

Front Porch

A publication of Forest City Stapleton, Inc.

STAPLETON

DENVER, COLORADO

MARCH 2006

March 17th Festivities in the 29th Ave Town Center

Get Ready for the Wearin' of the Green



Dave Hickey, co-owner of Casey's Bistro and Pub in the East 29th Avenue Town Center, prepares decorations for the 2006 St. Patrick's Day celebration.

What do you get when you combine a celebration of St. Patrick's Day with the first anniversary of Stapleton's authentic Irish Pub? The answer is a roaring great time at the popular Casey's Bistro and Pub in the East 29th Avenue Town Center.

Co-owner Dave Hickey's roots and Irish brogue go back to County Cork, Ireland, a place legendary for its appreciation of good food and drink, but even he readily admits he couldn't have anticipated the warm reception his restaurant has received from the residents of the Greater Stapleton neighborhoods.

"Our customers are nothing short of phenomenal," Dave says. "They have really taken ownership of Casey's as their 'local pub' where they hang out and meet their neighbors. It is fun to watch people come in and stop several times on the way to taking their seats to greet friends and acquaintances."

Co-owned by Dave Hickey and Rob Dawe, Casey's Bistro and Pub opened its doors in Stapleton's Town Center for the first time just prior to St. Patrick's Day in 2005. The restaurant's second St. Patrick's Day celebration on March 17th promises to be even grander with a "parade" of great music from such bands as the Michael Collins Pipers, Irish dancers and traditional food and libations. Anticipating an even larger crowd than last year, Casey's has arranged for a special tent in the parking lot immediately behind their restaurant so that the celebration of St. Patrick's Day on the 17th can be enjoyed by one and all. Entertainment in the Casey's tent will include the Cup of Joe Band from 7 p.m. to 9 p.m. that will treat celebrants to a wonderful mix of Rock n' Roll and traditional Irish music.

Noting that all pubs in Ireland have been smoke free for over a year, Dave said Casey's growing reputation as a "smoke free, family place" has been one of the keys to his restaurant's success. "It has been beyond our expectations," he adds.

18-Screen Complex at NorthField

Harkins Theatre to Open in April

Harkins Theatres will open its doors in April at Stapleton's NorthField Retail Center. The eighteen screen movie theatre complex will anchor the southern end of the new Main Street retail that will open in the fall of this year at NorthField, where a Bass Pro Shops Outdoor World, a Super Target and a Circuit City opened last year. The northern end

of the pedestrian friendly array of small shops and restaurants will be anchored by a Macy's Department Store.

Harkins Theatres were founded in 1931. The company owns and operates theatres in Arizona, California, Oklahoma and Texas. The Stapleton location is the company's first location in Colorado.

Among the special features of the new Harkins Theatre complex will be a big screen in the lobby where moviegoers can watch previews as they buy tickets and wait for their movies. For more information about Harkins Theatres, visit www.harkinstheatres.com.



Left: General Manager for Harkins Theatre construction, Kevin Bredell, points to the framing for what will be a big screen that shows previews in the lobby, one of only a few theatres to offer that feature.

A Closer Look Tires Plus Manager, Lee Boyd

The United States Marine Corps once proclaimed it was "Looking for a few good men." In the case of Lee Boyd, a former Marine and the current manager of the Tires Plus Store in Quebec Square, the Marines definitely succeeded!

Lee was born in Saigon, South Vietnam in 1971, the son of a Vietnamese mother and an American father who served as a pilot with the U.S. Air Force. At the age of six, his family brought him to the United States, where he began his schooling in Dallas. In 1990, he enlisted in the U.S. Marine Corps and later served in Operation Desert Storm and Somalia. His nine years (active and inactive reserve) with the Marines included service as a rifle instructor.

As the manager of one of (continued on page 16)



Quebec Square Tires Plus Manager Lee Boyd

Printed with soy ink.

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The diversity in styles and design of homes at Stapleton offers something that suits almost every taste.

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.

Photo by Alex Hill



A Bald Eagle perches in a tree by Sand Creek at the north end of Filing 12.

EVERY MONTH

Every Tuesday

AA Open Discussion Meeting
Bladium 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 - 7pm
[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]

First Wednesday

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

EVERY MONTH

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]

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

AUGUST

Friday, August 4th

*Stapleton Under the Stars Movie

Saturday, August 12th

Stapleton Blood Drive, Aviator Pool

Sunday, August 13th

Stapleton Ice Cream Social

Friday, August 18th

*Stapleton Under the Stars Movie

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

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 7, for information on swim programs.

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RTD Expands Route 105 Through Stapleton

The Regional Transportation District's Route 105 now provides more convenient service to Stapleton. Route 105 uses Central Park Boulevard to provide service between Montview Boulevard and Martin Luther King Boulevard as it connects with the Stapleton Transfer Station. Route 105 had previously utilized Quebec Street to make that connection. The service runs every 15 minutes during peak hours and every 30 minutes during off-peak times, with new bus stops located on Central Park Boulevard at Xanthia Street (22nd), Wabash Street (24th), 26th Avenue and 29th Avenue.

Route 105 now uses Central Park Boulevard between Montview and Martin Luther King Blvd. Buses run every 15 minutes during peak hours and every 30 minutes during off-peak times.

"This is exciting for Stapleton residents and workers," said Angie Malpiede, Director of the Stapleton Area Transportation Management Association. "With buses arriving every 15 minutes during peak hours, commuters will now have more convenient service connecting them with service to Havana and Colfax, Buckingham Square, the Southmoor Park-n-Ride and the Denver Tech Center," she added. To view the route and schedule for Route 105 and all RTD service, visit www.rtd-denver.com. Right: Angie Malpiede, Director of the Stapleton Area Transportation Management Association.



Islamorda Fish Co. Grand Opening in April



Matt Duguay, restaurant manager, describes the 13,000 gallon salt water fish tank that will be one of the unique features of the 300 seat restaurant located in the Bass Pro store at NorthField.

Additional Public Art Slated for Stapleton

By Barbara Neal
The Public Art Advisory Committee convened a Design Dialogue in January to begin planning for artwork at the intersection of Martin Luther King Jr. Boulevard and Central Park Boulevard, expected to be the most prominent public art site at Stapleton. A select group of artists, architects and other arts professionals residing at Stapleton and from other parts of the metropolitan area explored the potential for public art at this location as well as a wide variety of creative solutions for this particular site. Then at its February meeting, the Public Art Advisory Committee reviewed the Dialogue discussion and began the process of identifying criteria for this project. The Stapleton South Fire Station No.26 is taking shape at the corner of Martin Luther King Jr. Boulevard and Trenton Street. Also in progress is the artwork selection process conducted by the public art program of the Denver Office of Cultural Affairs. This Project Evaluation Panel met in January and selected four artists to make proposals for exterior artwork to be placed at the public

of these artists to receive this \$36,000 public art commission. Look for the Stapleton South Fire Station to be installed shortly after the opening of the facility later this year. For more information about these projects or the public art program contact Barbara Neal at barbneal@mindspring.com. Watch future editions of The Stapleton *Front Porch* or visit StapletonOnline.com for updated information on the Stapleton Public Art Program. Barbara Neal is the Public Art Consultant for Forest City Stapleton, Inc.

Coming soon to Stapleton residents' mailboxes! Stapleton Community Development Survey – Participants Wanted!

Forest City Stapleton has hired a third party vendor to conduct a market research study about Stapleton. As part of that, a mailed survey will be sent to all Stapleton residents. This anonymous survey will not only help us better understand Stapleton and its residents – by understanding how our neighborhoods are growing into rich and dynamic communities – but it will help us in the future to improve offerings and gauge demand for services (such as schools, activity centers, retail and office space, etc.). For each survey that is returned, we pledge to donate \$5 per returned

survey to Stapleton United Neighbors, which in the end benefits YOU, the residents, in the form of better communications and Stapleton amenities! Look for your questionnaire in the mail. Just fill it out and send it back in the envelope provided **NO LATER THAN MARCH 17**. We'll report back on how many of you participated later this spring! Thank you for your participation and interest in Stapleton! For questions about the market research, please contact JuliAnne Murphy, director of marketing at Forest City Stapleton, Inc. at jmurphy@StapletonDenver.com.

Ranked One of America's Best Hospitals by U.S. News & World Report

ANSCHUTZ CENTERS FOR ADVANCED MEDICAL RESEARCH

According to U.S. News & World Report's survey of hospitals, the right place to go, from the start, is right next door to Stapleton. Make certain University of Colorado Hospital is part of your health care plan. Call 303-493-8333 for information or to make an appointment.

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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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

Denver Police District Two
Top Cops Selected for Jan.

The "Top Cop" Citizens Committee of Denver Police District Two has selected Officers Anthony Montoya and Officer Jason Simmons as the "Top Cops" for January.

On November 11th of last year, Officer Montoya and Officer Simmons responded to the report of a fight in progress near the intersection of Martin Luther King Boulevard and Quebec Street. Upon arrival, the officers were told the parties involved in the fight had left the scene. The officers obtained a clothing description for the suspects and later observed five parties walking southbound on Pontiac St wearing clothing that matched the clothing description.

When Officer Simmons contacted the male parties, they failed to acknowledge his presence and refused his verbal commands to stop walking. When Officer Montoya approached the individuals, they stopped walking and stood between the two officers. The officers noticed that one of the parties was acting extremely nervous and suspicious as he attempted to hide behind a vehicle parked on the east side of the street.



