

A guide to holding events near Stapleton

Entertaining Close to Home



Stapleton is a community where people like to gather. In good weather neighbors are talking in the park, on the sidewalks, and over coffee in the Town Center. It's easy enough for a couple of families to spontaneously catch dinner together. But what about gathering for a meal with 15 or 30 people? Where can the entire soccer team's families dine at 3pm Saturday after a game? At first glance one might think Stapleton doesn't have many places to accommodate a large group. Look again.

We've assembled a list of places and people close to home who will make it easy to have a large gathering. Look what's here: Five unique kids' birthday party venues. Entertainment from Andean music to opera. Home baked desserts. Wine experts. Ideas and supplies for theme parties. Private event facilities. Restaurants that will rearrange to let your group sit together at one big table. It's all here at Stapleton. And it's all on pages 6-9 in this issue.

Upper left: Friends gather for a birthday party at Udi's, where the restaurant will rearrange their tables to accommodate groups at one large table. Lower left: Baby Power puts on birthday parties while the parents relax and watch the fun. Above: Famous Dave's BBQ caters parties of all sizes.

Activities in the greater Stapleton area

Summer Fun for Kids

By Kathy Epperson

Summer is just around the corner. You're dreaming of warm evenings dining alfresco, boisterous block parties, and gardens come to life once more. And then it dawns on you... the kids will be out of school.

Before you start wondering how you'll keep young ones away from the TV and engaged in healthy activities, check out this sampling of the great programs available this summer in the greater Stapleton area. Whether your child is into dinosaurs or golf, crafts or gardening, there's something for everyone. Registration has begun for many of these summer programs, so take a look! Contact organizations directly for more program and registration details.

(continued on page 13)



Kids' summer camp at the Botanic Gardens.

Bass Pro at NorthField

Islamorada to Open April 18

Islamorada at NorthField was designed to emulate its namesake in Florida, the original Islamorada Fish Company Restaurant which began as a marina snack bar in the late forties. It was located next door to World Wide Sportsman™, the famous fishing outfitter and retailer. People who visit that restaurant watch the boats come into the docks and watch the fishermen unload their catches. At the NorthField Islamorada Restaurant, customers can see salt water fish that are indigenous to the Islamorada area in a 13,000 gallon fish tank.

(continued on page 24)



A huge fireplace sits in the center of the restaurant.



2005 Spring Showcase at Stapleton

Mark Your CALENDAR

2006 STAPLETON EVENTS



EVERY MONTH

Third Monday

Stapleton Pool Committee
Call Jennifer Graham at 303-355-9600
for date and time

Every Tuesday

AA Open Discussion Meeting
Bladium 8:00pm
[Joe Mc at 303.912.7075]

Second Tuesday

Stapleton Residents' Social Events Comm.
Call Jennifer Graham at 303-355-9600 for
date and time

Second Tuesday

New Resident Orientation Meeting
Call Jennifer Graham at 303-355-9600 for
date and time

Third Tuesday

Stapleton Business Association
Call for location 8am
[Stapleton Foundation 303.393.7700]

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]

Second Wednesday

S.U.N. Transportation Comm. Meeting
2393 Alton St. 6:30 - 8:30pm
[Michael Johnson 303-292-7808]

EVERY MONTH

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 Showcase
Founders' Green 2 - 4pm

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

JUNE

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



2005 Spring Showcase at Stapleton

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 15, for pool hours.

Check two weeks prior to
the event for specific information.

*www.StapletonDenver.com

**www.StapletonOnline.com
(requires registration)

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CTEK Client at Stapleton

New Technology Transforms the Effectiveness of Online Search

A Colorado-based company that is the first client for CTEK's new venture center at Stapleton is helping businesses stretch their search engine marketing dollars through a powerful new technology called "VisitorTrack."

Known as "netFactor" (www.netFactor.com), the company is able to uncover dramatic details about the visitors to its clients' websites.

"It's just like caller id for a website" said Christopher Jeffers, CEO of netFactor. "VisitorTrack automatically captures detailed insight on the businesses visiting a website without that Visitor ever having to provide any kind of registration. This includes who the business is, just what products they are searching for, contact data like telephone, address or company website. The system even provides executive contacts and names."

Mr. Jeffers said only now are advertisers starting to "do the math." They've watched the stock prices rise at search engines like Google and Yahoo - so much so the value of these internet companies now exceed such old-world firms as General Motors. But unlike the delighted shareholders in Google and Yahoo, businesses who buy advertising at the search engines are not so happy with the rising costs and dwindling effectiveness of the medium.

