

Front Porch

A publication of Forest City Stapleton, Inc.

STAPLETON

DENVER, COLORADO

FEBRUARY 2006

Opening at Stapleton Late this Year

New CU Family Medical Center



Dr. Jacquelyn Jonas performs a well child exam on Olivia Dawes. Parents Helen and Conrad Dawes participate in wellness visits at the University Family Medicine - A.F. Williams Center, which will move to Stapleton late this year.



The new medical office building under construction in the Town Center that will house University Family Medicine – A.F. Williams.

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)

Stapleton's New Fire Station To Open in August

Everyone who enjoys the traditional architecture of Stapleton's urban neighborhoods will find the same appeal in the design of the new fire station the Denver Fire Department will open on Martin Luther King Boulevard in August of this year. Located across from the former airport's parking structure, the new fire house replaces Denver Fire Station 26, an aging facility currently operating at 38th and Pontiac.

Designed by Oz Architecture, the fire station has the Tudor style design intended to recall the look of a traditional fire house, said Lt. Phil Champagne, public information officer for the Denver Fire Department. "We wanted it to look like a fire house," he said.

While the new fire station has the look of a traditional fire house, the design and layout of the one story, three-bay structure not only has a number of very



The fire house, located on Martin Luther King Boulevard across from the former airport's parking structure, begins to take shape.

modern components but at least one "throwback" to earlier times: the living quarters for 13 firefighters will utilize "Murphy beds" that fold away into the wall when not in use to make the most of space.

As with most fire houses, training and physical fitness programs necessary to keep firefighters prepared to respond to life-and-death emergencies are planned for in the design of the facility. A tower attached to the new fire station will be utilized for "high angle" rescue training. Provisions to maintain physical fitness will include an outdoor jogging track that may also be available to the community. The firehouse is being constructed by Golden Triangle Construction Company.



Architect's rendering of the new fire station shows the Tudor style design intended to recall the look of a traditional fire house.

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.

Printed with soy ink.

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Photo by David & Julie Manthey



Shoes on Julie and David Manthey's front porch on New Year's Eve, when they sponsored a group run.

Mark Your 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

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 303.912.7075]

Every Tuesday & Thursday

Stapleton Strollers
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 location 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

Westerly Creek PTA Meeting 6:30 - 7:30pm
Westerly Creek Elementary School
[Westerly Creek Elementary School 303.322.5877]

EVERY MONTH

First Wednesday

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

Second Wednesday

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

Third Thursday

Stapleton Citizens Advisory Board Mtg
Stapleton Development Corp
7350 East 29th Ave.
7:30 - 9am
[Stapleton Development Corporation 303.393.7700]

First Saturday

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

Second Saturday

NE Denver/Park Hill MS Self-Help and Peer Support Group
Pauline Robinson Library
10:15 - 11:45am
5575 E 33rd Avenue
[Paula Sussman 303.813.6691]

FEBRUARY

Monday, February 27th

Playground Equipment Feedback
Forest City Stapleton,
7350 E. 29th Ave. 6 - 7pm
[RSVP to Jenifer Graham 303.355.9600]

APRIL

Saturday, April 8th

*Spring Fling

MAY

Wednesday, May 24th

*School to Pool Party

Saturday, May 27th

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.

It's Girl Scout Cookie Time!



Lian Teegarden, a Stapleton resident and student at Westerly Creek Elementary School, looks over her 2006 order form for Girl Scout cookies.

SWIM TEAM AND LESSON REGISTRATION

Location: Visitor Center
Saturday March 11, 9 - 11am
Monday March 13, 6 - 8pm
For more information and registration forms visit www.wildirisrecreation.com or call 720-529-9911.

POOL ID CARDS

Location: Puddle Jumper Pool
Wednesday, March 29, 6 - 8pm
Monday, April 3, 6 - 8pm
Wednesday, April 19, 6 - 8pm
Saturday, April 29, 9 - 11am
Wednesday, May 3, 6 - 8pm
Saturday, May 6, 1 - 3pm
Wednesday, May 24, 6 - 8pm
See Diane Deeter's column, page 13, for important information on getting an ID card.

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Jesse R. Witkoff, DDS, Board Certified

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CU Medical Center *(continued from page 1)*

provide primary medical care for newborns, infants, adolescents and adults of all ages, including expectant mothers throughout the term of their pregnancies.

Among the services to be provided at the University Family Medicine - A.F.

Williams Center will be preventive care, built on a foundation of health education that is likely to find a receptive audience in the Stapleton community where young families are already leading more active and therefore, more healthy lifestyles. When the citizens of Denver created the plan for the redevelopment of Stapleton in the early 1990s, they had the vision to design a community of pedestrian-friendly urban neighborhoods where residents were within walking distance of employment centers, retail, schools and open space. That vision has become a reality today, creating the kind of environment where an emphasis on developing and maintaining good health is a defining characteristic of the Stapleton lifestyle.



A rendering of the new medical office building in the Stapleton Town Center.

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 4th.

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.uch.edu/content/UFMAFW.

Special Feature – March Front Porch Holding Events at Stapleton

To help Stapleton residents plan gatherings and events close to home, the Front Porch will publish an article about businesses that offer event-related services. This will include not only physical facilities for groups, but businesses that provide any product or service that could be used for an event (including children’s birthday parties). Home businesses are especially encouraged to respond.

Register Your Business Now

Sign up at StapletonBusinessAssociation.com, which redirects to StapletonLife.com. Include a description of products and services, number of people that can be accommodated, whether for adults or children, and other relevant information.

After your move... Is your voter registration current?

To update your address, download and mail the file at: <http://www.denvergov.org/ElectionCommission/39forms789.asp>
To register to vote, download and mail the file at: <http://www.denvergov.org/ElectionCommission/39forms138.asp>
To request an absentee ballot, download and mail the file at: <http://www.denvergov.org/ElectionCommission/39forms62.asp>

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 Dayton Street north of Martin Luther King Jr Boulevard, the parks are named for the four seasons of the year, while providing astonishing views of the Front Range.

At the **Spring Park**, located at Elmira Court, residents can enjoy the spectacular array of color that spring unveils, while enjoying a stroll through a garden and activity lawn. Plant material for the park was chosen based on springtime characteristics and early season blooms that will exhibit a variety of colors and fragrances. The park might also become a gathering place around the centrally located May pole. May Day is observed around the world to celebrate the ending of winter, and the beginning of the spring season.