Officers Anthony Montoya and Jason Simmons, January Top Cops.

After the two officers observed the man pull a black handgun from his waistband, they immediately and tactically used their police vehicles for cover and gave the verbal command for the male to drop his weapon. The party refused the officers' commands and continued to look at Officer Montoya in a threatening manner. Both officers used professional command voices and informed the individual that he was surrounded and he was in a "No Win Situation".

The officers then observed the party attempt to hide the weapon in the fender well of the parked vehicle he was standing behind. They continued to order the man to raise his hands and the party did finally comply with their commands. He raised his hands and the weapon fell to the ground. The officers placed this party in custody without further incident, and he was later determined to only be fifteen years of age. The officers recovered a .22 caliber Smith and Wesson handgun which was found to have been stolen from Aurora in an earlier incident.

The District Two Top Cop committee commended these officers for their extreme bravery and courage in dealing with a party armed with a handgun and recognized their compassion and patience in talking the suspect down, recovering the weapon and placing him in custody without incident. The citizens' committee also expressed its appreciation to Officer Montoya and Officer Simmons, as well as all Denver Police Department officers who face difficult and dangerous situations on a daily basis.

Citizens or civic and business organizations in Northeast Denver interested in nominating 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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Purchase your Club Card at the Visitor Center, 7480 E. 29th Avenue, 303-355-9600. Present your Resident Pool ID/Stapleton Club Card for discounts at these businesses. Visit www.StapletonDenver.com for participating merchants and program information. Offers may change monthly.

Since You've Asked...

Are there any plans for any more retirement type facilities?
Not at this time, but Forest City is willing to consider any realistic proposal.

Will they be demolishing the old runway tunnels over Sand Creek?
The contract to remove the Sand Creek tunnels down to the 10-foot high walls is substantially complete.

What is the plan for providing a wireless Broadband Internet service that was discussed in the Stapleton magazine?
Forest City is working with Comcast and the Dish Network to roll out this kind of service in the coming year. Watch the Stapleton Intranet and the Stapleton Front Porch for more information.

Any plans to put up a gate? Making Stapleton gated community – Reduce Crime!
No. The development plan for Stapleton that was created by the citizens of Denver places a priority on integrating Stapleton into the surrounding urban neighborhoods.

Golf course?
The Stapleton Development Plan envisioned a golf course north of Interstate 70, but there is no timetable for the design and construction of that facility.

Will there be a pool east of Westerly Creek?
Yes. The next pool is scheduled to open in summer 2007 on 28th Place between Geneva Street and Hanover Street.

Is there a meeting scheduled with Forest City regarding current sink holes?
Forest City is holding ongoing meetings with residents who have experienced any problems with drainage or compaction until those issues are addressed to the satisfaction of the homeowners. Anyone who has experienced a problem with their street, curb or alley should contact Stapleton's Community Manager, Diane Deeter, at communitymanager@stapletondenver.com. Anyone who has experienced a problem on their private property should contact their home builder.

What is the construction schedule for the Johnson and Wales property to the west of the D.S.S.T.?
Johnson and Wales officials are reviewing their development plans at this time. Watch upcoming editions of *The Stapleton Front Porch* for more details.

Do you know what is being done regarding all the potholes south of the greenbelt? We live on Yosemite Street, and we have been seeing a number of potholes developing (including two in front of our house).
Forest City, the Stapleton homebuilders and the Park Creek Metropolitan District are working with homeowners in that

area to address any settling or drainage problem that may have occurred. Anyone who has experienced a problem with their street, curb or alley should contact Stapleton's Community Manager, Diane Deeter, at communitymanager@stapletondenver.com. Anyone who has experienced a problem on their private property should contact their home builder.

What type of housing will be built on the block that is NE of Central Park and 29th Place intersection?
Most likely multi-family housing designed to fit well with the adjacent single family housing.

What type of housing is planned for the SE corner of MLK and CPB. ?
Most likely multi-family housing designed to fit well with the adjacent single family housing.

What type of housing is planned west of Beeler and MLK?
Most likely higher density multi-family housing.

What type of housing is planned for 29th place and Willow by the Wonderlands?
Northwest of that intersection: higher density multi-family housing; the other three corners will be John Laing paired homes.

Will there be a water feature in Central Park and what will it be?
There will be an interactive fountain at the Central Gathering Area along the Promenade and a small pool at the eastern end of the park that may be available for model boats.

Is there anything being done to work with the Mayor on plans to end homelessness?
Forest City is donating a limited amount of acreage to affordable housing providers such as Mercy Housing Southwest to provide very low income housing. Mercy's Parkside Housing at Stapleton, which received donated land from Forest City, does provide housing to formerly homeless families.

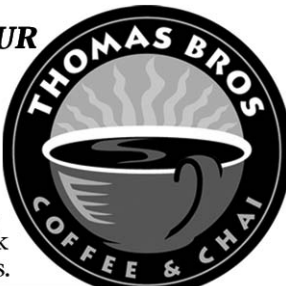
What is being done in terms of environmental cleanup? Type of cleanup and where?
The City and County of Denver is responsible for the cleanup of any known environmental conditions as required by State of Colorado environmental regulatory agencies before the Stapleton property is sold by the City for development. For further information, you may obtain the Environmental Initiatives at Stapleton brochure and a Summary of Environmental Conditions related to the areas of Stapleton currently under development from the reception desk at the Stapleton Visitor Center in the East 29th Avenue Town Center.

THOMAS BROTHERS COFFEE & CHAI

A Stapleton Original 35th & Quebec

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WiFi. Saturday AM live music.
Hormone & Pesticide Free Milk
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A Church to Call Home

St. Matthew Lutheran Church

Sunday Worship — 9:00 a.m.
Wednesday Evening Lenten Services — 7:00 p.m.

1609 Havana Street
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*Always looking for Choir Voices
Wednesday Practices at 6:00 p.m.*



Casey's

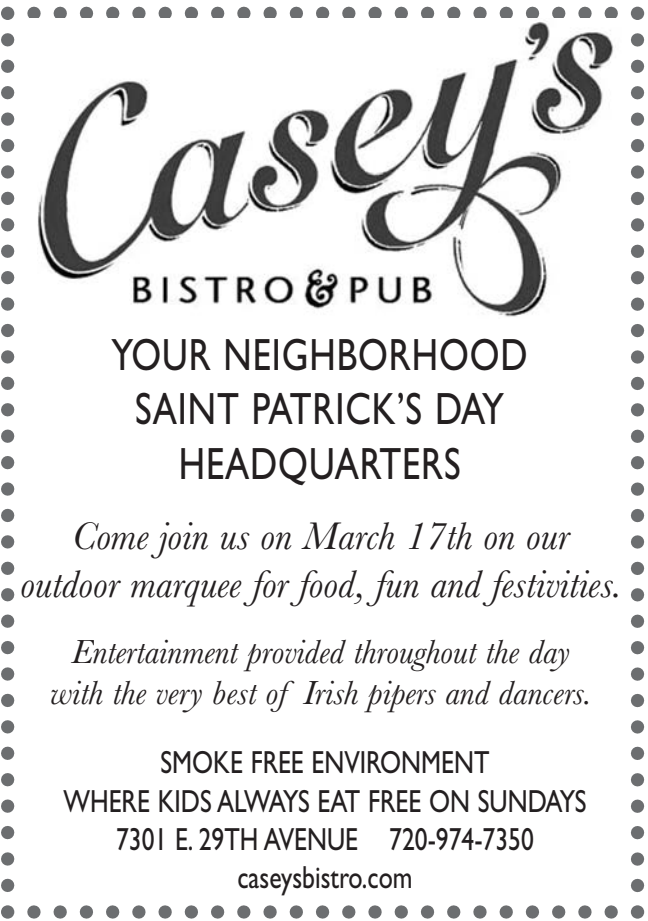
BISTRO & PUB

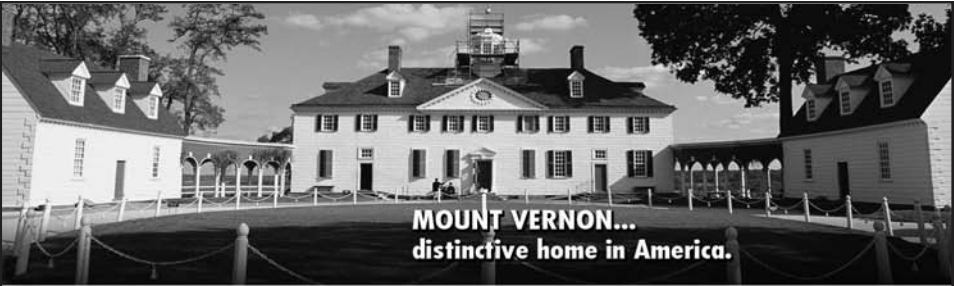
YOUR NEIGHBORHOOD SAINT PATRICK'S DAY HEADQUARTERS

Come join us on March 17th on our outdoor marquee for food, fun and festivities.

Entertainment provided throughout the day with the very best of Irish pipers and dancers.

