Stapleton Security is paid by the homebuilders to patrol homes under construction and model homes. Anyone who sees suspicious activity in any area of Stapleton is encouraged to notify the Denver Police by calling 911.

When will the Westerly Creek bike path be extended to connect to Sand Creek?
Most likely in 2008, following the construction of the 35th Avenue bridge over Westerly Creek and the completion of some environmental remediation west of Westerly Creek.

Since

GENTLE, PERSONAL, HEALTH-ORIENTED CARE IN YOUR NEIGHBORHOOD

High Quality, Innovative Care
Maximun Comfort and Ease
Bright, Modern Office with the Latest Technologies
Education, Preventive, and Active Role in Their Oral Health

New Patients Welcome!
303-322-2081

Since

Westerly Creek & Fitzsimons
Our office is conveniently located near the entrance of the Sand Creek Regional Greenway Trail. Visit www.sandcreekgreenway.org for more information.
You’ve Asked... 

There may be some temporary connections from the residential development tower Filing 12 (east of Westerly Creek and north of MLK Boulevard) by summer 2006.

What will the connectivity be between Stapleton south of I-70 and the new housing and commercial north of I-70? While a timetable has not yet been established, a new interchange is envisioned on Interstate 70 approximately at the point where the old Cargo Road crosses over the interstate. Central Park Boulevard will be extended to north Interstate 70 utilizing that interchange. Existing connections include Quebec and Havana streets.

When will RTD bus service come/exist on 29th Ave., to Boulder as originally stated by Visitors Center in 2003? I hope it will be soon.

Bus service on 29th Avenue will not be possible until 2007, when MLK Boulevard has been completed in Peoria. Contact the Stapleton RTD Board Representative Chris Martinez at 303-299-2303 for more information.

What organization is responsible for street lights? We still don’t have street lights on our street yet (E. 27th Drive).

The installation and initial power-up of streetlights is the responsibility of the Park Creek Metropolitan District. For information on the schedule for the installation of street lights, contact Stapleton Community Manager Diane Deter at communitymanager@StapletonDenver.com. After streetlights are installed and operational, they become the responsibility of Xcel Energy. To report a light that is not working, copy down the number on the pole that identifies the light and call Xcel Energy at 1-800-895-4999.

What is Colorado Studies?

Located in a former general aviation terminal and hangar along Central Park Boulevard in southern Stapleton, Colorado Studies is one of the nation’s most sophisticated centers for high definition television services. For more information, call 303-388-8500 or send e-mail to info@coloradostudios.com.

There’s been recent activity on the parcel north of Syracuse Village. What’s going on?

Construction is underway on the second phase of Syracuse Village, which should be offering resale units in the first quarter of this year.

When will the Bladium repaint its exterior? We were originally told by summer 2005—now they won’t give a date.

Also, can the Bladium be asked or helped to reorganize their parking lots to accommodate more cars? It is understated because it isn’t lined out, and parking spills out onto residential streets. Forest City is discussing those issues with Bladium at this time.

What is happening to the parcel next to Bladium? Jim Chrismas of Forest City mentioned that Bladium has an option to buy it but probably will not exercise that option. Bladium chose not to exercise its option. Forest City is evaluating what to do with that parcel of land at this time.

What is to become of the lot (big mound) on the corner of Wabash and Central Park? Originally, it was supposed to be green space. While it is unclear which parcel the question refers to, it is likely either the future site of live-work housing or affordable rental housing.

Any plans for a bays ‘R Us or better yet, a Babies ‘R Us? Forest City is conducting a wide search for specialty retailers throughout the U.S. to be added to Stapleton. The details regarding the scheduled opening of these tenants are not released until leases are signed.

I would like more information on some of the stores going into Northfield.

In addition to the Super Target, Circuit City and Bass Pro Shops Outdoor World stores that are open now, Northfield will have “main street” retail that will be anchored on one end by an 18-screen Harkening Movie Theatre Complex and the other end by a Macy’s Department Store. Forest City will announce the names of other tenants once those leases are signed.

What is going on with 29th and Town Center Drive? Can a sign or signal be put in?

Thanks to the efforts of the Stapleton United Neighbors and the City and County of Denver, a stop sign has been installed on 29th Avenue (by Noodles and the Coral Room).

Can we PLEASE get some regular playground equipment at the second pool? Maybe slides and swings. My young daughter and neighbors cannot play with it.

Stapleton’s pools and adjacent parks are managed by the Stapleton Master Community Association. Anyone who would like to become involved in the planning and operation for those pools and parks should contact Stapleton Community Manager Diane Deter at communitymanager@StapletonDenver.com. A playground equipment feedback meeting is scheduled for February 27th from 6 to 7 p.m. in the Forest City Stapleton Offices at 7351. E. 23rd Avenue. Please RSVP for this meeting. Contact Jennifer Graham at 303.355.9600.

Can someone put away the chairs at the new pool?

They are an eyesore. Thank you.

The chairs will normally be stored inside the pool restrooms during the off season. This year, warranty work underway in those restrooms has required the chairs to be left outside. Upon completion of the work, the chairs will be moved inside.

What is going on east side of Fulton Street?

Details will not be known until March of this year.

What will be the commercial development along east side of Central Park? How about a nail shop/salon?