The **Summer 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.

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 was designed to capture the brilliance of winter while providing areas for activity and fun. The plant material was selected to provide windbreak during *(continued on page 10)*



Photo courtesy of EDAW

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.



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



The Club Card offers great discounts at these Stapleton merchants:

HEALTH & BEAUTY

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 fees.

Curves

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

Executive Tans

Offer: 20% off select lotion with purchase of a session.
Location: Quebec Square

Fantastic Sams

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

GNC at Quebec Square

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

Great Clips

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

Phoenix Yoga Studio

Offer: One month unlimited, first timers \$79.
Stapleton residents.
Location: East 29th Avenue Town Center

Sports Clips

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

Stapleton Health and Wellness, LLC.

Offer: Every resident will get their first yoga class for free.

Stranz Beauty Supply/Salon

Offer: 10% off all services and professional products
Location: Quebec Square

SERVICES

Allstate Insurance, Brad Phillips & Associates

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

SERVICES (cont')

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 added benefits equal to those offered to bank employees!
Location: East 29th Avenue Town Center

Credit Union at Stapleton

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

Environmentally Friendly Cleaners

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

FirstBank

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

LolliLocks 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

RE/MAX City Horizons, The Kearns Team, LLC

Offer: \$500 towards closing costs and extra discounts on Home Sale costs when you buy at Stapleton.

Renaissance Denver Hotel

Offer: Special room rate, savings up to 33%. Offer valid though 12/30/05.

Stapleton Home Services

Offer: Free Estimates For Maid Service, Carpet Cleaning & Window Washing.

SERVICES (cont')

Stapleton Realty, LLC

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

Tires Plus

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

Town Center Apartments

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

UPS Store

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

US Bank

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

U-Shampooch Self Service Dog Wash & Pet Boutique

Offer: Free treat with any bath.
Location: East 29th Avenue Town Center

MISC. RETAIL

Amore Fiori

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

Baby Power

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

Cat's Music Together at the Bladium

Offer: \$5 off tuition for each registered child in your family.

Cingular Wireless

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

Grape Leaf

Offer: 5% off liquor and wine purchases
Location: East 29th Avenue Town Center

Graham Taylor Photography

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

Instant Imprints

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

SERVICES (cont')

Miss Talulah's

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

V2K Window Fashions

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

RESTAURANTS

Anthony's Pizza and Pasta

Offer: 10% off all items
Location: East 29th Avenue Town Center

Character's Sports Bar & Grill (at the Doubletree Denver)

Offer: 10% discount on all food and beverage.

Cold Stone Creamery®

Offer: \$1.00 off "Love It," or "Got to Have It" creations. \$3.00 off cake order.
Location: East 29th Avenue Town Center

Copper Canyon Grill & Bar at the Renaissance Hotel

Offer: 15% discount on all food and beverage.

Coral Room

Offer: Free dessert with the purchase of an entrée.
Location: East 29th Avenue Town Center

Doubletree Denver Café

Offer: 10% discount on all food and beverage.

Inta Juice

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

Kyle's Saloon and Eatery

Offer: FREE salad with dine-in pizza or calzone order.

Noodles and Company

Offer: Free fountain beverage with purchase of entree sized bowl.
Location: East 29th Avenue Town Center

Panera Bread

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

Radisson Hotel, Quebec's Bistro

Offer: 15% off food menu items.

Thomas Bros. Coffee & Chai

Offer: FREE size UPGRADE on ANY beverage
Location: Quebec Square

Wingz ETC!

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

Since

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.

Have other homeowners been frustrated by the HOA (Stapleton Master Community Association) management group? They have lost my checks, charged me interest, then found my check several months later.

The Master Community Association strives to provide good service to the residents of Stapleton. Please direct comments to Stapleton Community Manager Diane Deeter at communitymanager@StapletonDenver.com.

Will there be a bike path to the Fitzsimons campus (Univ. of Colorado Health Sciences Medical Center)?

Fitzsimons is already connected to Stapleton via the Sand Creek Regional Greenway Trail. Visit www.sandcreekgreenway.org for more information.

Could you publish some statistics about racial/ethnic diversity at Stapleton?

Forest City does not keep statistics of that nature.

Is anything being done (i.e., community outreach) to increase diversity of homeowners?

Forest City's marketing efforts conducted with its homebuilders utilize a number 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 Gleason, Vice President - Public Relations for Forest City Stapleton, Inc. at 303-382-1800.

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 is not yet certain, current plans call for Forest City to redevelop the structure once the RTD park-n-ride is relocated north to Smith Road where a new "multi-modal" facility serving bus, 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 for 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.

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You’ve Asked...



The Stapleton airport control tower.

There may be some temporary connections from the residential development in 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 Beeler 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 to 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 Deeter 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 Studios?

Located in a former general aviation terminal and hangar complex along Central Park Boulevard in southern Stapleton, Colorado Studios 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 pre-sales of the 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 underused 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 Chrisman 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.

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 Harking 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 Deeter 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. 29th Avenue. Please RSVP for this meeting. Contact: Jenifer 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 coffee shop/café?

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 monthly 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 couplets 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. Watching 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 post office within Stapleton?

Forest City has spoken to the U.S. Postal Service (USPS) about bringing a post office to Stapleton, but to date 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 35th 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 Beazer coming back as a builder?

There are no plans at this time.



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A black and white photograph of a family consisting of a father, mother, and two children (a boy and a girl) smiling together.

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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

Photos courtesy of Children's House of Stapleton



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 Dr. 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 reciting 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 Kosan, 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, Kosan started a successful bilingual Montessori school in Phoenix. As a new resident of Stapleton, she comments, "the area is



Above left: Alexandra, age 4, writing with the moveable alphabet. Lower left: Wyatt and Max planting tulips. Above: Wyatt, age 2, building the pink tower.

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."

Children nurture
their love of
learning in a carefully
prepared environment
enriched with
language, art, math,
science, natural
history, geography,
movement and
music.

Next DPS School to Open August 2006
K-8 Campus Taking Shape

By Brian Weber
A 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, values and goals for Westerly 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 distribute information about the proposed plan for public comment. A public meeting will also be held for more input from the community. A final proposal will then go to the Denver School Board later this month or in March.