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Stapleton's Neighbor

Fitzsimons – Building a Life Sciences City for the 21st Century

By Vicki Jenings

Providing Innovation through Opportunity, Investment and Synergy

Opportunity
A unique development is changing the landscape of the Colorado bioscience industry. The transformation of the former Fitzsimons Army Medical Center—located in the heart of Aurora — into a state-of-the-art, integrated life sciences city for the 21st century is well underway. With its concentration of exceptional talent, extraordinary facilities, and vision for collaboration and resource sharing, Fitzsimons is evolving into one of the most advanced scientific communities in the world.

Led by the Fitzsimons Redevelopment Authority, the Fitzsimons site is undergoing a \$4.3-billion transformation into a square mile dedicated to excellence in patient care, education, basic science research, and bioscience research and development.

Over 5,000 people are already employed at Fitzsimons with plans for more than 30,000, with jobs in teaching, patient care, basic-science research, and biotechnology research and development.

Investment
The many partners contributing to the life sciences community at Fitzsimons include the University of Colorado at Denver and Health Sciences Center, the University of Colorado Hospital, The Children’s Hospital, University Physicians Inc., and the Fitzsimons Redevelopment Authority. Together, they have already invested more than \$1 billion in completed construction and dozens of new projects are breaking ground in the next year.

When NIH Director Elias Zerhouni visited Fitzsimons, he praised the University of Colorado as a “visionary institution” for the development of its Fitzsimons campus. “You are really poised to go to the next level,” said Dr. Zerhouni. “No one has put together the power—intellectual and physical—to do what you are doing today. Colorado is setting a new

trend, and we’re watching with enthusiasm and want to be your partner in that.”

Synergy
Collaborations at Fitzsimons are facilitated by formal programs and informal encounters. Facilities, services, and support provide start-up and early-stage bioscience companies the prime opportunities to succeed. An affiliation agreement provides bioscience companies special consideration for access to university core labs and services. In addition, the Fitzsimons BioBusiness Incubator provides hands-on business development assistance and access to advice from top bioscience professionals to young bioscience companies on their way to commercializing their technology or product.

The close proximity of The University of Colorado’s research complex, which houses more than 1,600 researchers, allows the bioscience companies located at Fitzsimons easy access to a variety of core labs, such as state-of-the art-animal facilities, and labs for biostatistics and bioinformatics support, cytogenetics, DNA sequencing, NMR, flow cytometry, PCR tissue culture/monoclonal antibody, and much more.

In addition to providing space and support to early-stage bioscience companies, the Fitzsimons Redevelopment Authority is working in partnership with a large national real estate developer to build new facilities to accommodate a variety of life sciences companies, including expansion-stage bioscience companies and pharmaceutical R&D operations at the Fitzsimons site.

A bioscience company in any stage of its development and of any size can be accommodated in the life sciences city at the Fitzsimons site. To learn more about how to become a part of this exciting project, contact the Fitzsimons Redevelopment Authority at 720-859-4100 or info@colobio.com or click on to www.colobio.com or www.uchsc.edu/Fitzsimons. Vicki Jenings is the Director of Research Park Operations for the Fitzsimons Redevelopment Authority.

Arsenal to Begin One of Last Major Cleanup Projects in April

One of the last major cleanup projects at the Rocky Mountain Arsenal as it completes its transition into a premier urban wildlife refuge will begin this April.



Short grass prairie at the Arsenal.

With nearly two-thirds of the cleanup completed, only three projects remain. The first of those will begin April 3 and finish by October 2007. Called the Basin F Wastepile project, the cleanup involves relocating contaminated soil from a wastepile and storing it in a triple-lined landfill. Both the landfill and wastepile are located within Arsenal grounds.

Stapleton residents had the opportunity to pick up information about the project during the SUN meeting in February. A more detailed presentation about the cleanup and future expansion of the refuge will be given at the next SUN meeting this spring.

The Basin F Wastepile may be familiar to some residents, who may have heard about the odor problems that occurred during the initial cleanup work in the 1980s. At that time, crews excavated all 93 acres of Basin F at once, which opened the basin to the air and made it difficult to control odors. Community members complained, and the Arsenal covered the

area while long-term cleanup plans were developed. That experience offered valuable lessons, which the Arsenal incorporated into the final cleanup plans. Those plans include odor-control measures that were successful in other projects, and they have been reviewed and approved by the Environmental Protection Agency, Colorado Department of Public Health and Environment and Tri-County Health Department.

The project will begin with a slow start phase and move into normal operations once the odor controls have been proven effective. The Arsenal will excavate less than one acre of soil at a time and use odor-suppressing foam and soil and plastic covers. Weather monitoring and 24-hour odor monitoring will also take place.

The Rocky Mountain Arsenal National Wildlife Refuge will be closed to the public for the first six to eight weeks of the project and then reopen for public visitation and nature and environmental education programs.

If you have questions about the Arsenal cleanup or the Basin F Wastepile project, please call the Rocky Mountain Arsenal Community Information Line (303-289-0136). If you have questions or concerns about odors, please call the Tri-County Health Department’s 24-Hour Odor Response Line (303-286-8032). You can also visit the Arsenal online at www.rma.army.mil.

Give Your Kid A “Boost” With Child Passenger Safety

By Jessika Aerni

As parents, grandparents or caregivers, we always want to do the best thing for our child’s health and safety. We make sure that they don’t eat too much candy. We teach them to look both ways before crossing the street. But when our kids are riding in the car, are we making sure they are buckled up correctly?

Even though experts for years have stressed the importance of child safety seats, the No. 1 killer in the United States for children between the ages of 2 to 14 is car crashes.

Partners for Child Passenger Safety (PCPS), which is a joint effort between State Farm Insurance,

the Children’s Hospital of Philadelphia and the University of Pennsylvania, is dedicated to understanding how and why children are injured or killed in auto crashes. PCPS began in 1997 and continues to be the largest study of its kind. The study found that 83 percent of children ages 4 to 8 are inappropriately restrained in adult seat belts. It also showed that children 2 to 5 who use adult seat belts are 3.5 times more likely to suffer significant injury than those correctly restrained in a car seat or booster seat.

A belt-positioning booster seat is the next step after a child completely out-grows a car seat. Too many times, parents simply move their children up to an adult seat belt even if they are not ready for one.

Seat belts are designed to fit adults, not children. A belt-positioning booster seat gives kids a lift so that a lap and shoulder belt fits them properly.

Besides emphasizing the need for the intermediate step of the belt-positioning booster seat, findings from the study support the following child passenger safety recommendations by the American Academy of Pediatrics and the National Highway Traffic Safety Administration.

- If a Child is:**
- Birth up to at least 1 year AND at least 20 pounds**
 - Use rear-facing infant seat or rear-facing convertible seat. Keep the child in the rear-facing seat until he or she has completely outgrown the seat.
 - Put the car seat (continued on page 7)

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Child Passenger Safety (continued from page 6)

carrying handle down on infant seats.

- Route harness straps in lower slots, at or below shoulder level.
- Fasten harness clip at armpit level.
- Never place a rear-facing infant in the front seat with an air bag.
- Keep harness straps snug.
- Install child passenger restraint at no greater than a 45-degree angle.

Over at least 1 year AND over at least 20 pounds; up to 40 pounds.

- Use forward-facing car seat.
- Route harness straps in upper slots, at or above shoulder level.
- Fasten harness clips at armpit level.
- Keep harness straps snug.
- Keep the child in the forward-facing car seat until he or she has completely outgrown the seat.

Over 40 pounds; ages 4 to 8, unless 4’9” tall

- Use a forward-facing, belt-positioning booster seat with lap and shoulder seat belt.
- Place shoulder strap over the shoulder

and snug across the chest.

- Place lap belt low and tight on hips, NOT over stomach.
- Make sure shoulder strap is never across the neck, face or arm.


Over age 8 or 4’9” tall

- Use a lap and shoulder seat belt.
- Shoulder belt fits over the shoulder and across the chest.
- Lap belt should fit low and tight on hips, NOT over stomach.
- Shoulder belt should NEVER be placed under arms or behind back.

Remember that children are safest in the back seat. Parents can set a good example by always buckling up their seat belts when they’re in the car.




If you would like to learn more about the correct way children should be seated in a car or about the Partners for Child Passenger Safety study, visit www.state-farm.com/kidsafety.htm

Jessika Aerni is a State Farm Real Estate Agent in Quebec Square. Call 303-377-5433 for more information.




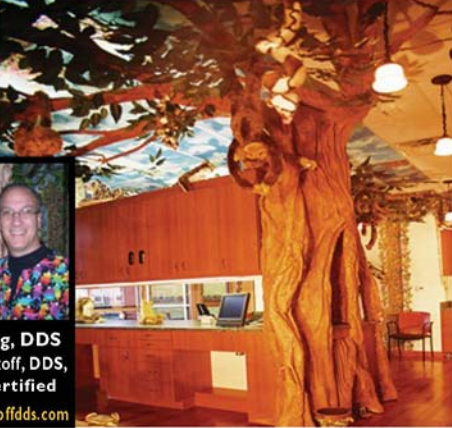
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Community Notes

by Diane Deeter
Stapleton Community Manager



Pick up after your pet!

Just another reminder: Please pick up after your pet! It has been noticed that dog waste is marring various areas throughout the neighborhood. Please remember to pick up after your dog. Please also remember it is the law that you must have your dog on leash at all times outside of the dog park. If you see anyone who is neglecting to be a responsible pet owner, call animal control at 303-698-0076.

Street Lights

In last month’s column, I mentioned that problems with street lights should be reported to Xcel Energy (1-800-895-4999). In addition to the telephone number, those street light problems may be reported to www.xcelenergy.com.