The east side of Central Park is the Westerly Creek Open Space. The recreation center under design for the east end of Central Park is anticipated to have a small food service facility.

Any small buses through development to connect to big lines?

Circulator buses are a possibility. The decision will be made by RTD once the demand is there.

Why is the light at Syracuse and MLK so long (2 minutes), and why does turning left create an automatic stop at the light at Roslyn?

Timing of the signal lights at Stapleton is established by the City and County of Denver, just as it is at all locations throughout the city. To register a comment, work with the Transportation Advisory Committee of Stapleton United Neighbors, which meets at the Stapleton Visitor Center. Call 303-355-9600 to confirm the time and date of the next meeting.

Can anything be done about trains’ whistles/signals (especially during the night)?

Federal regulations approved in June of last year now allow cities to silence train horns. For more information, visit www.fra.dot.gov.

How far to the east of Fulton Street in Filing #12 will the Town Center be located?

Three blocks.

Specifically, north of MLK to 32nd Ave. will these be residential on the east side of Fulton Street? And how many blocks before hitting the Town Center? The type of residential will not be known until later this spring. The Havana Town Center will be located at paired couples of the extension of Martin Luther King Boulevard.

I continue to be concerned at the traffic speed on Roslyn/Syracuse, across 29th coming through the Town Center. Watchful people run across the street to avoid speeding cars seems contradictory to the pedestrian-friendly concept of this neighborhood.

What will it take to get lights at that intersection?

The Transportation Committee of Stapleton United Neighbors (SUN) has been working on that and other issues of concern to Stapleton residents. We recommend that you attend meetings of the committee, which are held at the Stapleton Visitor Center on the second Tuesday of each month from 6:30 to 8 p.m. Call 303-355-9600 to confirm the time and date of a meeting.

Is there going to be a office within Stapleton?

Forest City has spoken to the U.S. Postal Service (USPS) about bringing a post office to Stapleton, but as of the next meetings those discussions have not been conclusive due to USPS budget constraints. Please keep in mind that there is a 24 hour full service general mail facility at 53rd and Quebec, on the western edge of the Northfield Retail Center.

What is the plan for the two open parcels of land between Roslyn and Syracuse on 28th Ave.?

That land is planned for the 2nd phase of Botanica on the Green Apartments.

When will the park at the confluence of Westerly Creek and Sand Creek be done?

There is no set timetable for construction of the park planned at the confluence of Westerly Creek and Sand Creek at this time. The confluence park and the extension of the Westerly Creek bike path to Sand Creek are not likely to be complete until 2008, following the construction of the 33rd Avenue bridge over Westerly Creek and the completion of some environmental remediation west of Westerly Creek. There may be some temporary connections to the Sand Creek trail from the residential development in Filing 12 (east of Westerly Creek and north of MLK Boulevard) by summer of this year.

Can the Police Academy use the old long-term parking lot north of Smith Road for driving training?

That parking lot no longer exists. However, the Denver Police Academy is planning to relocate all of its training operations to a new facility between Smith Road and Interstate 70. A specific timetable is not yet available.

Is Breaze coming back as a builder?

There are no plans at this time.
The Children’s House of Stapleton Local Montessori School Honored

The Children’s House of Stapleton, LLC was honored internationally as an exceptional Montessori by the Association Montessori International (AMI). This accreditation has only been granted to one other school in Colorado, Mountain Shadows Montessori in Boulder. This recognition certifies the integrity of Montessori education and practices at The Children’s House of Stapleton.

The Children’s House of Stapleton, LLC is in its first year. Twelve children nurture their love of learning in a carefully prepared environment enriched with language, art, math, science, natural history, geography, movement and music. Each month a new artist, musician and science project are presented to the children in a series of hands on activities. Organic meals prepared by the children and the teachers are served daily, as grace and courtesy are practiced by setting a formal table and serving each other. Parents repeatedly mention their child’s eagerness to attend each day.

The Association Montessori International was founded by Maria Montessori in 1929 and is the oldest and most highly regarded name in Montessori Education. Maria Montessori, the first female medical doctor in Italy in the late 1800’s, dedicated her life to the development of young children. The method of schooling that emerged harnesses the independence of children and taps into their great potential. The Montessori classroom is designed for the child to be able to successfully explore, manipulate and master intellectually challenging accomplishments such as reading, mathematics and concrete poetry.

Independence is fostered through constructive tasks such as mopping the floor, washing clothes and tying shoes. As a result, the whole child is encouraged, nurtured and developed. Beth Van De Water Koosan, a Denver native is the founder and lead teacher at The Children’s House of Stapleton. She was trained at the Montessori Education Center of Arizona, and is currently completing her M.Ed in early childhood education and Montessori education. Prior to moving home to Colorado, Koosan started a successful bilingual Montessori school in Phoenix. As a resident of Stapleton, she comments, “the area is vibrant with dedicated families all looking for quality education for their children. Many parents are aware of the tremendous importance and significance early childhood education has on the success of their children.”

The new school “is a community centered educational campus committed to academic excellence, individual creativity, and civic responsibility where all learners thrive.”

Mission statement for the new K-8 campus

By Brian Weber
draft program plan for the new K-8 campus at Stapleton is beginning to take shape.