The Denver School Board in November approved the reconfiguration of Westerly Creek to an Early Childhood Education (ECE) to grade three school, and to make Stapleton II a grade 4-8 school. The two will be considered a K-8 campus in two buildings. (The second school was designed to be a K-8 school. Both schools can revert to their original configurations in the future if community needs change.)

The reconfiguration was developed to meet the needs of the growing number of infants and toddlers living at Stapleton. It will also help ensure that the schools, which are located less than a half mile apart, become a true community learning center.

The program planning committee has developed a mission statement for the new campus: The new school "is a community centered educational campus committed to academic excellence, individual creativity,

and civic responsibility where all learners thrive. 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 Mondays, from 6:30-8:30 p.m. at the Stapleton

Foundation offices, 7350 E. 29th Ave. #300. More information is available by calling or emailing Trich Lea, principal of Westerly Creek, at 720-424-3162 (patricia_lea@dpsk12.org) or Brian Weber of the Stapleton Foundation at 303-468-3224 (bweber@stapletoncorp.com).

Brian Weber is Vice President, Education/Workforce Initiatives for the Stapleton Foundation..

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

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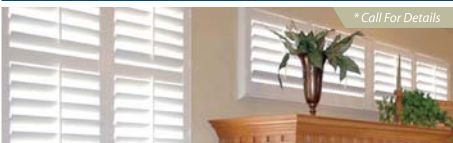
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There's A Real Science to Learning

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

GO!wild

Visit - Rocky Mountain Arsenal National Wildlife Refuge
For information and hours call:
303 289-0930
Visit the web at:
<http://rockymountainarsenal.fws.gov>

ISSUE 4:

- 2 • Spring at the Refuge
- 3 • Animal Babies
- 4 • Song Dogs
- 6 • Owls Underground
- 8 • Archie Carr NWR

This blue goose designed by J.N. "Ding" Darling, a cartoonist who stressed wildlife conservation, has become the symbol for the National Wildlife Refuge System.

Photos: © Shattil/Rozinski - burrowing owl, Tom Tietz - Refuge visitors, Shattil/Rozinski - coyote pup

of production and is available to approximately 8,000 elementary school students in the area. *Go!wild* 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 *Go!wild*.

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.

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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 BONFILS-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 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.

2006 ART EXHIBITS AT THE GARDENS

December-February

Botanical Pursuit: The Mountain Wild Flower Game of Sylvanus Carroll Faunce

February – April

Botanical Illustrations of the Plants of Mount Goliath

Award-winning artist Angela Overy's exhibit highlights many species found on Mount Goliath, including sky pilot and Jacob's ladder. These scientifically accurate illustrations were created for the new interpretive exhibit at the Dos Chappell Nature Center on Mount Goliath.

2006 PLANT SOCIETY SHOWS AT THE GARDENS

March 25-26

Colorado Cactus and Succulent Society

March 11-12 and October 21-22
Denver Orchid Society

March – October

Japanese Garden Demonstrations

(the last Saturday of every month, no June demonstration)

ABOUT DENVER BOTANIC GARDENS

Rooted a mile high, Denver Botanic Gardens 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. Additional sites 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 experience throughout the Front Range.

Denver Botanic Gardens is located at 1005 York Street in Denver, Colorado. Visit www.botanicgardens.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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The Westerly Creek Elementary School PTA's 2nd Annual Auction and School Dance



Auction Fever

Elementary School-aged and younger children are welcome to participate in the chaperoned dance while grown-ups bid on items (all kids must be accompanied by an adult for admission)

Saturday, Feb. 11th, 2006
6:30 – 8:00 pm at the School
Admission \$2 at the door



Silent Auction will feature wonderful items, events and services donated by area businesses

Westerly Creek

Pre-event online auction opens January 23, 2006 and closes February 9, 2006. Please visit our site! www.westerlycreekpta.cmarket.com

Rocky Mountain Arsenal National Wildlife Refuge Upcoming Events

Sat., Feb 4, 1:00 – 3:00pm

No Bones About It

Eyes on front I hunt; eyes on side I hide.... Use your detective skills to examine skulls, teeth and bones to learn about animal behavior and adaptations.

Sat., Feb 11, 8:00 – 11:00am

Wildlife, Camera, Action!

Bring your cameras, zoom lenses and lots of film for a chance to capture some remarkable winter wildlife.

Sun., Feb 12, 9:00 – 11:00am
Sky Tigers

Eyes to the sky! Head out for a hootin' time in search of great horned owls. Be sure to bring your binoculars and camera!

Sun., Feb 19, 9:00 – 11:00am

Where Eagles Soar

During winter, the Refuge is a great place to see the symbol of our country - the magnificent bald eagle. Watch for these awe-inspiring birds and possibly some other wildlife during this special tour.

Sun., Feb 26, 9:00 – 11:00am

Winter Residents

Explore the Refuge's snowy landscape discovering the creatures that stay for winter and the ones who just visit when it's cold.

The Rocky Mountain Arsenal National Wildlife Refuge is located on the northern boundary of Stapleton. Visitors should enter the Refuge at 56th Avenue and Havana. For more information, please visit www.rockymountainarsenal.fws.gov

New Programs at Baby Power & Forever Kids

Baby Power & Forever Kids in Quebec Square is celebrating its first anniversary by announcing several new programs of interest to young families at Stapleton and in the surrounding neighborhoods.

"KafeeKlatsch with the Kiddos"

Baby Power is teaming up with Starbucks in Stapleton's East 29th Avenue Town Center to offer "KafeeKlatsch with the Kiddos," an afternoon story and craft time with "a kick for mom." Beginning on January 17th and continuing on the first Tuesday of each month, parents and their children are invited to Starbucks in the Town Center to taste coffees from around the world while the children participate in crafts and story time. For more information, call 303-322-2477.

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 services 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 easy 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 303-377-8855 to make reservations.



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Sustainability at Stapleton

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

Energy Efficiency

As I mentioned last month, all of the residential builders at Stapleton will be making the final transition to 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 on your monthly energy bills.

- Heating and cooling equipment, appliances and water heater
- 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 my 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 my home's temperature 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 Lowry (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 – Pamper 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 Lawn-

less – Let landscape architect and Xeriscape 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 all-grass landscape.