Advertisers pay a fee to grab text ads which appear at the top of an internet search page based on searches for "keywords," in much the same way as a "live auction" bid on EBay, the popular online auctioneer. Whoever pays the most for any given word, or phrase, gets to be number one on a search engine. But unlike the online auction-house, there's also a second place, third - even a 40th. It all depends on how much the advertiser is willing to "pay-per-click." And as buyers of these text ads pay more and more, up goes the stock price. In fact, between 2004 and 2005, advertisers snatched up 58% more keywords, and are paying more for them. Mr. Jeffers notes this phenomenon has driven Search Engine Marketing to a spending level of \$5.75 billion - a 44% increase over 2004.

Armed with the kind of data VisitorTrack uncovers, businesses can orient their sales and marketing efforts to prospective business customers already searching for their products, and more likely to buy.

"VisitorTrack is the key that really turned our SEO efforts into gold" stated J.T. Gillett who oversees internet marketing for Plexis Healthcare Systems, a user of VisitorTrack. "Successful search engine marketing makes it easy to find our website. But unless visitors downloaded information or requested a live demo, we

did not know anything about them. Our VisitorTrack reports become the basis for follow-up that includes research by our



sales team, a personalized letter pitching targeted benefits, such as a free white paper offer, and a call from a sales team member to suggest additional information about our software's benefits."

"VisitorTrack equips us with key indicators such as who visits our site, how often and where they came from," said Steve Royer, Senior VP and COO of Insession Technologies, a provider of CRM and workflow software "This information is critical because we now know if marketing dollars spent on search engines and keywords are providing a valuable return."

Spanning many industries, including telecommunications, software, and health-care, netFactor has already grown to nearly 20 corporate clients. While VisitorTrack is uncanny at the details it can uncover about the business visitors to a website, consumers who prefer to anonymously surf have nothing to worry about.

"VisitorTrack is 100% a Business-to-Business technology" explained Mr. Jeffers. "We actively filter out any data that originates from a consumer-oriented ISP like Comcast or AOL. Importantly, no personally identifiable information is ever captured. Instead, VisitorTrack yields detailed information only on the businesses visiting a website."

Mr. Jeffers observes that with the costs of paid advertising on a search engine

projected to continue their escalation, as well as the increased competition for limited web page real estate, business organizations will be seeking to get more from their online marketing investment.

"How much more is that invisible click worth when you can know who it is what they want, and how to reach them?" he asks. "CTEK Stapleton's netFactor is poised to help marketers take those Google clicks to a new level."

Stephen Miller, Executive Director of CTEK Stapleton, said "netFactor represents exactly what the venture center is looking for in prospective clients: a dynamic, innovative entrepreneur with a compelling product, poised to change the way we do business." Mr. Miller may be reached by calling 303.321.5555 or sending an email to Stephen.miller@ctek.biz.

Arrest may solve 50 burglaries

Officer Tyson Worrell Selected District Two "Top Cop"

The Denver Police Department District Two Top Cop Citizens Committee has selected Officer Tyson Worrell as its "Top Cop" for February 2006.

In announcing the award, the citizens committee joined Officer Worrell's superiors in saluting his overall outstanding performance and service to the City and County of Denver and the residents of Northeast Denver. During the reporting period of January 23, 2006 until February 11, 2006, Officer Worrell made 13 Class 2 arrests and 23 Class 1 miscellaneous arrests. Class 2 arrests are arrests which are "officer initiated" or observed and acted upon as compared to Class 1 arrests which are the result of a radio dispatched call.

If not for the motivation of Officer Worrell, these 36 criminals might still be

on the streets committing more crimes. In one case, he learned of the location of two parties wanted in a burglary investigation and organized an arrest team that took the suspects into custody

with their valued possessions.

Because of the rapport that Officer Worrell established with one of the suspects at the time of the arrest, the suspect agreed to cooperate with the District Two detectives. Since his arrest, this suspect has admitted to being involved with over 50 burglaries in Denver, since December 2005. He has taken detectives to numerous homes that he and another suspect broke in to and has assisted in recovering large amounts of stolen property. The District Two detectives have also been contacted by investigators in Ohio, Indiana, and Missouri who believe that this suspect and his accomplice have committed numerous crimes in their jurisdictions.

The District Two Top Cop Citizens Committee expressed its gratitude to Officer Worrell and his fellow officers for the excellent police work that is done on a daily basis by the men and women of the Denver Police Department.



Members of the District 2 Top Cop Citizens Committee salute Denver Police Officer Tyson Worrell (far right), who was chosen the "Top Cop" for the month of February 2006.

without incident. While making the arrest, Officer Worrell and the other members of the arrest team recovered a large amount of stolen property, including several high value pieces of heirloom jewelry. Within five hours of finding their home burglarized, the victims were reunited

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The Urban Farm Initiates Planning for Agricultural Charter School

By Buffie Berger

Planning has begun to establish Denver's first and only agriculturally based secondary school charter school. A strategic dream of The Urban Farm at Stapleton, The Farm School, which is envisioned to open in the fall of 2007, would serve students in grades six through twelve.