A committee of parents, teachers and community members began meeting in December to develop a plan outlining the mission, vision, and goals for West-erly Creek Elementary and the next DPS school (temporarily known as Stapleton II), which is set to open in August on Montview Boulevard just east of Central Park Boulevard.

This month the committee will set and develop three separate goals to help ensure that the vision is carried out.

The committee usually meets on Mon- days, from 6:30-8:30 p.m. at the Stapleton Foundation offices, 7330 E. 29th Ave. #100. More information is available by calling or emailing Trich Lea, principal of Westerly Creek, at 720-424-1362 (parri- cia_lee@dpdk12.org) or Brian Weber of the Stapleton Foundation at 303-468-3224 (bwweber@stapletoncorporc.org). Brian Weber is Vice President, Education/Workforce Initiatives for the Stapleton Foundation.

The new K-8 campus, Stapleton Mountain Shadows School in Colorado, is an exceptional Montessori by the Association Montessori International (AMI), which is set to open in August on Montview Boulevard just east of Central Park Boulevard.

The committee has held in-depth discussions about how to fulfill that mission on daily basis. Common themes the committee believes are essential: community engagement, academic rigor, economic and cultural diversity, educating the whole child, high expectations, differentiated instruction to meet the variety of needs of students, innovation, community involvement, character education, teacher professional development and enrichment opportunities.

The committee usually meets on Mon- days, from 6:30-8:30 p.m. at the Stapleton Foundation offices, 7330 E. 29th Ave. #100. More information is available by calling or emailing Trich Lea, principal of Westerly Creek, at 720-424-1362 (parri- cia_lee@dpdk12.org) or Brian Weber of the Stapleton Foundation at 303-468-3224 (bwweber@stapletoncorporc.org). Brian Weber is Vice President, Education/Workforce Initiatives for the Stapleton Foundation.
Math, English, History, Science. Anyone who has children in elementary school knows these subjects, as well as the lessons their kids enjoy most. If science and nature are what get your children excited, there’s a place to visit you won’t want to miss. And it’s right in your back yard.

The Rocky Mountain Arsenal National Wildlife Refuge, located near Stapleton at 56th Avenue and Havana Street, is an outdoor science classroom the size of Manhattan. A short drive from Stapleton will land you there, where deer and prairie dogs roam the short-grass prairie and eagles soar high above. What better way to learn about nature and wildlife than to visit a place where it’s thriving?

Go!Wild

Every spring and fall, elementary school teachers, students and parents can receive a free educational activity guide developed by the U.S. Fish and Wildlife Service called Go!Wild. The guide is packed with fun games, interesting facts, and puzzling questions about the natural world. After going through the guide in your classroom or at home, you can learn more by taking a trip to the Refuge to get first-hand answers to all your questions.

Funded by the U.S. Fish & Wildlife Service and Shell Oil Co., Go!Wild is in its third year of production and is available to approximately 8,000 elementary school students in the area. GoWild is geared towards third, fourth and fifth graders, but is educational for all students. The guide is also available online at the Refuge Web site at www.fws.gov/rockymountainarsenal.

I think it’s important to introduce children to the natural world around us with something they can truly enjoy learning about,” said Stacy Armitage, U.S. Fish and Wildlife Service education specialist and writer/editor of GoWild.

Online Curriculum

So, what if you’re not in school or haven’t yet requested the Go!Wild guide? The Refuge Web site offers additional educational guides, games and questionnaires about science and nature. And, if you can’t make it out to the Refuge for answers to your questions, ask Ranger Eddy — a volunteer who answers questions that local students submit. You can reach him online at www.fws.gov/rockymountainarsenal.

The Refuge is flourishing with wildlife. Now, your classroom or home can, too.

To receive the Go!Wild educational activity guide or to schedule an environmental education program at the Refuge for your class, please contact Stacy Armitage with the U.S. Fish & Wildlife Service at 303.289.0931 or e-mail at Stacy_Armitage@fws.gov.

To download the Go!Wild guide and more of the educational activities or obtain directions to the Wildlife Refuge, visit www.fws.gov/rockymountainarsenal.
Upcoming Events at Denver Botanic Gardens

2006 FREE DAYS
Colorado residents can enjoy special free days at the Gardens and Denver Botanic Gardens at Chatfield, thanks to funding from the SCFD. Entertainment will be provided throughout the day at the Gardens. Monday, February 20 Monday, March 20 Saturday, April 22 (Earth Day) Monday, May 1 Monday, June 19 Sunday, July 9 Monday, August 14 Monday, September 18 Monday, October 16

2006 BONNIFIS-STANTON LECTURE SERIES
Stay up on current trends and innovative gardens by attending lectures by renowned speakers from around the world. Here is your chance to learn from the best. Don’t miss the following phenomenal line-up:

February 23, 7pm
Establishing a Prairie Meadow in Your Own Back Yard with Neil Diboll
Learn how to create your own prairie meadow with native flowers and grasses for a low maintenance alternative garden.

March 16, 7pm
The Livable Landscape with Rick Darke
Discover the strategies for creating landscapes that celebrate local, cultural and biological diversity.