April 13 – Controlling Your

Controller – Who's calling the shots: you or your irrigation system controller? 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 Thrifty 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.

Seating for each seminar is on a first come, first served basis. The HEAT auditorium is located in Building 758 at 1059 Alton Way, on the north side of Lowry. Take 11th Avenue to Yosemite. Go south on Yosemite into Lowry. Take the first left, which is Alton Way. The first building on the right is 1059 Alton Way. There is ample free parking. The auditorium is located on the second floor – follow the signs.

For more information, visit Denver Water's website at www.water.denver.co.gov.

Become a Denver Master Composter

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 Composter. The Master Composter Training and Outreach Program is a fun way for individuals to both learn about composting and recycling and give back to their community.

Volunteers will receive 40 hours of instruction in backyard composting, compost science, compost bin construction, vermicomposting (composting with worms), integrated solid waste management and community out-

Questions about Sustainability?

Do you have sustainability-related questions either 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 start answering your questions on the Sustainability at Stapleton page. Here's your chance to get all of your burning sustainability questions answered!

reach. In exchange for training, each volunteer is required to return 40 hours of community service teaching composting to Denver residents. Volunteers will have a year to complete their community service requirement.

No experience in composting or gardening is required to participate, but you must be able to commit the time necessary to attend the classes, tours and demonstration site sessions and to complete the community service payback hours.

Classes start the first week of March and will be held about once a week for 10 weeks on a combination of Monday evenings, Saturday mornings and one Thursday field trip. Volunteers are sure to have tons of fun and guaranteed to meet others who are also committed to the environment and community!

These classes are sponsored by Denver Recycles, a program of Solid Waste Management, Denver Urban Gardens, and the Metro Wastewater Reclamation District. Call **303-292-9900** or email denverrecycles@ci.denver.co.us. Only 25 spaces are available.

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.org/Recycle/Directory.asp. Using rechargeable batteries helps use fewer batteries, however rechargeable batteries still contain heavy metals so it is important to recycle both your rechargeable and non-rechargeable batteries. To find locations to recycle rechargeable batteries, visit the Rechargeable Battery Recycling Corporation's website at www.RBRC.org.

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 could occur.
- Do not recharge a battery unless 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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Keeping Pets Healthy

by Steve Rubin, D.V.M.

Why is my dog scratching?

Good question. The answer is not always so easy. You and your veterinarian will have to do some detective work and take some time, perhaps weeks to months, to find an answer and then a solution to persistent scratching.

The sorts of things that your veterinarian will consider:

- 1) Age: young dogs more commonly present with skin mites such as demodex. Your veterinarian may recommend a “skin scrape” and look under the microscope to visualize mites. Treatment usually involves shampoos and dips in medication designed to kill the mites. Be aware: the treatment for mites can take many weeks. Patience is usually your best weapon. Adult animals will more often be seen for such ailments as allergies (discussed below) and skin infections. Skin infections can arise on their own, or be secondary to some other problem. The immediate solution is usually antibiotics.
- 2) Breed: Golden Retrievers, Dalmatians, and many small terrier breeds are more likely to suffer from allergies from something in the environment. West Highland white terriers are more likely to develop a secondary yeast skin infection. Chinese Shar Peis are often seen for environmental allergies, food allergies, skin infections, and skin mites.
- 3) Sex: males and females seem to suffer equally from itchy problems.
- 4) Diet: food allergies and intolerances can cause itchiness in dogs and cats. Beware: bad reactions to food can often be associated with other allergic skin conditions.
- 5) Environment: fleas—not normally a problem in Colorado. It’s just too dry here. That being said, there are a small number of isolated areas that seem to harbor them. If you discover them, or if your veterinarian says your pet has fleas, then you should contact an exterminator to have your home rid of them; there will be many more fleas in your home than on your pet at any one time. In any event you notice your pet scratching, see your veterinarian before simply going out and buying a flea collar — the problem is probably NOT fleas.
- 6) Human contacts: two skin parasites that can infect people are Ringworm (a fungus) and Cheyletiella (a skin mite). If your doctor says you have either of these two conditions, then you should see your veterinarian with your pet, because it is likely that your pet harbors these parasites. Rest assured that both these parasites can be cured with a moderate amount of effort.
- 7) Seasonal scratching: this is a very good clue that your pet has allergies. Like anyone with allergies, simple control with an antihistamine such as Benadryl may be all you need for sufficient control. If not, then your pet may benefit from allergy testing either by intradermal skin test or by a simple blood test. The results will answer whether or not your pet is allergic to something in the environment, and will help the laboratory to develop allergy shots. That’s right. Allergy shots for your pet. Your veterinarian will help initiate this treatment and can even show you how to do these shots at home. Very often, this is a welcome answer to a very uncomfortable itchy situation.

In summary then, discovering and treating the cause of scratching usually requires the help of your local veterinarian. There are many approaches and treatments, and your veterinarian is always the best guide.

Dr. Steve Rubin is partner and chief of staff in Banfield The Pet Hospital at Stapleton. His practice is located in the PetsMart at Quebec Square. Call 303-393-5406 for more information.



Home Work

by Kathy Epperson

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



Bruce Stoebner in his home office where he practices acupuncture.

services clients at a clinic in the Denver Tech Center and has recently been building his own home-based practice called New Day Acupuncture. Originally 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 ‘chi’). Bruce enjoys the profound healing effect of his work, not only in relieving pain but also in helping reduce stress, aid 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 intrusive to his family environment. Bruce also finds that the Stapleton community has such a strong focus on wellness and health that makes it 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 720-838-7918 or email newdayacu@yahoo.com.

Kathy Epperson is a Stapleton resident who writes a monthly column about home businesses. She may be reached at kathyox@yahoo.com.



Information of interest from local real estate professionals

Tax Deductions When Buying or Selling a Home

What is tax deductible in the loan process?

1. Home acquisition mortgage loan fees. If you paid a loan fee when purchasing a primary or secondary home, usually called “points”, that fee qualifies as an itemized interest deduction. Each point paid equals 1% of the amount borrowed.
2. Home improvement loan fees. Similarly, if you paid a loan fee to obtain a home improvement loan, that fee is fully deductible in the tax year it was paid.
3. When refinancing, deduct any loan fees that have not already been claimed. Thanks to continuing low mortgage interest rates, you may have refinanced in the past year. Any loan fee you paid can be deducted over the life of the mortgage.
4. If you bought or sold property, remember to deduct prorated real estate taxes. A major tax deduction many real estate buyers overlook is the prorated property tax they paid at their closing. Even if the other party paid the taxes to the taxing agency, but you were charged a prorated portion of the tax bill, be sure to deduct your share on your tax return.