Stapleton Visitor Center to Be Remodeled

The Stapleton Visitor Center will be closing for several weeks at the end of March for remodeling. During the temporary closure The Visitor Center will temporarily operate out of the Town Center Apartment leasing office, which is located next door to the Visitor Center. Stapleton Visitor center staff can still be reached at 303-355-9600.

The 2006 Masters Swim Program

Are you 18 years of age or older, able to swim two laps of the pool and like the idea of fitness or competitive swimming? If so, then Stapleton’s Masters swimming program may be for you! While the Aviator Park Pool is a seasonal facility that is unable to host a year-round team, we do want to encourage summer fun and fitness.

Below is important information regarding the 2006 Masters Swim Program. Be aware of these changes prior to registering for a pass. If you decide that you would like to be a part of this program you can register online at www.wildirisrecreation.com. The activity numbers for this program are as follows:

Summer Pass #1001.495
10 Punch Pass #1001.494

Each swim period offers a workout designed by a professional and experienced coach to meet the individual needs and expectations of the swimmers. We must have a minimum of 15 swimmers enrolled by May 31, 2006 in order to run the team.

Program Dates:
Tuesday & Thursdays (June 6 - August 31)
Practice Times: 6:30 - 7:45 pm
Fees:
\$100.00 Residents / \$120.00 Non-Residents for the entire summer season
\$65.00 Residents / \$75.00 Non-Residents for a 10 punch pass Good for 10 visits during the 2006 summer season. **Unused visits will expire at the end of the 2006 season.**

Registration:
Please go online to www.wildirisrecreation.com to register. To narrow your search, under LOCATION select “Stapleton Aviator Pool” and under CATEGORY select “Stapleton Masters.”
Diane Deeter is the community manager for Forest City Stapleton, Inc. She can be reached at communitymanager@StapletonDenver.com.

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Denver Public Library Events

PARK HILL BRANCH 303-331-4063

1st Tuesdays, 3:30pm "Paws to Read" gives children in grades 1 thru 5 the opportunity to read aloud for 15 min. to an unconditionally loving therapy dog for 15 minutes. Register in advance, space is limited.

Fridays, 10:30 am – Preschool Storytime for children who can sit and listen to short stories. **Storytime with a Craft** for children who can sit and listen to short stories and participate in songs and a simple craft. 10:30 am Mondays and Thursdays. .

Sat., Mar. 4, 10:30 am – Musical Journey with Sue Schnitzer – An energetic mix of traditional and contemporary songs using guitar, harmonica, kazoo and percussion.

Sat., Mar. 11, 10:30 am – Picnic Puppet Show The puppets are having a picnic on Old MacDonald's farm, watch out for ants!

Sat., Mar. 18, 10:30 am – Marshmallow Molecules – Learn about molecules using colored marshmallows! You'll see the mystery of substances that change from solid to liquid and back again.

Sat., Mar. 25, 10:30 am – Adventure in Ventriloquism with Mark Hellerstein Take a "time machine" ride into the past by traveling to Dr. Frankenstein's castle for a recreation of the famous experiment!

PAULINE ROBINSON BRANCH 303-370-1530

Preschool Storytime for 3 to 5 year olds 10:30 am Wednesdays

Wed. 1:30 pm – All Ages Storytime Classes and individual children and families are welcome.

Mon. & Wed. 4pm – After School is Cool First-come, first-served and snacks are provided. No registration required.

Mon., Mar. 6, 4 pm – Anime drawing This is your opportunity to learn how to draw great Anime!

Wed., Mar. 8, 4 pm, Kidogo – Make ant and elephant puppets and listen to this fun story.

Mon., Mar. 13, 4 pm, Don't Bug Me Who bugs a ladybug? Uncover the relationships between living and non-living through hands-on discovery with live invertebrates.

Wed., Mar. 15, 4 pm – Shoes, Hats, & Babies Use a camera to take pictures of everyone's shoes and everyone's smile. Make a wall book just like the one we'll read.

Upcoming Super Saturday programs:

Sat., Mar. 4, 11 am – Bug People from Outer Space – The bug people are coming! This light-hearted puppet show is filled with thrills, chills and plenty of humor!

Sat., Mar. 11, 11 am, Musical Journey with Sue Schnitzer –Take a journey around the world with Sue as she performs an energetic mix of traditional and contemporary songs using guitar, harmonica, kazoo and percussion instruments.

Sat., Mar. 18, 11 am – Science Magic Optical illusions, chemistry and more! Lee MacDonald reveals the scientific secrets behind seeming magic.

Aurora Fox Theatre

"Guys on Ice" is the charming story of two buddies, Lloyd and Marvin, who spend a winter's day in a shanty out on the ice, talking and singing about life, love, Leinie's, and the one that got away. As Marvin anxiously awaits his opportunity to appear on a cable TV fishing show and share secrets of his life on the lake, Lloyd ponders a recent squabble with his wife concerning plans to spend their anniversary at Lambeau Field. Through March 26. 9900 East Colfax Ave., free parking. \$12-\$24 For more information call 303-739-1970.



Avon Walk for Breast Cancer June 24-25

Advance information about the Avon Walk for Breast Cancer on June 24-25 will be presented at meetings in Stapleton on either March 2nd or April 18th. Both meetings will be held at 6:30 pm at Westerly Creek Elementary School located at 8800 E. 28th Avenue.

Participants in the free meetings will receive information about how the Walk weekend is structured, how to train and fundraise, and other helpful details. Walkers in the 2 day, 39 mile walk will help medically underserved women and men to be given the access to the care they require.

For more information, visit www.avonwalk.org or call 303-753-2363 to RSVP for the meetings.

Be a Part of the Second Annual

"Gently Used" Baby/Kid Stuff Sale

A Westerly Creek Elementary School PTA Fundraiser

The Sale will be **Saturday, April 15th** from 9 – 11 am.

- DONATIONS:** Round up all of the baby stuff* that you're through with and drop it off at the school – 8800 E. 29th Ave. (Akron Street entrance) - on Thursday, April 13th or Friday, April 14th during school hours (9 am – 3:45 pm).
- SHOPPING:** Come to the school Cafetorium entrance (middle of the building facing 28th Ave.) on Saturday morning. Doors Open at 9 am. Coffee and Bake Sale on the Lawn opens at 8:30 am.
- VOLUNTEERS:** Set-up will be Friday, April 14th from 4 – 9 pm. Working the sale will be from 8 am – noon on Saturday. We also need bakers and Bake Sale volunteers from 8 – 9:30 am on Saturday. E-mail or call to volunteer meg@familyyoder.com or 303-394-1975.

* maternity clothing	* unused diapers	* bouncy seats
* strollers	* bath toys	* push toys and trikes
* cribs and bedding	* books, books, books	* clean bottles, bowls, spoons, etc.
* high chairs	* clean toys	* clean clothing, booties and shoes
* super saucers	* parenting books	* even Potties! (very clean please!)

* any other useful baby/kid stuff that you would like to donate to this worthy cause

questions? suggestions? volunteers?
please contact Meg Yoder • 303-394-1975 • meg@familyyoder.com

Urban Farm Events

March 23 - 27 - Standard Certified Horsemanship Association (CHA) riding instructors' clinic

April 8 - Spring Schooling Show

May 28 - Tai Chi for Equestrians Clinic with James Shaw author of Tai Chi for Equestrians

For more information visit www.theurbanfarm.org or contact Christy Landwehr at 720-857-9550 or landwehr8@msn.com

Baby Power Events

March 27, 28, 30, 1–2:30pm

Three-Day Spring Break Camp for 3- to 7-year-olds – Offering a "taste" of art,

cooking, games and music in an action-packed and fun series of classes. \$65 (Parents must stay for the first 15 to 20 minutes of each class, during gym play.)

Power Art for 2 1/2- to 5-year-olds

Incorporates all sorts of artistic mediums into a creative and sensory experience your child will love. Call 303-377-8855 for more information.

School of the Arts Events

March 16-18 — Vocal Music Pops Concert 7pm Music and dance from Tin Pan Alley including Cole Porter, Gershwin, Rogers and Hammerstein and other greats.

March 5 — A Night with the Stars 5-10pm

Celebrate the great works of DSA students with food, fun and activities and live Academy Awards telecast.

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Ruffino Chianti D.O.C.G.	10.99	10.19
Estancia Cabernet	12.99	11.99
Estancia Pinot Grigio	12.99	11.99
Chateau Ste. Michelle Cabernet Sauvignon	15.99	12.99
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Banfi Brunello di Montalcino	66.49	59.99

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Sustainability at Stapleton

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

Mortenson and Recycled Materials Company Continue to Recycle Airport Debris

Despite the fact that the airport runways are long gone, recycling work continues at Stapleton. Recycled Materials Company, the Arvada-based company that completed the removal of an estimated 6 million tons of materials from more than 1,000 acres of pavement at Stapleton last August, recently set up a machine to handle debris left on site from the airport demolition work done years ago.



Recycling airport debris.

During the demolition process, one of the more common archeological finds was layers of old asphalt runaways and parking lots that were covered up over the years with new projects. Normally, this material would have been hauled to landfills at a cost of \$20-\$30 per cubic yard. At Stapleton, we stockpiled the material between Smith Road and Central Park. Recycled Materials Company has been crushing the leftover asphalt and concrete into low grade road base and usable general fill material. Mortenson, the site construction manager at Stapleton, then uses this material for temporary construction roads to keep mud and dust under control.