FOURTH ANNUAL WATER-SMART GARDENING EXPO
March 4, 10 am-3pm
Learn how to grow from 240 fabulous gardens in Colorado’s climate at Denver Botanic Gardens’ Fourth Annual Water-Smart Gardening Expo, co-sponsored by Denver Water. Industry experts will answer your questions and lecture about Xeriscape, water-wise irrigation, smart plant choice for Colorado gardens, landscape planning, mulching and more. Throughout the day in the Exhibit Hall, visitors can consult experts about water-smart gardening issues. Pre-registration: $12 members, $15 nonmembers. Admission the day of the event is $20. To register call 720-865-3580.

ABOUT DENVER BOTANIC GARDENS
Rooted a mile high, Denver Botanic Garden has been a favorite Denver destination for 55 years, and is considered to be one of the top ten botanic gardens in the nation. Art and science unite in the Gardens’ spectacular 23-acre urban oasis, offering an unforgettable artistic garden experience for the whole family, as well as a living laboratory for education and plant conservation programs. Admission rates at Denver Botanic Gardens at Chatfield, a 750-acre wildlife and native plant refuge in Littleton, Mount Goliath, a high altitude trail and interpretive site on the Mount Evans Scenic Byway; and Centennial Gardens, a five-acre formal garden with a Colorado twist in downtown Denver, extend this garden experience for the whole family, as well as a living laboratory for education and plant conservation programs. Admission rates at Denver Botanic Gardens at Chatfield, a 750-acre wildlife and native plant refuge in Littleton, Mount Goliath, a high altitude trail and interpretive site on the Mount Evans Scenic Byway; and Centennial Gardens, a five-acre formal garden with a Colorado twist in downtown Denver, extend this garden experience for the whole family, as well as a living laboratory for education and plant conservation programs.

New Programs at Baby Power & Forever Kids
Lab Coat Kids Science Class
After a successful test run, Baby Power is adding its Lab Coat Kids science class to its full time roster of programs. As part of the Forever Kids curriculum, children ages 3-6 enjoy a semester of “hands on” science lessons including the science of food, gravity, water and other topics. Each 45-minute class concludes with free play in the gym.

Birthday Parties
Baby Power recently revamped its full service for parties as parents discover that kids of all ages enjoy the music, craft, gym, and games they get with each party scheduled at Baby Power. In an effort to make those events even for parents, Baby Power will help set up, clean up and keep the party moving so every minute is full of fun. Weekend slots are filling up, so call 303-377-8535 to make reservations.

What’s Going On In and Around Stapleton
Denver Botanic Gardens is located at 1001 York Street in Denver, Colorado. Visit www.denverbotanicgarden.org or call 720-865-3500 for more information. Denver Botanic Gardens thanks the citizens who support the Scientific and Cultural Facilities District.

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Energy Efficiency

As I mentioned last month, all of the residential builders at Stapleton will be making the final tryout run for the ENERGY STAR program this year. Throughout the year we will be emphasizing the importance of energy efficiency for existing home owners and highlighting aspects of the ENERGY STAR for Homes program. Below are two questions from the EPA Home Energy Quiz, test your knowledge and learn about ways to save on your energy bills!

The average household spends $1,500 a year on energy bills. Choose the one group of products that cost the most the on your monthly energy bills.

• Heating and cooling equipment, water heater and lighting
• Heating and cooling equipment, water heater and lighting
• Water heater, appliances and lighting

Do you have a thermostat and, if so, is it:

• Programmable—and I use it with the proper settings so that it automatically adjusts your home’s temperature setting when I’m asleep or not at home.
• Programmable—but I override the settings when I get home or wake up to change settings quickly.
• I have a manual thermostat. When I remember, I set it back before I leave the house for a long period of time.

Answers:

The average family spends $1,500 a year on energy bills, with nearly half of that spent on heating and cooling. Basic home improvement recommendations as well as more efficient equipment can definitely help you save on energy costs. Also, don’t underestimate the simple things. For example, shades and drapes around your home can help you conserve energy and reduce costs. During winter, open window shades or drapes to let in the natural warmth of the sun, and close them at night to insulate windows against heat loss. Also, many local utilities and contractors offer home energy audits and home improvement services, which help identify and fix areas in your home where you may be wasting energy. Check your Xcel Energy bill or go online to www.xcelenergy.com to learn about the services they offer.

ENERGY STAR qualified programmable thermostats automatically adjust your home’s temperature setting to help save energy when you’re asleep or not at home. When used properly, a programmable thermostat with 4 temperature settings can save you up to $100 on annual energy costs.

For more information, or to take the entire EPA Home Energy Quiz, visit www.energystar.gov.

Free Seminars by Denver Water

The following seminars will be held on Thursday nights from 7 – 8:30pm at the HEAT Auditorium at Lowery (directions below)

February 9 – Irrigation Design Basics – Thinking of installing your irrigation system by yourself? Landscape and irrigation professional Larry Horgan shares basic irrigation design tips that can help you end up with an efficient and cost-effective sprinkler system.

March 2 – Rock Gardening – Denver Botanic Gardens Director of Outreach Panayoti Kelaidis, who designed the Denver Botanic Garden’s renowned Rock Garden, introduces you to the joys and challenges of rock gardening in the Front Range’s semi-arid climate.

March 16 – Ramper Your Irrigation System – Keep your irrigation system happy by learning how to make simple repairs, retrofit new sprinkler heads, and replace outdated controllers. Irrigation professional Dave Cooper shares his expertise.