Lana Dardano

5. Deduct prorated mortgage interest in the year of purchase or sale. If you bought a residence, don’t forget to deduct your prorated interest share for the month of the sale. Your closing settlement statement shows your prorated share of the mortgage interest.
 6. Mortgage prepayment penalty. If you paid off an existing mortgage early and were charged a prepayment penalty by the lender, that prepayment penalty may qualify as an itemized deduction.
 7. Home construction loan interest. If you built a home, don’t forget to deduct the construction loan interest you paid. It is deductible if the construction period does not exceed 24 months before occupancy of your principal residence.
- To take full advantage of tax breaks available to you contact your tax advisor. A copy of your settlement statements should be available to you from your Realtor. You do “have” a Realtor, don’t you? If you don’t, it’s time you did.
- By Lana Dardano is a Stapleton resident and owner of Metro Brokers, New Avenues Real Estate Offices in Stapleton’s East 29th Avenue Town Center. She may be reached at 303-331-6700.*

Parks for All Seasons (continued from page 3)

cold temperatures and an interesting contrast of colors and textures, especially in winter. Two large mounds within the park serve multiple purposes throughout the year. They capture the warmth of the southern sun, can act as a small sledding hill in winter and add some visual interest to the open lawn area. At the peak of the larger mound there are three boulders, strategically placed to celebrate the beginning of the winter season. Every year on the first day of winter the boulders frame the Winter Solstice sunset as it passes behind the Front Range.

The Seasons Parks at Stapleton offer residents an opportunity to enhance their appreciation of the different seasons of the year, and of the beauty of the Front Range of Colorado. Stay tuned to the Front Porch for information on openings and activities at the Seasons Parks at Stapleton.

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Meet Your Neighbors

by Jody Donley

Couple Finds Stapleton Flavorful

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



Michelle and Richard Marks with their daughter Madelaine.

Outer Banks of the Atlantic Coast where he surfed and fished. Rich was very close to his father and they shared many activities together, including cooking. They often worked together to create their favorite cuisines. He held many part-time jobs as teenager where he “always worked with food...cooking, waiting, washing dishes, prepping, etc.”

After graduating from high school, Rich entered North Carolina 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.

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. Working at a fitness center, she “started as a Towel-girl and moved into Accounts Receivable Manager.”

Upon graduation 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. After several promotions, she became the Global Marketing Manager for G. E. Healthcare.

The couple dated long distance for several months until they married in Estes Park in 2000. Rich traded his snowboard for a desk at Level 3 Communications. A victim of corporate downsizing, Rich took the opportunity to pursue his life long passion for cooking. Rich earned a Culinary Arts Degree from Johnson and Whales University. At the same time, Michelle continued her education by obtaining a MBA from Denver University. They combined their new educational experiences to create, *Beyond Parsley, Personal Chef Service*. This unique business specializes in preparing meals for individual families.

His growing home-based business required ample storage space which their modest Park Hill home could no longer provide. According to Michelle, they moved to Stapleton because of its convenient location and “big closets.” Since living here, Michelle has started a new career with Pulte Homes as Director of Marketing. And in October 2005, they welcomed their first child, Madelaine, into the family. This little girl will no doubt enjoy Stapleton’s outdoor recreation as well as her father’s cooking.

For more information on Chef Rich’s personalized service, visit www.BeyondParsley.com. Jody Donley owns and operates New Perspective Real Estate, LLC at Stapleton. She may be reached at 720-290-8917.



Eat Good Food

by Annie Brown

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, let me offer up my own suggestion for a menu 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. True balsamic is probably out of most people’s budget (it certainly is mine!) and runs anywhere from \$500-\$1,000 for a small vial. But you can get some very decent approximations; the Peppercorn in Boulder has a wonderful selection of fine olive oils and balsamic vinegars.

To make the avocado salad, simply cut the avocado in half and remove the pit with one swift whack of the knife to the pit and pull up, removing the pit in one full motion. In the indentions left by the pit, pour in a little olive oil and a tiny circle of balsamic vinegar - together, enough to fill to the top of the brim of the avocado. Grind fresh black pepper and coarse sea salt over the top. Serve with a teaspoon. Now, sit back and watch your mate swoon as they dip their spoon into the soft, succulent flesh of the avocado while the olive oil and balsamic dance alongside. The decadence of eating an entire half of an avocado and nothing else for a salad should definitely set the tone for the evening. This also makes an impressive first course for a fancy dinner party.

After the avocado, prepare a plate full of tasty, but simple, nibbles. My list of favorites involve two really good cheeses, like an Italian Taleggio and a English well-aged cheddar, but truly anything works. I include on my tray some fresh figs, freshly roasted walnuts or almonds in nothing but a little olive oil and salt, grapes, olives, roasted red peppers and a loaf of really good bread. Take your time to just enjoy the food, savoring each small bite. In the morning put the cheese out to come to room temperature and allow all the flavors to come out.

For dessert the temptation at Valentine’s Day is to either buy chocolate-dipped strawberries or a big box of chocolates. Don’t. Both are usually mediocre at best. Strawberries used for dipping are purposefully overgrown so they have zero flavor left, and in addition they’re dipped in really low-grade chocolate most of the time. The big shiny Valentine’s boxes are perfect for the kids, but not for your significant other. So instead, why not go to your favorite chocolate shop or high-end grocery store and buy just a morsel of chocolate to share with your beloved over a bottle of champagne. The new recreational cooking school in downtown, Mise En Place, has a wonderful assortment of Wen Chocolates – just voted one of the top ten chocolatiers in the United States (www.miseenplaceschool.com). If you can find some organic raspberries, they might be a good accompaniment, but chances are in February they’re also going to be grown in Mexico and not full of taste.