In Filing 18 alone, the first residential Filing north of Central Park, 18,290 cubic yards of crushed up runways will be used for road base under the new roadways. Construction is now beginning in Filing 18. When complete, Filing 18 will contain approximately 440 residential units and

three pocket parks on a 108-acre site. By not sending this material to landfills Mortenson has saved money while simultaneously reducing pollution. The practice of recycling these materials to be used on site demonstrates a classic win-win situation and illustrates the practicality of sustainability. The amount of material not being hauled to landfills amounts to over 16,000 loads, which saves over \$3.6 million in dump fees. Mortenson is continually finding ways to minimize

trucking materials to landfills. On a project the size of Stapleton, these efforts can save hundreds of thousands of dollars and represents thousands of cubic yards of materials that are reused and not sent to landfills.

Other innovative sustainable practices going on at Stapleton include:

When plastic barricade barrels get damaged beyond repair they are sent to a plastic recycling firm.

The grey plastic milk crates that are used to keep mud out of the inlets and creeks are also sent to plastic recyclers.

Leftover reinforcing steel from runways and new construction is melted down and recycled.

The old steel Concourse E blast fence north of the parking garage was recycled.

Mortenson recently removed old trees from Filing 17 and sent the branches to the Denver Zoo for animal food.

During the wet seasons numerous standing water ponds develop in the undeveloped areas. Mortenson has used this water for dust control on roads and temporary watering of trees.

New Federal Tax Credits for Energy Efficiency

As you may have heard, the Energy Policy Act of 2005 includes various "green" tax credits for consumers starting in 2006. A tax credit can provide significant savings. Unlike a deduction, which reduces the amount of income subject to tax, a tax credit directly reduces the tax itself. The final rules and forms to clarify which products and services qualify for the tax credits are being developed by The Internal Revenue Service (IRS). You must refer to the final IRS rules to determine what qualifies for the tax credit.

Home Improvements

Tax credits are available for many types of home improvements including adding insulation, replacement windows, and certain high efficiency heating and cooling equipment. The maximum amount of homeowner credit for all improvements combined is \$500 during the two year period of the tax credit. This tax credit applies to improvements made from January 1, 2006 through December 31, 2007.

Efficient Cars

Tax credits are available to buyers of hybrid gasoline-electric, diesel, battery-electric, alternative fuel, and fuel cell vehicles. The tax credit amount is based on a formula determined by vehicle weight, technology, and fuel economy compared to base year models. These credits are available for vehicles placed in service starting January 1, 2006. For hybrid and diesel vehicles made by each manufacturer, the credit will be phased out over 15 months starting after that manufacturer has sold 60,000 eligible vehicles. For vehicles made by manufacturers that have not reached the end of the phase-out, the credits will end for vehicles placed in service after December 31, 2010.

Solar Energy Systems

Tax credits are available for qualified solar water heating and photovoltaic systems. The credits are available for systems "placed in service" in 2006 and 2007. The tax credit is for 30% of the cost of the system, up to

\$2,000. This credit is not limited to the \$500 home improvement cap.

Fuel Cells

There is a consumer tax credit of up to 30% of the cost (up to \$500 per 0.5 kW of capacity maximum) for installing a "qualified" fuel cell and microturbine systems. The credits are available for systems "placed in service" in 2006 and 2007. This credit is not limited to the \$500 home improvement cap.

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Kids - Live Green This St. Patrick's Day!

St. Patrick's Day is celebrated on March 17th. Green is associated with St. Patrick's Day because it is the Irish national color, symbolic of the lush green landscape of the Emerald Isle. Green is also the color associated with the movement to protect the environment. This year, in honor of St. Patrick's Day, try some of the tips below to live more sustainably:

- Buy a shamrock plant for someone special. Green plants provide oxygen necessary for us all to breathe.
- Tradition says to wear green on St. Patrick's Day. Instead of buying a new green outfit for St. Patrick's Day, borrow something from a friend - this will save energy needed to produce new clothing.
- Ride your bike when you search for the leprechauns at the end of the rainbow or when you go to school or to the store. This reduces pollution in the air and is good exercise for you!
- Help your parents find a Pot of Gold. Turn off the television when you are not watching it and turn off the lights when you are not in a room. This will save energy and money.
- Eat a green apple or green beans or green peas. Green fruits and vegetables are good for your health and help you grow.

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Family Kicks

By Mike and Karen Giles
Mike Giles Family Karate

Is Martial Arts Just Another Sport?

Many times, the mothers of our students tell us, “Martial arts training is just something for our children to do until soccer, football, or baseball season starts.” We tell them, “Unequivocally, martial arts can help your children be better athletes in any sport.” That’s quite a claim. So let’s put it into perspective:

- In most sports, you have to run...
Martial arts programs require aerobic and coordination-building activities that include running, jumping, and crawling through barriers. There’s a boost right there for potential track stars, from sprinters to hurdlers to the long jump. And for open field sports as well.
- In most sports, you have to catch a ball...
In karate, we develop hand/eye coordination by promoting bilateral thinking and muscle memory training. This teaches students to do tasks using both sides of their body. Few people are truly ambidextrous, but karate gives equal time to development of right/left skill sets.
- Most sports require focus and concentration...
These attributes are developed from day one in our training curricula. Outside the dojo, we also see this helping our students improve their school grades, foster greater self-discipline and a healthy respect for themselves and others, and build self confidence. This is true even for the shyest students who come through our door.
- Lastly, many sports overemphasize only the physical strategies...
We teach two types of self-defense, physical and mental.
The physical martial arts consist of the use of kicks, punches, grappling and strike-and-run tactics to ward off an attacker. Different styles of martial arts emphasize different methods of physical self-defense. Tae Kwon Do emphasizes kicks, Karate emphasizes punching with low kicks, Kung Fu uses the attacker’s own energy, Judo-Aki Do uses the attacker’s weight as a weapon, and Kickboxing uses high and low kicks, punching, and elbows and knees.

For our mental self-defense training, we teach students how to assess their environment and make an action plan for their own protection, one that often eliminates the need for physical self defense. We have found that children at a fairly young age are capable of this.

The core of mental self defense is respect and courtesy, and we encourage that through a military-style format. During class, students respond with respectful words such as “Yes, Sir! No, Sir!” Some parents aren’t used to this approach, but we ask that they be allowed to use these respectful words. They do courtesy bows to higher ranking students and instructors. Our instructors offer positive re-enforcement for each child’s understanding of respect and courtesy.

We believe martial Arts training is a life skill that will remain with you for the rest of your life. Our 27 years of combined teaching experience with over 500 students has proven that student excel in their school work and other sports, as well as the way they engage the world, based on what they can learn through martial arts..

Mike and Karen Giles are owners of Mike Giles Family Karate in Stapleton’s East 29th Avenue Town Center. Call (303) 377-KICK for more information.

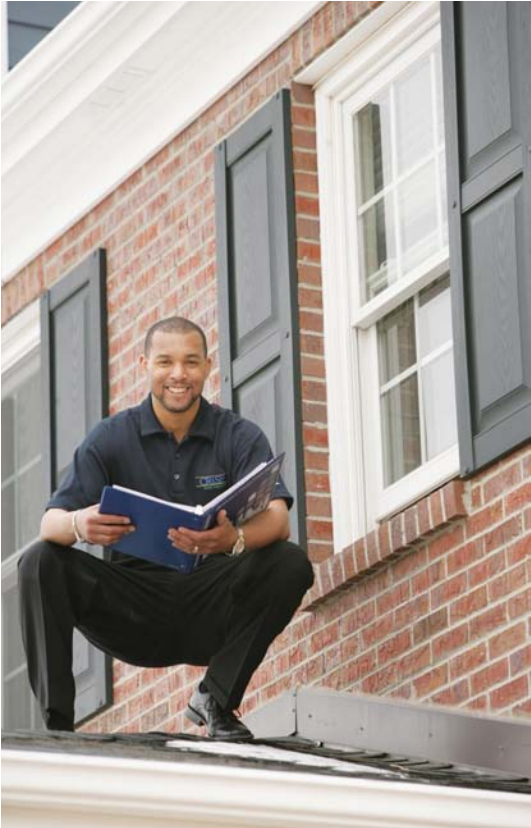


Home Work

by Kathy Epperson

CRiSP Home Inspections

The challenge of balancing home and work life these days can lead many to make big changes in one’s career path. That turning point came for Stapleton resident Terrill Johnson just over a year ago. An inspector in the aviation field for over fourteen years, Terrill was working long evening hours and not able to spend enough time with his family. “My wife



Terrill Johnson, owner of Crisp Home Inspections

was overwhelmed with working full time, the kids, and the issues we had with our home during our one-year warranty,” he remembers. “We decided it was important for me to be at home more and took a look at our options.” After considering several career paths, Terrill and his wife, Melinda Jarvis, a self-employed business owner, decided home inspection was a perfect fit for him. “It was exactly what I did on a larger scale with airplanes,” he says. He became certified as a member of the National Association of Home Inspectors and has been running CRiSP Home Inspections from his home office for over a year.