March 30 – Less Lawn, Not Lawnless – Art landscape architect and Xeriscapet expert Ken Ball show you how to reduce the amount of high-water turf in your yard. Discover low-water, low-maintenance options to the traditional allgrass landscape.

April 13 – Controlling Your Controller – Who’s calling the shots on your irrigation system controls? Control Tech’s Dennis Lynch shows you how to take control of your controller and use the latest in irrigation technology to cut water waste.

April 27 – The Thirsty Man’s (And Woman’s) Landscape – The City of Aurora’s Jeff Tejral offers great low-cost options for converting your landscape to one requiring less maintenance and water.

In case of significant snow, call 303-628-6330 to check for cancellation. In case of significant snow, call 303-628-6330 to check for cancellation. Steve Playtus, Denver Water’s Director of Water Operations, will be available to answer your questions. The auditors are trained to look for safe water-saving solutions, but they are not able to perform water audits. If you are interested in having a water audit performed, call 303-292-9900 to schedule one.

Become a Denver Master Composer

Are you concerned about the amount of waste created in Denver? Are you interested in learning some effective techniques for gardening in an arid climate? Then become a Denver Master Composer. The Master Composer Training and Outreach Program is a fun way for individuals to learn about composting and recycling and give back to their community. Participants will earn 40 hours of instruction in backyard composting, compost science, compost bin construction, vermicomposting (composting with worms), integrated solid waste management and community outreach.

Questions about Sustainability?

Do you have sustainability questions about the design of the Stapleton community or about energy-efficient features of your home? If so, send them to me at mknott@stapletondenver.com.

Beginning next month we will be answering your questions on the Sustainability at Stapleton page. Here’s your chance to get all of your burning sustainability questions answered!

Proper Disposal of Batteries

Laptops, personal audio players, cell phones and toys are just some of the items used regularly that need batteries to function. Batteries contain toxic heavy metals, including nickel cadmium, alkaline, mercury, nickel metal hydride and lead acid. It is these elements that can threaten the environment if not properly discarded. Batteries that end up in landfills and incinerators leak into the environment and end up in the food chain, causing serious health risks to humans and animals.

For a list of locations to recycle your used batteries visit Denver Recycles’ online Recycling Directory at www_denvergov or email rbrrecycling@ci.denver.co.us.

Tips for Extending the Life of Batteries

• Turn off any battery-operated appliances when they are not in use.
• Remove batteries from appliances if they are not going to be used for a long time.
• To prevent a potential safety hazard, do not store old batteries with new batteries. When old and new batteries are stored together, leaking or rupturing can occur.
• Do not charge a battery until it is specifically marked “rechargeable.” Attempting to recharge a non- rechargeable battery can cause it to leak or rupture.
• Do not open battery casings.

For more information on batteries, see the February issue of New Leaf at www.stapletondenver.com/sustainability_newleaf.

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Corner of 2nd and Detroit (303) 399-7070

Flat Iron Crossing
(Just a few doors down from Cherry Creek)
525 Zang St. (303) 410-0202

Central Park Meadows – Centennial Promenade
9619 E. County Line Rd. (303) 790-0101

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WED February 15, 7-9pm
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SUN February 19, 4-6pm
At the Double Tree Hotel, 3233 Quebec Street
It costs you nothing to listen & could change your life for the better!
SUEN PAPPAS, ABRONNE INDEPENDENT CONSULTANT 720-339-4788
Bruce Stoebner, New Day Acupuncture

For Stapleton resident Bruce Stoebner, traditional Chinese healing is both a profession and a metaphor for his life and career path. Fifteen years ago, Bruce received a series of acupuncture treatments that not only helped him feel better and experience increased vitality but also opened the door to what he feels is his professional calling. He went on to study acupuncture at the Colorado School of Traditional Chinese Medicine and became board certified in Acupuncture and Oriental Medicine and licensed by the state of Colorado. Internships with several respected Denver acupuncturists helped Bruce expand his knowledge and skills in acupuncture and other facets of traditional Chinese medicine. He services clients at a clinic in the Denver Tech Center and recently has been building his own home-based practices called New Day Acupuncture. Original from a small farming town in Iowa, Bruce spent whole summers in Estes Park when he was a kid. After college, he moved to Estes Park and became the quintessential mountain bum — skiing, rock climbing, hiking and enjoying the view while he pondered what he wanted to do with his life. “I am one of the fortunate individuals who has found a passion that includes the whole of my life,” he says. “My work is my pleasure and I have seen many, many marvelous outcomes from acupuncture.” A medicinal practice over 4,000 years old, acupuncture works by opening blocked flows of energy, called Qi (pronounced ‘chee’). Bruce enjoys the profound healing effect of his work, not only in relieving pain but also in helping reduce stress, anxiety, fertility, bolster the immune system, and reduce reliance on various forms of medication. In addition to acupuncture, Bruce also offers herbal Chinese formulas, nutritional information and lifestyle counseling. Bruce and his wife, Averi Schaubman, a licensed clinical social worker, previously lived in Park Hill but specifically chose to move to Stapleton for the space to build his acupuncture business at home. Initial concerns about moving his thriving practice across town and how his clients would view the professionalism of his working from home have proved to be unfounded. “I have found that I am able to give a more personal service that is not possible in a medical office setting, and people are genuinely receptive to this approach,” he explains. He finds that his workspace at home is private for the patient but not removed to his family environment. Bruce also finds that the Stapleton community has such a strong focus on wellness and health that it makes a perfect location to build his practice. To schedule an appointment with Bruce or inquire about group presentations he offers to increase awareness about the benefits of acupuncture, call 720-338-7918 or email newdayacu@yahoo.com.