The next suggestion is to refrain from enjoying these savory bites until the children are in bed, the TV is off, and you and your mate are sitting in a room filled with good music, a fire and some candles. My guess is that your evening will be more enjoyable than getting dressed up, finding and arranging a babysitter, driving in the chilly night, hunting for a parking space, and then sitting down in a crowded restaurant that is going a bit overboard with its Valentine’s theme. Not only will you savor each of these nibbles, but chances are it will be a little more magical and a lot less stressful. Plus, with the exception of the high-fat content of the cheese (at least it’s loaded with calcium), you’ll feel good eating low on the food chain, but high on the quality of the food, all in the comfort of your own home.

Ahhh...

Editor’s Note: Annie Brown is a Stapleton resident and independent food consultant who writes a regular column for the Front Porch. While normally described as someone her family considers a member of “The Food Police” or “The Hall Monitor,” Annie is taking a break this month to play Cupid! We trust she will return to the “healthy food beat” next month.

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S.U.N. News

The SUN Spot

The *independent* voice of Stapleton
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**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 advantages, disadvantages and potential cost of widening Quebec south of 23rd and north of 6th Avenue. One proponent of widening Quebec maintained that the change is inevitable and long overdue and pointed out that the idea of widening Quebec dates back plans developed several years ago during the Webb administration. Several vocal opponents to widening Quebec expressed concern that the change would ruin the character of their

neighborhood. The possibility of converting Quebec and Syracuse/Roslyn to one way streets going in opposite directions (like 13th and 14th) as an alternative to widening Quebec was mentioned but no one at the meeting spoke in favor, and a number spoke against, the one way streets alternative.

Most of the public comments, however, did not focus on traffic issues. To the surprise of many of those in attendance, the principal concerns expressed by attendees from all the neighborhoods were:

- The location and frequency of service from existing bus routes. There was a consensus that bus service should be within convenient walking distance of more residents, that existing service should be more frequent and that routes should be changed to provide more convenient service within the travel shed.
- Safe pedestrian and bicycle routes within neighborhoods other than Stapleton and Lowry (everyone spoke highly of the pedestrian and bicycle routes within Stapleton and Lowry), including the need for sidewalks in East Montclair and East Park Hill.
- Safe pedestrian and bicycle access between neighborhoods; for example, to and from Stapleton across Quebec and Montview and to and from Lowry across 11th and Quebec.

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 and Monaco. 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.

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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Community Notes

by Diane Deeter
Stapleton Community Manager



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 rose 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 day 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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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 wildirisrecreation.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 purpose of the summer 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 on-line at wildirisrecreation.com.

Pool Identification Registration

ID registrations will begin on Wednesday, March 29th from 6-8 p.m. at Puddle Jumper pool, located at 23rd and Xenia. Please check wildirisrecreation.com for many other ID dates. Stapleton residents must be current in their assessments in order to receive a 2006 update sticker or new ID. Be sure to have your ID with you in order to receive an updated barcode sticker. New ID cards are \$10 (cash) each and all residents ten years and older who intend to use the pool must have an ID card. In order to receive a new ID card, proof of residency must be provided, which includes a current Photo ID (Driver’s License) with a current Stapleton address or current photo ID (Driver’s License) with closing documents. A utility (Xcel), phone or credit card statement with the resident’s name and current Stapleton address may also be provided for proof.

Renters in Stapleton must have a copy of their lease, a photo ID (Driver’s License), and a utility (Xcel), phone, or credit card statement with the renter’s name and current Stapleton address. Homeowners requiring a Nanny ID card must be present with their nanny (limit one nanny ID per household).

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

Playground Equipment Feedback
February 27th
Forest City Stapleton
7351 E. 29th Avenue
6:00-7:00pm
Contact: Jenifer 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 Forest City Stapleton, Inc. She may be reached at communitymanager@StapletonDenver.com.

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Odyssey School Blood Drive

Photo by Steve Groer



Odyssey School kindergartners, left to right, Hannah Cremmins, 6; Taj Lions, 5; Drew Killinger, 6; Chloe Vohnoutka, 5; Jake McCeney, 5; and Mikee Giles, 5, pose in front of their kindergarten class's drawings of the human body. Following a field trip to the Bonfils Blood Center, the students asked the school to sponsor a blood drive.

Public Forums on Rec Center

The Park Creek Metropolitan District will host two public forums to gather community input on the new recreation center slated for Stapleton's Central Park. The forums will be held Wednesday, February 15, 2006 at the Denver School of Science and Technology (Montview Blvd. and Valencia) and Thursday, February 16, 2006 at the Denver School of the Arts (Quebec and Montview Blvd.) from 6-8pm. Refreshments will be served.

The new center is anticipated to open within the next three to four

years and be jointly managed by Denver Parks and Recreation and the YMCA. Sink Combs Detlefs, Inc., the project architects, will present the preliminary design concepts for the recreation center and representatives from Denver Parks and Recreation and the YMCA will present program ideas. There will be a dialogue session following the presentations to gather feedback and additional input.

For additional information or comments please contact Dennis Piper at 303-468-3208.

“Top Cop” Honored in District Two

The Denver Police Department District Two Top Cop Citizens Committee is pleased to recognize Officer Derek 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 had 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

Photos courtesy of Denver Police Dept.



Members of the Top Cop Citizens Committee with Officer Hancock (right).

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. Citizens or civic and business organizations in northeast Denver who would like to nominate an officer from Denver Police District Two for a “Top Cop” Award should email Commander Rhonda S. Jones at jonesrh@ci.denver.co.us.



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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 chil-

dren Ellie (8) and Teddy (6), 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 2004, 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).



From left: Teddy, Diane and and Ellie Gordon and Christine Rensing. Below: Marion Lowry, vacationing in Hawaii when the picture was taken.



Rocky Mountain Aikido



Rocky Mountain Aikido has opened its doors in the Dance the Dance Institute (Units 8 & 9) at 4601 Quebec Street, just north of Interstate 70. Adult Aikido classes are held Mondays, Wednesdays and Fridays at 6:30pm and Saturdays at 10am. Iaido (Samurai Sword Class) is held on Saturdays at 8:30am. Aikido and Samurai sword classes for kids are now forming.

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Reproductive Health for Women

By Kristen Rundell, M.D., MS

Many women do not think about their reproductive health until they are pregnant. As in all areas of medicine, prevention and health promotion can provide better and healthier results. In the case of a pregnancy the goal is to optimize the health of mother and fetus. In fetal development, the development of brain and internal organs occurs during the first trimester. Critical development often occurs before the first prenatal visit. This is why it is important to discuss health concerns with your provider prior to a pregnancy.