A native of Omaha, Nebraska, Terrill and his wife Melinda have lived in Denver for nine years, the past two in Stapleton. With two children – Rejina, age 9, and Diezel, age 18 months – Terrill is pleased his new business allows him more time to spend with his family. He also finds it’s a very natural extension of his past work as an aviation inspector and mechanic in the Air Force and for airline companies. “Inspecting and repairing planes is very detailed work which also holds a lot of accountability,” he explains. “I inspect homes with the same standards that were expected of me by the FAA, and take pride in my work.”

As an owner of several rental properties as well as his own home, Terrill feels strongly about the need for regular home inspections and maintenance of various systems. He reminds clients that just as they would have regular inspections and tune-ups on their car, they need them for their home as well. He offers pre-purchase home inspections, one-year anniversary inspections, annual maintenance check-ups, and Radon testing. He enjoys the peace of mind he’s able to give his clients and being able to help them avoid issues that could result in a health hazard or costly repair. “At that point,” he says, “I have truly done a service, and that is what is gratifying.”

For more information, contact CRiSP Home Inspections at 303-316-3333 or visit www.crispinspections.com.

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

Real Estate Corner

Information of interest from local real estate professionals

Thinking About “For Sale By Owner?” Think Again

By Lana Dardano

Selling a home is an exhausting proposition. With rare exceptions, the emotional highs and lows each time a prospect views your property saps the strength and energy from most homeowners. This, coupled with the preparatory work involved in getting the house ready to put on the market and keeping it in pristine condition while it is for sale, make selling a home hard work.

Lana Dardano

Traditionally, there are two ways to sell a home: For Sale By Owner (FSBO) or through the services of a professional Real Estate Broker. Many homeowners believe that because they have been through the home buying/home selling process they can sell their home themselves and thus, avoid paying a Broker fee. However selling a home requires a sophisticated sales strategy that taps the four categories of homebuyers: first-time buyers, move-up (or move-down) buyers, relocation buyers and investors. FSBO homes do not necessarily have access to the vast networking and marketing resources available to Realtors. The result: FSBO homes often stay on the market longer and do not necessarily bring top dollar.

Most prospective home buyers do not learn of the availability of a home for sale from a sign in the front yard. In fact, yard signs, newspaper ads, posted notices, pictures in home-for-sale booklets, and other marketing initiatives account for only a small per-

centage of the contacts between buyers and sellers. The vast majority of buyers in our market area purchase homes that have been identified for them by the Real Estate Broker they have chosen to assist them in the complicated task of locating the right home.

Most real estate agents are independent contractors. As such, they bear the full financial responsibility of advertising listed properties, showing the home time and time again to prospective buyers, networking with other agents to ensure the property is given ample exposure, negotiating the contract, and ensuring that the closing goes as planned. Then, and only then, are they paid for their hours of work and out-of-pocket expenses.

Real estate professionals, like attorneys and accountants, have only their time and expertise to sell. Other professionals send monthly statements and expect a timely payment. Real Estate Brokers, on the other hand, receive compensation in the form of a commission, at the close of a transaction. If the transaction does not close, even through no fault of their own, they are not paid for their efforts and do not receive reimbursement for their expenses.

Still thinking FSBO? Do yourself a favor and hire a professional Real Estate Broker. You'll be glad you did.

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.

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4 Paws News

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

Basic Training May Alleviate Pet Behavior Problems

Do you know the biggest reason for pet euthanasia in this country? Is it incurable disease? Injury? The truth is that more companion animals are euthanized for behavior problems than for any other reason. Some animals are euthanized because they are aggressive and dangerous, but many are euthanized for behavior problems that could have been avoided.

Jessica Lovato is a member of the Association of Pet Dog Trainers and an obedience instructor at 29th Avenue Animal Hospital. One of her goals is to raise awareness among dog owners in order to prevent behavior problems.

“One of the biggest problems we see is that people underestimate how much time caring for a dog requires. Many dogs do not have all of their needs met, and many are horribly under-exercised,” says Lovato. “Unfortunately, since crate training became popular, the crate has sometimes been used as a place to stow the dog rather than being used as the house-breaking tool as it was meant to be. Many dogs spend far too much time in their crates.”

Dr. Margot Vahrenwald, a veterinarian at 29th Avenue Animal Hospital agrees. “Another problem people have with dogs is a basic lack of manners. Because they have not been taught manners, many dogs engage in undesirable activities, such as jumping up on people and not coming when called. When people take the time to educate themselves about the needs of their pet, behavior issues such as these can be prevented. Unfortunately, owners often assume that the dog should somehow be aware of basic rules of behavior without ever having been taught.”

If bad behavior continues for an extended period of time, pet owners sometimes attribute very human characteristics to the dog, as if the pet is engaging in the unwanted activity on purpose. Despite what some owners think, their pet is not defecating in the house or digging up the garden in order to exact some sort of retribution.

Most likely, undesirable behaviors that occur within a home are due to some need that is not being met by the owner. “Unruly behaviors such as digging and barking excessively are called attention seeking behaviors,” says Lovato. “The challenge of dog training is often to discover why the dog is engaging in those behaviors. Instead of looking at training as something that is done to the dog, the best way to solve these problems is to approach dog training from a human-animal bond standpoint, which involves looking at how the owner lives with the dog and how that lifestyle is affecting the dog’s behavior.”

One of the best ways to avoid behavior problems before they start is to enroll in a dog training class early, ideally when the dog is young. These classes not only teach good manners, but can help the dog become more comfortable around other dogs and people. For dogs with a problem with aggression, there are private trainers who can help owners and pets on an individual basis.

Matching the animal to the owner’s lifestyle is very important, and many behavior problems can be avoided by choosing a pet carefully. Before you decide to get a pet, research the needs of that animal and find out about breed-specific characteristics that need to be taken into consideration. Remember that most of the time, getting a pet on a whim is a very bad idea.

If you have a dog that has a behavior problem or you would like to enroll your pet in a training class, contact your local veterinarian and ask for a list of dog training clubs in your area.

Dr. Smith’s clinic, the 29th Avenue Animal Hospital, is located in the East 29th Avenue Town Center at Stapleton in the courtyard next to Fantastic Sams. Call (303) 394-3937 for more information.



Eat Good Food

by Annie Brown

Eat Good Food

It’s cliché: Irish food in March. But if there’s any month to eat Irish food, March is it. The skies often are gray, it’s cool and blustery – in other words, it’s Irish outside – and most of us still crave the comfort foods of winter.

One of my favorite Irish dishes is called Colcannon. In its purest form, Colcannon is simply potatoes and cabbage, but you can make it far more elaborate by adding bacon, leeks, roasted garlic, and whatever else interests you.

Colcannon was traditionally served on Halloween, a saints’ day where no meat was to be consumed, and the dish has inspired many different traditions. It’s often served with little treats inside wrapped in tinfoil, such as a ring or a coin. Or, if it’s All Saints Day (the day after Halloween), some families leave it out on the table with a big piece of butter to feed the fairies and ghosts.

One of the reasons I love Colcannon is because its comfort food at it’s best. And if you don’t go overboard on the butter (adding an entire head of roasted garlic boosts the flavor of this dish without adding saturated fat) you will also come away with a dish that is very healthy. Among other things, it’s full of vitamin C.

Cabbage is a member of the Cruciferae family. Other members include kale, broccoli, collards and brussel sprouts. Recent studies have found that if you don’t overcook these vegetables, their cancer-fighting properties remain quite high. In fact, a recent study indicated that women who regularly consumed vegetables from the Cruciferae family were shown to have a much lower risk of breast cancer. The key is in the cooking – overcook them, and the health benefits melt away. For cabbage the rule of thumb is no more than 5 minutes of direct heat before the health benefits fade.

Potatoes are a much-maligned vegetable in this country, and yet for hundreds of years they helped sustain many populations around the world. They contain so much vitamin C, and their shelf-life is so long, that they were brought on long ocean voyages to prevent scurvy. And interestingly, the scientific name for the potato is *Solanum tuberosum*, and *solanum* is derived from a Latin word meaning “soothing”.

I like to serve this heavy side dish with a light protein such as a piece of poached or broiled salmon. Not only is this an easy choice, but it is certainly one that would be served on Irish tables today with Colcannon. And, if you are serving this to children, why not turn back to the tradition of hiding little coins or rings in the dish? It just might lead to a child actually try it!

Annie Brown is a Stapleton resident and independent food consultant who is often referred to as “the Food Police” by members of her family, although she prefers to think of herself more as “the Hall Monitor.” Annie may be reached at anniesbrown@yahoo.com.

Colcannon

- 1 1/2 pounds (about 2 large) russet (baking) potatoes
- 3 cups thinly sliced cabbage or kale
- 1/2 cup milk, scalded
- 2 tablespoons unsalted butter, cut into bits and softened
- Sea salt and freshly ground black pepper

Peel the potatoes and cut them into 1-inch pieces. In a saucepan cover the potatoes with salted water and simmer them, covered, for 15 minutes, or until they are tender. While the potatoes are simmering, in a steamer set over boiling water steam the cabbage or kale for 5 minutes. Drain the potatoes in a colander, force them through a ricer or the medium disk of a food mill into a bowl, and stir in the milk, the butter, the cabbage/kale, and salt and pepper to taste.

Alternative additions:

- Add two leeks that have been sauteed in a little olive oil
- Crumble bacon on top
- Add an entire head of roasted garlic (peeled and coarsely chopped)
- If using kale, try steaming and then pureeing it in a food processor before adding to the potatoes – it will give it an overall green-flecked look that’s quite appealing.