Kathy Epperson is a Stapleton resident who writes a monthly column about home businesses. She may be reached at kathyos@yahoo.com.
Richard Adams Marks, III grew-up in Hopewell, VA, a small town located on Chesapeake Bay. As a child, he spent generous amounts of time at his family’s second home on the Outer Banks of the Atlantic.

Michelle White Marks, a third generation Colorado native, was born and raised in Boulder. The White family spent many weekends and summers at their vacation home in Big Elk Meadows, near Estes Park. Michelle loved the outdoors; hiking, camping and fishing. In high school, Michelle was involved in student council and was a member of the tennis team. She found a bridge from athletics to the business world as a young adult.

After graduating from Boulder High School, Michelle attended the University of Colorado at Boulder. She spent her junior year studying abroad in London. Armed with a bachelor’s degree in business, Michelle started a flourishing career in sales and marketing. For five years, she held the position of Accounts Receivable Manager. During her time at the university, Michelle started a part-time catering business. Her work as a caterer introduced her to the culinary world.

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In 2000, Rich traded his snowboard for a desk at Level 3 Communications. A victim of the dot-com crash, he “always worked with food…cooking, waiting, washing dishes, prepping, etc.”

After graduating from high school, Rich entered North Carolina State University and later transferred to Colorado State University- Raleigh/Durham where he obtained his bachelor’s degree in education. One spring break he learned to snowboard in Winter Park. He got hooked on the sport and decided to move to Colorado after graduation. For five years, Rich worked in Steamboat Springs as one of the resorts most popular snowboard instructors. During his days in the Rockies, he was introduced to Michelle White.

The couple dated long distance for several months until they married in Estes Park in 2003. Rich earned a Culinary Arts Degree from Johnson and Whales University. At the time of his graduation, he was offered a position as Executive Chef at Peppercorn in Boulder. Rich accepted the position and moved to Boulder with Michelle.

Their modest Park home was renovated to accommodate their growing family. The couple dated long distance for several months until they married in Estes Park in 2003. Rich earned a Culinary Arts Degree from Johnson and Whales University. At the time of his graduation, he was offered a position as Executive Chef at Peppercorn in Boulder. Rich accepted the position and moved to Boulder with Michelle.

For more information on Chef Rich’s personalized service, visit www.BeyondParsley.com.

A Valentine’s Day Menu a la Cupid

It’s here: the dead of winter. And although spring might be just a few weeks away, we in Colorado know that the really bad stuff won’t start falling until March. Luckily someone realized that this bleak month needed a little perking up and invented Valentine’s Day. Thank goodness, ‘cause President’s Day is just not exciting enough to carry me through this dark month.

For those wishing to mark that day of love with a meal that might lead to some serious romance later in the evening, I have a menu suggestion for you that will ignite the romance fire, but not, ahem, kill it.

First, the course that sets the tone for the evening - the avocado salad. Find a perfectly ripe avocado. And then go and splurge on the best bottle of olive oil you can afford. Ditto for balsamic vinegar. (Though you can probably only afford one bottle of each.)

To make this meal even more magical, add some chocolate! A healthy Valentine’s treat is a chocolate decadence that’s already been well-earned.

A healthy Valentine’s day menu is one that’s light on the fat content and heavy on the flavor. And that’s exactly what you’ll find in this menu. The avocado salad is a perfect foil for the chocolate and the chocolate is the perfect accompaniment.

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S.U.N. News

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

My Opinion
Good Things Come to Those Who Wait: Central Park, Recreation Center to Fulfill Vision for Stapleton
by Mike King

Two crucial elements of the Stapleton vision are coming into view on the nearer term horizon: Central Park, elements of which may be accessible to the public in fall of 2006, and the Stapleton Recreation Center. While the increased cost of raw materials and the many competing priorities for proceeds from Stapleton bond financing are always a challenge, when completed, Central Park and the Stapleton Recreation Center will provide residents with places to come together as a neighborhood for social, athletic, and educational purposes. For many residents, these facilities were the key components in their decision to move to Stapleton to enjoy an “active living” lifestyle. Central Park and the Recreation Center will also bolster Stapleton’s community spirit and “sense of place” by providing a nucleus for neighborhood activities. Please show your support for the Recreation Center and offer your input at one of the two upcoming public forums this month! For more information on the public forums, please see the article on page 14.

Stapleton Included in One of First Study Areas for Denver Strategic Transportation Plan
by Mike Johnson

A large group of Stapleton residents recently attended a public meeting to discuss long-term transportation needs in the “Quebec travel shed,” and to weigh in on the possibility of widening Quebec between 23rd and 6th Avenue. The Denver Department of Public Works is holding a series of public meetings in the process of developing a long-term, city-wide strategic transportation plan and has chosen the Quebec travel shed (which includes most of the Lowry and Stapleton developments) as one of its first areas of study, because of its peculiarly high growth. The Denver Regional Council of Governments has projected that northern part of the area east of Monaco and south of I-70 will see a 100% increase in traffic by the year 2030. Approximately 40 residents of Stapleton, East Montclair, Lowry, Park Hill and other northeast Denver neighborhoods attended the December 13, 2005 meeting. There was a lively discussion of the transportation issues in the Quebec travel shed. You can express your views regarding transportation issues in the Quebec travel shed by filling out a Community Values Worksheet, adding your thoughts about the Quebec travel shed issues in the comments section, section 8, on the Denver Strategic Transportation Plan website: http://www.keepdenvermoving.org/survey/individual.