During a preconception visit it is important to talk to your health care provider about medical history and current medications, including over-the-counter medications and herbal supplements. If you have diabetes or hypertension, it is important to have them under good control prior to becoming pregnant. Not only will the chances of conception increase but poorly controlled diabetes or hypertension can lead to pregnancy complications such as pre-term labor and growth abnormalities. Additionally, some medications for diabetes and hypertension are not safe to use during pregnancy. Your physician will be able to adjust your medications to safer choices prior to a pregnancy. Also many seizure medications are not safe during pregnancy and can be changed to alternatives.

In addition to your medical history it is important to discuss your general health and lifestyle habits with your provider. Following are some areas that you should address together:

Body Mass Index: Body mass index is a ratio of your height and weight. A BMI of less than 20 or greater than 30 can adversely affect conception and pregnancy outcomes.

Nutrition: Nutrition is important, especially the intake of folic acid. A daily intake of 0.4 mg of folic acid at least a month prior to conception and throughout the pregnancy is recommended to prevent neural tube defects such as disorders of the spine and brain. Many breakfast cereals contain folic acid but unfortunately not at the required dose.

Vitamins: Most prenatal vitamins have the required dose of folic acid and are the easiest way to get the recommended daily allowance. A diet rich in calcium and iron is important but not to exceed 400 IU of Vitamin D a day.

Alcohol and Tobacco: Alcohol and tobacco use is not advised during pregnancy. Exposure to alcohol during any trimester may lead to fetal alcohol syndrome or varying degrees of the syndrome. Smoking may lead to premature labor and delivery, growth disorders and possible death of a fetus. There are many smoking cessation programs that can be discussed with your physician or provider.

Exercise: Daily exercise is suggested with limits on elevated body temperature and increased pulse greater than 140. Vigorous exercise as well as increased body temperature from hot tubs and saunas have been associated with fetal abnormalities.

Vaccinations: Live vaccinations are not recommended during pregnancy. However, influenza vaccine, which is not a live vaccine, is recommended in the preconception period and throughout the pregnancy.

Family History: Genetic history is also important to discuss prior to a pregnancy. It is helpful to understand the risk of various inherited disorders and the screening tests that are available.

Screenings: Screening for infectious diseases is suggested for all persons. This includes gonorrhea, syphilis, chlamydia, human papilloma virus, hepatitis B and HIV. Also screening for immunity for rubella and varicella virus (chicken pox) may decrease birth defects that are associated with exposure to these viruses.

Domestic Violence: It is crucial to discuss domestic violence issues with your provider at any visit. Domestic violence can be helped with provider intervention which can improve the pregnancy outcome.

Pregnancy can be both an exciting and stressful experience. Planning and preconception care can decrease the worry and maximize healthy maternal and fetal outcomes. Remember, healthy mothers have healthier babies.

Kristen Rundell, M.D., MS is a board-certified family practice physician and a faculty member of the University of Colorado who practices at A.F. Williams Family Medicine Center, which will move to Stapleton this year. For more information, call 303-372-9797.

Motor Scooters Take Stapleton Residents to the Top

The motor scooters Stapleton residents Tai and John Beldock use to zip around Stapleton have also carried them to the elite of the European motorcycle dealerships in the United States.

Tai (pronounced "TAY-uh") and John are the owners of Erico Motorsports, located in Northeast Downtown, not far from Coors Field.

Erico Motorsports, which was recently honored by Dealernews Magazine as one of the top motorcycle dealerships in the nation, is the largest European-only motorcycle dealership in the nation and the #3 Vespa scooter dealer in the country.

Noting that a number of Stapleton residents choose motor scooters as a cheaper and more convenient mode of transportation, Tai points out that scooters can get as much as 70 mpg and are less expensive to operate and insure. She also said that scooters under 50 cc

are allowed to park on sidewalks. Tai, John and their four-year-old daughter Penn enjoy living in Stapleton's tightly knit neighborhoods where they have developed close friendships with people who live on their block through the Neighborhood Watch Program and other community activities. Involved in their community, they have donated



Stapleton residents Penn, John and Tai Beldock, of Erico Motorsports.

motor scooters to charitable auctions for Stapleton's Odyssey School and the Denver Art Museum. They are also working with Einstein Bros. Café in the East 29th Avenue Town Center on an annual scooter ride to benefit Ronald McDonald House. Tai was a founding member of Jewpleton, a group of Stapleton residents who celebrate their Jewish ancestry.

Erico Motorsports is located at 2855 Walnut Street. Call 303-308-1811 or visit www.ericomotorsports.com for more information.

Decorating with Framed Mirrors

by Lin Clark

The typical mirror is a sheet of glass that is coated on its back with aluminum or silver that produces images by reflection. The mirrors used in Greco-Roman antiquity and throughout the European Middle Ages were simply slightly convex disks of metal, either bronze, tin, or silver, that reflected light off their highly polished surfaces. A method of backing a plate of flat glass with a thin sheet of reflecting metal came into widespread production in Venice during the 16th century when an amalgam of tin and mercury was used as the reflecting metal. Justus von Liebig discovered the chemical process of coating a glass surface with metallic silver in 1835, and this advance inaugurated the modern techniques of mirror making. Present-day mirrors are made by sputtering a thin layer of molten aluminum or silver onto the back of a plate of glass in a vacuum.

Mirrors combine function and décor. They can be used to multiply the light in a room or reflect a view to an adjoining space, making a room seem larger. Grouping small, but dramatically framed mirrors on a wall can become the focal point of the room.

Every room of the house can benefit from framed mirrors. While the practical use of

mirrors in bathrooms and bedrooms is obvious, adding a unique frame around the bathroom mirror can add a designer touch to a functional element. A full length bedroom mirror, framed in a wide casing, can be placed on the floor leaning on the wall – offering the functional aspect of checking your appearance and the décor element of enhancing the space with added reflective light and depth to the room.

Because children love looking at themselves in a mirror, a child's room is the ideal place to frame and hang a mirror. With the wide choice of frames available today, it is easy to match the décor of a child's room. For an infant, place the mirror near the baby's changing table, this will keep the child occupied while you are doing the changing. In a toddler's or older child's room, be sure to mount a mirror at the child's eye level.