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The logo for Stapleton United Neighbors features the text "Stapleton United Neighbors" in a sans-serif font, arched over a stylized sun and a building. The sun is a large, dark gray circle with the word "SUN" in white, bold, sans-serif capital letters. To the right of the sun is a stylized building with a gray facade and a white roof with three small black squares.

Two forums held on February 15 and 16 sponsored by the Park Creek Metropolitan District and SUN gathered significant input on the planned Stapleton Recreation Center. After the design and implementation teams presented an impressive array of architectural plans and programming ideas, residents and other participants met in small groups to generate additional ideas for the Recreation Center. In addition to discussing desired exercise amenities, participants offered suggestions to ensure efficient traffic flow, encourage biking, walking, and jogging to and from the facility, and to make the center much more than mere bricks and mortar by providing community programs ranging from bike rides to league sports to adventure tours. On a different note, residents also expressed interest in pursuing a public library in the Stapleton area. Of course, obtaining the necessary financing for these projects within a developing area like Stapleton that has many competing needs presents a continuing challenge, and ultimately will determine how soon a completed Recreation Center will be available to the public (estimates range from a best-case scenario of fall of 2007 to as late as 2011). Please show your support for the Recreation Center by sending a letter or email to Dick Anderson, Chief Executive Officer of the Stapleton Development Corporation and First Vice President of the Board of the Park Creek Metropolitan District, at 7350 East 29th Avenue, Third Floor, Denver, CO, 80238.

Stapleton United Neighbors (SUN) will hold its annual elections on **Tuesday, May 16 at 6:30pm at Westerly Creek School**. We anticipate 7 of the 15 Board seats will be up for election this year, as each member is elected to a

Editor's Note: Bill Fulton is the Co-Chairman of SUN's Outreach Committee, which meets on 2nd Tuesday of each month, 6:30-7:30 at 7805 E. 28th Avenue.

A black and white photograph of a man with dark hair, smiling broadly. He is resting his head on his right hand, with his fingers spread. He is wearing a ring on his ring finger. He is wearing a dark, textured sweater. The background is slightly blurred, showing what appears to be a brick wall.

"I definitely wouldn't retire because I love what I do. I would probably spend more time fly fishing in places such as New (winning the lottery) nice fly rod!"

A black and white portrait of a young woman with dark hair, smiling warmly at the camera. She is wearing a light-colored baseball cap with a small logo on the front and a dark-colored hoodie. The background is slightly blurred, showing what appears to be an indoor setting with a window.

close to luggage and take them on a shopping spree, and then travel the world. And I would give a lot to charity, probably including cancer research.”

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A stylized line drawing of a castle with multiple towers and flags, set against a background featuring a large crescent moon. The words "fairytales & feelings" are written in a decorative, cursive font across the middle of the illustration.

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A line drawing of an open box. The inside of the lid is labeled "Essential Life Skills" and "THE SEVEN ARTS". The box is surrounded by decorative swirls and stars.

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M.C.A. News



Kyle McGinnis

“I would buy a shooting guard for the Nuggets.”

David McGinnis, 3

“I would like to buy a big train, a real steam engine.”

Jamie McGinnis

“If I won the lottery I’d want all the usual things like to buy a bigger house at Stapleton, to quit my job, and to buy all my friends and family a vacation. I would save a lot of it for my future and for David’s education. I’d also hire a live in massage therapist and a cook and a personal trainer.”



Nandi Scherbl, 12 (left)

“I think I would give most of it to charity, UNICEF probably. Some of it I would put on my college account. Maybe I would go shopping, just a little, for clothes.”

Drazana Scherbl 17

“I’d put 1/3 in an investment so it would keep growing. A third I would give to a charity organization that fights AIDS. I was born in South Africa, where about 45% of the people have AIDS. That’s why I would donate some of the money to an organization that fights AIDS there. I would use the last third to travel in Asia or Australia because those are the two continents I haven’t been to yet.”

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Email Notification: This service makes extensive use of email to extend the reach and timeliness of our community information. In other words, we’ll use email to bring important information to you. If you haven’t already signed up and wish to help save our Association money by reducing the cost of printing and postage, go to “My Profile” and update your contact preferences.

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Keven Burnett is the new Executive Director of the Stapleton Master Community Association. He may be reached at KBurnett@ManagementSpecialists.com.

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Harvard Communities

The Architect Collection Model Opening Early March

Harvard Communities has announced the arrival of the Architect Collection at Stapleton with the unveiling of the Tower model decorated by Lita Dirks & Co., a nationally recognized leader in model home merchandising.

“The look is fresh but familiar,” says John Keith, president of Harvard Communities.

“Modern elements like banks of loft-style windows and tower rooms combine with Prairie, Shingle and Italianate styles to fit in beautifully with Stapleton. Inside, the model merchandising is as appealing, innovative and intelligent as the exterior design.”

The Tower model, at 9716 34th Avenue, was inspired by the famous tower homes at Seaside, Florida, and is a three-bedroom, three-and-a-half bath home offering more than 3,100 square-feet and stunning mountain views. The Tower features a tower loft on the third floor atop a two-story study/library where natural light floods through banks of divided windows. The interior reflects a contemporary traditionalism design which compliments the exterior of the home. Every detail from the furnishings to the accessories echo a certain element of today’s design style with a thoughtful essence of a homebuyer’s every day lifestyle.

Visitors entering this home experience

“an abundance of color teamed with sophistication.” Intricate detailing lines the ceiling of the entry and creates a common thread of custom trim work throughout the home including the two-sided fire place, casing, stair newels, railings, the dining room and master bedroom. The gourmet kitchen features a breakfast nook, solid slab granite and an oversized,

uniquely shaped island. Maple cabinetry is coupled with stainless steel GE Profile appliances for a sleek, contemporary look. The kitchen is open to the family room creating a spacious entertainment area. Floor to ceiling windows on two walls in the family

room are accented by ten foot ceilings and provide a view of the patio which extends the living area to the outdoors. The formal dining room rounds out the traditional aspects of the home.

Two other homes offered by Harvard Communities in The Architect Collection include:

- **Courtyard.** This three-bedroom, three-and-a-half bath, 2,793 square-foot home can option up to four bedrooms. Courtyards maximize indoor-outdoor living that makes the best of Denver’s climate and Stapleton’s mountain views.
- **Atrium.** The most traditional-looking home in The Architect Collection. The 3,277 square-foot, two-story, four bedroom, three-and-a-half bath home includes a full basement and two/three-car garages.

The homes are “built smart” for efficiency, safety, performance and lasting value. Each home meets the stringent energy-saving standards of the Environments for Living Program (EFL) sponsored by Masco Contractor Services and two of the nation’s leading building science companies.

EFL “Gold Plus” certification gives homeowners a three-year guarantee that energy use will remain within a prescribed level in a three-degree “comfort zone.”

The Architect Collection is priced from the \$700s. To visit the newly decorated model at 9716 34th Avenue, take the following directions: From Quebec go east on Martin Luther King Jr. Blvd. Go approximately one mile to Elmira St. and turn left. Take the next left on 31st Avenue (which turns into Dayton Street). Turn

right on 34th Avenue. The model is on the right hand side across from the park. The sales office and model is anticipated to be open daily from 10 a.m. to 5 p.m. and noon to 5 p.m. on Sunday. For more information visit www.thearchitectcollection.com or call Sheri Ogilvie at 303.789.4440.



Harvard cutline

New Live/Work Product Makes Its Debut at Stapleton

Commencing this spring, New Providence Company will introduce a new type of living and working environment to the Stapleton mix. WorkPlace Lofts consists of 22 residential live/work lofts and flats and 6,000 square feet of retail space along the southeast side of Central Park Boulevard. This unique enclave of residences, shops, restaurants and small businesses, courtyards and terraces

integrates and celebrates both living and working under one roof. In addition, there are some obvious advantages to this type of living arrangement. One example might be an overall increase in quality time and productivity due to the elimination of a long commute.

Fourteen live/work units will include two or three bedrooms plus two-car attached garages, basements and ground



New Providence Company's Live/Work Lofts near Central Park and Montview Boulevards.

will contribute significantly to the urban design, visual interest, growth and vitality of the southern gateway to Stapleton.

For several reasons, consumer trends indicate more and more people would like to work from home. Yet, most residential products often lack the space, layout or location to accommodate a full-scale home-based business. WorkPlace Lofts is a fresh interpretation of the shopkeeper living above the store in centuries old European towns. Rather than compromising the two, thoughtful design results in a home that

floor flex space suitable for a variety of commercial uses. Eight one- and two-story units will be above 6000 square feet of retail space, which is available for lease.

Developed by Denver-based New Providence Company, WorkPlace Lofts are located on the southeast end of Central Park Boulevard, just north of Montview Boulevard. First occupancies are expected in late 2006. For more information on WorkPlace Lofts, call 303.293.2255 or visit www.liveworkstapleton.com.

Mayor Announces Urban Solar Plant at Stapleton

Denver Mayor John Hickenlooper has announced plans to build one of the nation’s first municipally-owned urban solar power plants at Stapleton.

The new solar facility will provide power for the Denver County Jail, located east of Stapleton, with reduced general fund expenditures for electricity more than offsetting the cost of construction. Located near Havana and Smith Road, the plant is expected to produce between one and two megawatts of electricity – enough to power the equivalent of more than 1,000 homes.