The Quebec travel shed boundaries are Alameda to Smith Road and Monaco to Yosemite (Central Park Boulevard in Stapleton). Major north-south streets in the travel shed include Quebec, Syracuse/Roslyn, Central Park Boulevard/Yosemite (Central Park Boulevard in Stapleton) and Lowry. Major east-west streets include Martin Luther King, Montview and 13th, 14th and 17th.

Editor’s Note: Mike Johnson is the Chairman of SUN’s Transportation Committee, which meets on the second Wednesday of each month from 6:30 to 8:00 p.m. in the Stapleton Visitors’ Center Conference Room.

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Views on the Street
Tell us your ideas for a great way to spend Valentine’s Day — or a great Valentine’s Day you’ve actually had...

Shauna Laing (with Derek Newlun)
“Our first Valentine’s Day was spent in Breckenridge. We went to eat at the South Ridge Seafood Grill. It was really good. And then we went snowboarding the next day. That was our exciting Valentine’s Day. We don’t have Valentine’s plans yet for this year. He got me a jewelry box for Christmas, maybe there will be something in it. In April we’re getting married in Cozumel, Mexico on the beach.”

Devon Chmura
“For Valentine’s Day, my boyfriend’s flying out from Vegas and we’re going to go up to Vail for the weekend, go skiing, go to some nice restaurants and have a nice relaxing Valentine’s Day weekend.”

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Parents are: Shauna Laing and Derek Newlun.

Stephanie Sanders
Rodef Shalom
Chmura
Devon

SUN News
Point of View

Get in the Swim!
The 2006 summer season is just around the corner and swim lesson registrations have begun! Interested individuals may go on-line to register for swim lessons at wilderrecreation.com. In addition, there will be on-site swim lesson and swim team registration taking place at the Visitor Center both Saturday, March 11 from 9-11 a.m. and Monday, March 13 from 6-8 p.m. The Stapleton Stingrays swim team is looking for children who can swim 25 meters both freestyle and backstroke to join the program. The purpose of the swim club swim team is to improve each participant’s swimming ability and endurance through daily workouts and stroke instruction while having fun and promoting team spirit. All of the swim program information, including pool hours and information regarding after-hours reservations of the Stapleton Aviator or Puddle Jumper pools is currently available online at wilderrecreation.com.

Community Notes

by Diane Deeter
Stapleton Community Manager

Mark your Calendars!
Social Events Committee
Second Tuesday of the month
(There will not be a meeting in February)
Stapleton Visitor Center
6:00-7:00pm

New Resident Orientation
Second Tuesday of the month
Stapleton Visitor Center
7:00-8:00pm

Contact: Jennifer Graham (303-355-9600)
Please RSVP for this meeting!

Playground Equipment Feedback
February 27th
Forrest City Stapleton
7351 E. 29th Avenue
6:00-7:00pm

Contact: Jennifer Graham (303-355-9600)
Please RSVP for this meeting!

And finally, the date for the 2006 Holiday Lighting Festival is December 3rd.
Diane Deeter is the Community Manager for Forrest City Stapleton, Inc. She may be reached at communitymanager@StapletonDever.com.

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(SELECT PRESS at the top of the page)

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Visit the website listed above

Michelle Stefanon
Owner of Amore Fiori Flowers in the Town Center
“One of my favorite things about Valentine’s Day would be surprises. I love to be surprised and I love flowers, of course. But I like when people put a little bit of thought into a gift – maybe do something a little bit different with flowers. For example not just roses, but roses with other flowers. I like surprises where you don’t know where you’re going and you end up at a special place for dinner. Or a surprise note on a pillow at night, or something like that.

My favorite Valentine’s Day was a surprise trip downtown with flowers and dinner and dessert and a play. I think one of the things that makes Valentine’s Day special is when you really put thought into a gift – whether it’s something simple or something unique – what’s important is that you’ve thought about it and it’s something that your valentine will really enjoy.”

Karl Lo
“I just recently started a new business at Stapleton, New Perspective Real Estate so I’m busy doing that. I haven’t even thought about Valentine’s Day. I’m single but it’s not really a big deal for me. I don’t know what I’m doing… I’ll probably watch Sex in the City and call it a night.”

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For Rent
STAPLETON AND LOVELAY TOWNHOMES
Homes available for rent. 2, 3, & 5 BR properties available both furnished and for future (30+ days) move-in. 303-524-9898 or TJCGMT@msn.com.

Email ad to: FrontPorch@fineprintco.com.
Call 303-526-1969 to pay for classified ad by credit card. Classified ad deadline is the 15th.
**Top Cop” Honored in District Two**

The Denver Police Department District Two Top Cop Citizens Committee is pleased to recognize Officer Hancock as the Top Cop for December 2005. On December 12th of last year, officers from District Two responded to a residence after receiving a call that the homeowner had heard glass breaking downstairs and confronted a suspect who had entered the residence. The intruder was standing inside an office area and, as the homeowner closed the door to the office, the suspect fired shots at the homeowner through the closed door. No one in the residence was struck by the bullets and the suspect fled the home.