Hallways can appear more spacious with strategically placed mirrors. If you have a grouping of small artwork or photographs in your hallway, place small, framed mirrors in




Lin Clark of Art and Framing at Stapleton.

the groupings to open the space and reflect light. Or place a framed mirror behind the objects on a hall stand to reflect the items, such as candles, a sculpture or a vase of flowers. Mirrors add magic to a room. They visually expand small areas, add drama and depth to existing décor, and create mood by redirecting light and reflecting the glow of a candle, chandelier, or fireplace. Dramatically framed mirrors over a fireplace will add warmth to the room, or hang a mirror on either side of the fireplace to help the room feel bigger.

Lin Clark is co-owner of Art & Framing at Stapleton in the East 29th Avenue Town Center. She may be reached at 303-534-1979 or lin@artandframingstapleton.com.

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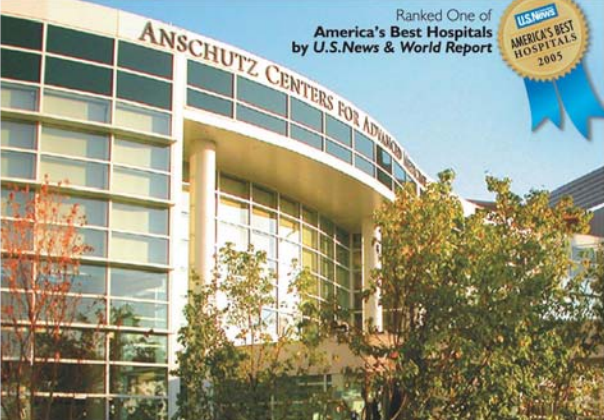


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Watch for more information about University of Colorado Hospital's new family medicine center opening in Stapleton in the fall of 2006.

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U-Shampooch Opens in Stapleton Town Center



Stephanie Meyer (left), owner of U-Shampooch, assists Olivia, 12, and her mother Rebeka Czufin of Park Hill in shampooing their dog Pumpkin.

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 mom, 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."

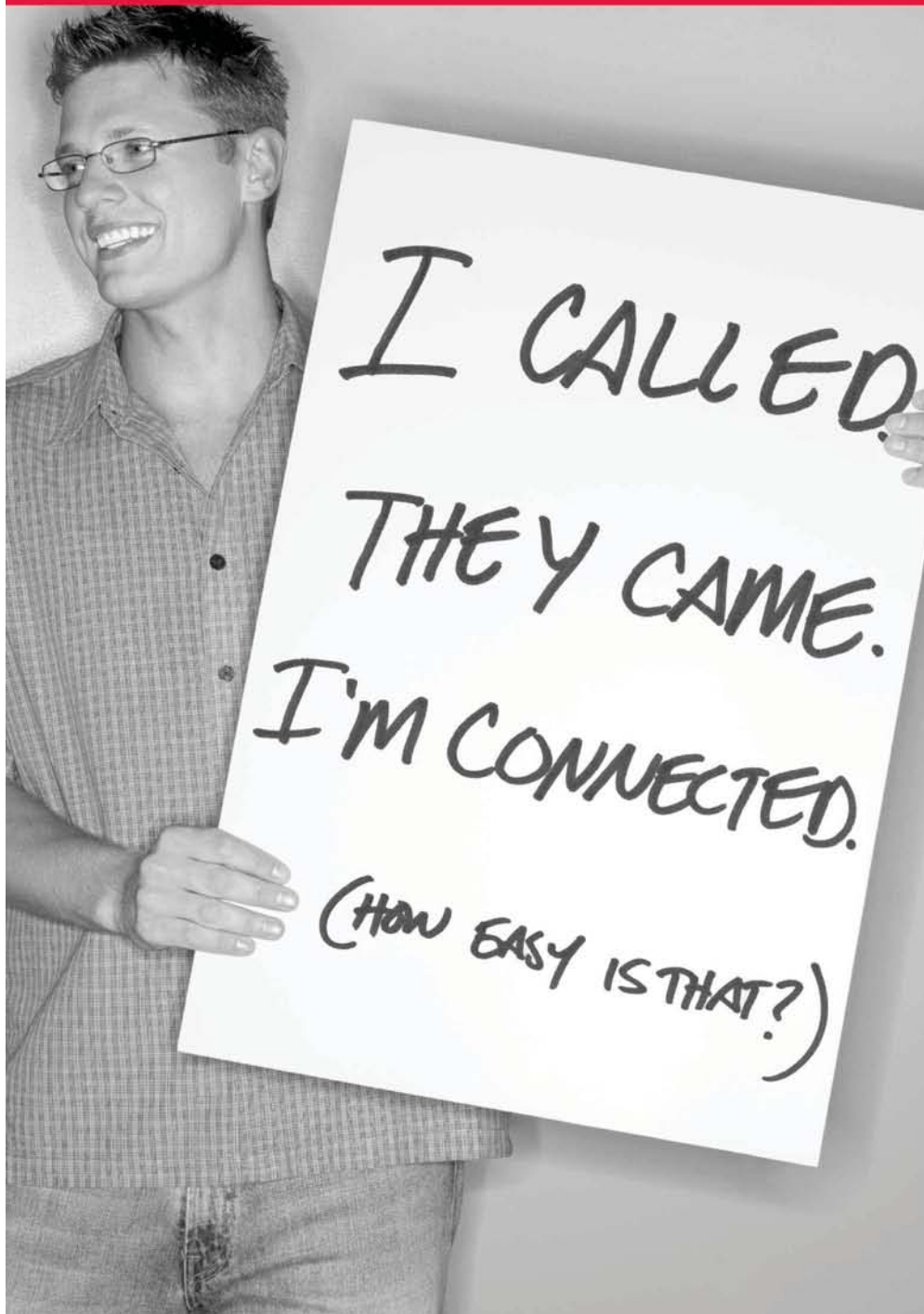
LolliLocks Kids Salon at Stapleton is a Denver-based full-service salon exclusively for kids, located in the Quebec Square shopping center at 7505 E. 35th Avenue. They provide children's haircuts, manicures, "updos," birthday parties and more. LolliLocks also features a holiday boutique full of kids'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

Photo courtesy of LolliLocks Kids Salon



After taking a super styling class at LolliLocks, Alison Lakin practices doing a rubberband style on her daughter's hair.

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