“Reducing our use of petroleum and coal-based energy is one of the primary goals of Denver’s Sustainable Development Initiative,” said Hickenlooper, who launched the sustainability initiative last April. “With the construction of this plant, we will continue our progress toward making the Denver metro area a national leader in renewable energy.”

“Northeast Denver, with its pioneering Stapleton Redevelopment built around the vision of environmental sustainability, and home to the neighboring Sand Creek Greenway, Bluff Lake natural area and Rocky Mountain

Arsenal National Wildlife Refuge, is the perfect location for this exciting venture,” said District 11 City Councilman Michael Hancock, in whose district the plant will be located.

The City and County of Denver will be responsible for the overall management of the solar plant and will contract out the construction and operations of the plant. The City of Denver hopes to break ground on the plant later this year and complete it in 2007.

Last year, Mayor Hickenlooper announced Denver’s participation with 200 other U.S. cities in committing to local efforts to reduce global warming pollution, in keeping with the goals of the Kyoto Protocol which went into effect in 141 countries on February 16, 2005.

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Ask Us About IRAs

At the Credit Union at Stapleton, you’ll find knowledgeable financial services representatives who can assist with your financial needs—and answer your questions. This is the ideal time of year to explore the many benefits of opening or contributing to an Individual Retirement Account (IRA) for 2005.

You’ll find a variety of IRAs—Traditional IRAs, Roth IRAs, and Coverdell Education Savings Accounts—and Credit Union staff can provide the information you need to evaluate the choices that are right for you. They can help explain the increased contribution levels, how to make catch-up contributions, and how different types of IRAs can benefit you. Consult your tax advisor regarding the deductibility of your contributions.

There’s still time to make a 2005 contribution before the April 17 deadline. Call or stop by today. The Credit Union at Stapleton is located at 3700 North Quebec, Unit 102, behind Panera Bread.

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Pre-sales Open for Denver Brownstones Overlooking Central Park

Pre-sales have begun for The Denver Brownstones that will overlook Stapleton's Central Park. The elegant homes will have classic architecture reminiscent of New York's 19th century brownstones. Brownstone homeowners will enjoy views of Central Park and the Front Range Mountains from their terraces and penthouse rooftop. "Interest in The Denver Brownstones



Artist's rendering of the Denver Brownstones that will overlook Central Park

has already been incredible," said Jennifer Gore, sales and marketing for the Brownstones. "The Brownstones provide a lifestyle choice in a price point not yet offered at Stapleton. These upscale, low maintenance homes appeal to a selective homebuyer wanting the perfect balance of style, livability, quality and community." The luxury appointments include a private elevator, custom crafted kitchens with commercial appliances, 14'ceilings in the foyer and parlor, formal dining, rooftop terrace and a penthouse which can be used for an extra bedroom, exercise room, recreation center or even a theater. The Park Avenue and the Manhattan plans range from 3346 square feet to 3474 square feet square feet and also include a three-bay garage, mud

room off the garage with coat closet and bench, tech niche, laundry room on the bedroom level and in-suite bathrooms in the secondary bedrooms. The Denver Brownstones were designed by Godden|Sudik Architects of Centennial and merchandised by Amirob & Associates, an award-winning interior design firm in Denver. The Denver Brownstones are built to Energy Star standards for maximum resource and energy efficiency, and are located a short walk from public schools, shops, restaurants, services, parks and transit. "Touchstone's homes at Stapleton blend new technologies for communications and resource efficiency with traditional architecture and neighborhood design," said Dan Mues, a Denver native and admirer of historic architecture who is general manager of Touchstone Homes, builder of The Denver Brownstones. Pricing for The Denver Brownstones is from the \$900s. Names may be added to the VIP interest list by calling 303.853.0989 or visiting www.denverbrownstones.com. The sales office is located in the CTEK building at 7706 Martin Luther King Jr. Blvd. Please call for an appointment. The Denver Brownstones are marketed exclusively by Jennifer Gore Unlimited, LLC.

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Training the Well-Behaved Dog

Jessica Lovato, Certified Veterinary Technician at 29th Avenue Animal Hospital in Stapleton's Town Center, has teamed up with Happy Dog Daycare to offer obedience classes for both puppies and beginning adults. Jessica has six years experience working in animal shelters primarily with dogs. That experience includes three years of which she worked in the Behavior Department as an Animal Behavior Technician at the Dumb Friends League. In that capacity, she provided shelter dogs with basic obedience training and worked on modifying bad behaviors to help make the dogs more adoptable and better candidates for permanent placement



Jessica Lovato, dog obedience class teacher.

into homes. She performed temperament testing to evaluate behavior, and taught public obedience classes. During these years she was exposed to many breed types and has experience dealing with almost any kind of dog. Jessica has four dogs of her own, all of which have completed obedience classes and live as wonderful companions in her home. She is a member of the Association of Pet Dog Trainers and is currently working towards her national certification with the Council for Pet Dog Trainers. To obtain more information about animal behavior training offered with Happy Dog Daycare, call Jessica Lovato in the 29th Avenue Animal Hospital at (303) 394-3937.

Sand Creek Enthusiasts Find a Home at Stapleton

In June 2002, Sigler Communications Account Manager Chuck Montera attended the official opening of the Sand Creek Regional Greenway Trail at Stapleton. As a member of a small working group that had developed the logo for the Sand Creek Regional Greenway Partnership,

Chuck found the occasion memorable. He also found the place where he wanted to raise a family. At the conclusion of the Sand Creek festivities, Chuck returned home and described with great excitement to his wife Rhonda what he had (continued on p.16)

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PEOPLE AT STAPLETON

Dining, Dancing and Donating To Fight Cancer

Ken Sakal, a Stapleton resident and 13-year cancer survivor, will host a fundraiser for the Lance Armstrong Foundation (LAF) to benefit the fight against cancer on Saturday March 11 at 6:00 pm. The fundraiser will be held in the Supreme Court Café & Nightclub, 1550 Court Place on Downtown Denver's Sixteenth Street Mall. Tickets are \$25 with proceeds from ticket sales being donated to the Lance Armstrong Foundation. To order tickets, call Ken Sakal at 303-377-3938 or purchase tickets online at www.blacktie-colorado.com/rsvp and enter event code: LiveSTRONG (all one word, not case-sensitive).

Ken will also be participating in the LIVESTRONG Ride, to be held in Denver on August 20, 2006. The LIVESTRONG Ride is the Lance Armstrong Foundation's signature fundraising event. This annual series of cycling events takes place in cities across the country, enabling anyone to raise funds and support the Lance Armstrong Foundation's mission to inspire and empower people affected by cancer.

Visit www.livestrongride.org/06CO/kensakal to make a donation to the Lance Armstrong Foundation in support of Ken Sakal's fundraising efforts and his participation in the LIVE-STRONG Ride in Denver.



Ken Sakal, raising funds for the Lance Armstrong Foundation.

Lee Boyd *(continued from page 1)*



Lee Boyd, Manager of Tires Plus, with his dog Chesty.

the most successful Tires Plus stores in the region, Lee is known as someone who will do everything within his power to make his customers happy. Many people know him to be quick to provide free repair of flat tires to people in need; many more know him as a man who is generous to his community.

"I have a heart for kids," Lee says, but that doesn't begin to describe how much he does for the young people of the Greater Stapleton area. As the father of a seven year old son, Andrew, Lee is famous for contributing to the Cub Scouts, Little League Baseball and youth football (he once bought uniforms for an entire team of kids). He has also donated complete sets of tires to school auctions and is quick to arrange carwashes to help kids raise money for their favorite activities.

Lee Boyd has a heart for something else as well: bass fishing. He runs catch-and-release tournaments for American Bass Anglers and notes proudly that his favorite fishing tackle is from Matzuo America, a Denver based company. Lee's hidden talents also include the ability to cook over an open grill. Watch for information about his next free car clinic at which he will be serving up crawfish for anyone who wants to learn more about maintaining their cars in good working order.

Tires Plus in Stapleton's Quebec Square is open from 7am to 7pm Mondays through Fridays, from 7am to 6pm on Saturdays, and 9am to 5pm on Sundays. Call 303.322.5312 for more information.

Sand Creek Enthusiasts

(continued from page 15)

seen at Stapleton. Once he took Rhonda on a tour of Sand Creek and the new community growing up around it, she also became convinced that Stapleton would be their home. The couple moved to Stapleton in Thanksgiving of this past year and they now live in a home that is within easy walking distance of the Sand Creek Greenway.

"Stapleton appealed to us as a great place to raise a family," said Rhonda, who is expecting the couple's twin boys to arrive in July. "Stapleton is a well thought out mix of homes with a lot of character and great parks." Noting that he recently encountered deer while exploring Stapleton's Bluff Lake Natural Area, Chuck added that he is looking forward to the day he can take his children hiking in Stapleton's open space.



Chuck and Rhonda Montera

In addition to his work at Sigler Communications, Chuck is a musician who plays guitar and sings with a band that plays hits he describes as "from the Sixties and beyond." Rhonda, who is a video producer for the Dish Network, says she and Chuck are "urban folks" who enjoy the amenities of living in the city. Rhonda grew up in Washington, D.C. where she enjoyed the mix of restaurants and museums readily available to her.

"Colorado is the best of all worlds," she says. "It has culture and art and wonderful outdoors as well."

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