Officer Hancock responded to the scene and conducted a follow-up investigation. His investigative efforts produced valuable information that was forwarded to the Detective Bureau and is expected to help solve the case and remove a violent individual from the streets of Denver. Officer Hancock’s superiors say that he routinely does excellent police work and takes pride in being a Denver Police Officer.

The Top Cop Citizens Committee applauds Officer Hancock and the men and women of the Denver Police Department who work in this district, as well as all Denver Police Officers for the fine work that they perform on a daily basis.

**Four Generations Find a Home at Stapleton**

*By Latrice Norwood*

When Diane and Tim Gordon decided to make their home in Stapleton with their two children, Ellis (6) and Teddy (9), they never in their wildest dreams imagined that it would be a place that would become home for the two elder generations of Diane’s family as well.

In 2005, Diane’s parents, Marion and Donald, decided to leave their home on the beautiful island of Hawaii to take up residence during the summer and fall months in Denver so they could be close to their daughter and grandchildren. To Diane’s surprise, her parents chose a home built by Trimark Communities at Stapleton. “I didn’t believe that they were actually moving until they stepped off the plane,” said Diane. At that time Diane’s widowed grandmother Christine (whom she affectionately refers to as “Omie”) was deeply rooted in the California area where she and her husband of 43 years Karl had lived since 1960, after moving their family from Germany to be close to his mother and sister. When the residence below Marion’s Trimark home was put up for sale in August of 2005, Marion decided to move her mother to Stapleton. “We felt it would be a great idea to move Omie to Colorado so she would have two tiers of care and support,” Marion said. “Omie is a youthful 84 years, but we did not want to worry about her being so far away if something were to happen.”

As a result, in September of 2005, Omie also moved to Stapleton. The ladies take advantage of being so close and get together every afternoon for a half hour “kaffee klatsch,” a German tradition carried down through generations where the ladies share coffee, cakes and conversation. The family celebrated their first holiday season together in 13 years last year with the gratitude that they could be together and that Ellie and Teddy had the opportunity to not only know and spend quality time with their grandparents, but also to enjoy their great grandmother.

Latrice Norwood is an employee of Forest City Stapleton, Inc and a regular contributor to The Stapleton Front Porch. Diane Gordon may be reached at Diane Gordon Design (303-355-5666).

**Odyssey School Blood Drive**

Students asked the school to sponsor a blood drive. Following a field trip to the Bonfils Blood Center, the class’s drawings of the human body. The students asked the school to sponsor a blood drive.
Reproductive Health for Women

By Kristen Rundell, M.D., MS

Motors Scooters Take Stapleton Residents to the Top

T he motor scooters Stapleton residents Tai and John Beldock use to zip around Stapleton have also carried them to the...
BUSINESSES AT STAPLETON

U-Shampooch Opens in Stapleton Town Center

U-Shampooch Self Service Dog Wash and Pet Boutique has opened its doors in Stapleton’s East 29th Avenue Town Center.

Owner Stephanie Meyer said that U-Shampooch is a “fully custom-built dog washing facility that is definitely a step above the rest.” She points out that each of the four extra large elevated tub stalls is hand crafted with stainless steel, aluminum and wood, and features built in hand dryers, easy to use mild pressured sprayers, and roll out ramps.

“Everything is included to do-it-yourself: all natural shampoos, conditioners, brushes, ear wipes, towels, and aprons,” Ms. Meyer said. “With no time limit, $15 a wash is a steal!”

U-Shampooch also offers full service grooming by an experienced groomer in all breeds and sizes, including cats. There is also a wide variety of pets’ favorite toys, treats, beds, accessories and the full line of Breeder’s Choice dog and cat foods.

U-Shampooch is located across from the fountain in the Town Center. Call 303-321-5353 or email ushampooch@msn.com for more information.

LolliLocks Kids Salon® Sets the Style

LolliLocks Kids Salon in Stapleton’s Quebec Square has the answers for parents who need help with creating the right style for their children’s hair. In regularly scheduled classes at the LolliLocks Kids Salon, professional stylists first demonstrate to parents how to create each style and then put the moms and dads to work in a “hands-on” session in which they re-create those styles for their daughters, who serve as the models. They master everything from combing through tangles and parting to more advanced styles for special occasions.

“By the time class is over, everyone is all smiles, rubber bands and sparkle spray as every parent leaves with the ability to create at least a few simple, yet attractive hair styles for their children,” said Sarah Gieringer, co-owner of the salon. “But these classes are not just reserved for moms, she added. “If you are a dad who is responsible for getting your kids ready in the morning, this class is perfect for you. You can focus on the most basic styles.”

LolliLocks Kids Salon at Stapleton is a Denver-based full-service salon exclusively for kids, located in the Quebec Square shopping center at 7505 E. 35th Avenue. They provide children’s haircuts, manicures, “updos,” birthday parties and more. LolliLocks also features a holiday boutique full of kids’ hair products, special hair accessories and gift items. To make an appointment, visit www.LolliLocks.com or call 303-333-3232.

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