"The Farm School for Applied and Natural Sciences," the current working name for the project, is being designed to engage students in an academically challenging and experientially based educational program within the context of using the natural sciences and agricultural education. The intent of The Farm Charter School will be to unlock the potential of each student through a program that provides intellectual stimulation, develops knowledge and skills and enhances problem solving abilities through the vast "hands-on" opportunities available at The Urban Farm.

Donna Garnett, Executive Director of The Urban Farm, describes the school in this way. "The Farm School is intended to appeal to the middle and high school student who is already thinking about possible careers in veterinary science, natural resources or other biology and life-sciences based careers. We are very excited about the possibilities of guiding youth along a purposeful academic

path that will prepare them for post-secondary programs. The Farm School is a natural extension of the type of learning that children already experience in our after school programs. The excitement and enlightenment that comes with interacting with the farm environment as part of their academic program will be a springboard to academic excellence now and in their future."

Components of the academic program will include curriculum tailored to individual learning styles, developmental needs and intellectual interests; a focus on multicultural and global perspectives; a commitment to the community beyond the school; arts, sciences and humanities equally valued in an interdisciplinary curriculum; learning through direct experience and primary materials; and a commitment to a healthy body through sports and outdoor play.

To learn more about The Farm School for Applied and Natural Sciences, members of the Stapleton Community are invited to attend an

information session on Thursday, April 27th at The Urban Farm, which is located near the crossroads of Smith and Havana.

Buffie Berger is the Farm School Consultant to the Urban Farm at Stapleton. For more information, please contact her at bberger@theurbanfarm.org.

Cerebral Palsy of Colorado, ARC Thrift Stores and CH2M Hill Announce "Spring Clean" on Earth Day

Cerebral Palsy of Colorado and ARC Thrift Stores will celebrate Earth Day 2006 on April 22nd with 50 volunteers from CH2M Hill to help collect and recycle a wide variety of used products to raise funds for its programs and keep those items from being thrown into landfills.

Cerebral Palsy of Colorado recycles year round and is part of Earth Day Network, a non-profit organization that coordinates worldwide events that raise environmental consciousness on Earth Day and year-round. "We are part of this important network for two reasons. First, we are trying to preserve our environment by keeping these harmful items out of landfills, and secondly, to raise funds for our programs.

"Over 300 million empty printer cartridges and cell phones are thrown annually into our already cluttered landfills, where they may leak chemicals," said Judy Ham, President and CEO of Cerebral Palsy of Colorado. "These toxic materials have been associated with cancer and a range of reproductive, neurological and development disorders. It is in everyone's best interest that they be safely recycled," Ms. Ham added.

Among the household items to be recycled are clothing, electronics, linens, and toys. Also included are ink jet and laser cartridges, cell phones, computers, monitors, and printers (must be desktop versions - no floor standing models will be accepted). Donors bear sole responsibility for removing or securing any personal data from any donated items. Items will be accepted from 9-5 on April 22nd at area ARC Thrift Stores. For a complete list of sites, visit: www.cpcoco.org.

LIGHTER MOMENTS

A motorist was mailed a picture of his car speeding through an automated radar post in Plano, Texas. A \$40 speeding ticket was included. Being cute, he sent the police department a picture of \$40.

The police responded with another mailed photo of handcuffs.



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Since You've Asked...

Are there light rail plans for Stapleton?

The FastTracks program includes a rail connection that is likely to be “commuter rail” (diesel-electric rather than overhead electric power) between Downtown Denver and Denver International Airport via the rail corridor that passes through Stapleton along Smith Road. A rail station is planned to be part of a new multi-modal transit station in the area of Smith Road and Ulster.

Will there be a library?

Forest City has been in discussions with The Denver Public Library (DPL) about our interest in bringing a library to Stapleton, but DPL does not have the funds to do so at this time.

When will Smith Road connect between Havana and Quebec?

The Stapleton Development Plan does envision the extension of Smith Road from Quebec Street east to Havana, but there is no specific timetable at this time.

What are the police management plans for Stapleton? We will still be in District 2? Will we have our own precinct?

The City of Denver is exploring that question at this time. Contact Commander Rhonda Jones of Denver Police District 2 at 720.913.1000 for more information

How can I report areas of speeding or construction traffic where it should not be?

To report speeding, contact Denver Police Traffic Operations Bureau at 720.865.6905. To report problems with construction traffic, contact Stapleton Community Manager Diane Deeter at communitymanager@StapletonDenver.com.

What are the plans with CPB and I70 Interchange? Short term and long term.

Working with the Colorado Department of Transportation and the Federal Highway Administration, Forest City and the Park Creek Metropolitan District are planning a new interchange on I-70 that would provide new access to Stapleton north and south of the highway via an extension of Central Park Boulevard, a major north-south arterial. Efforts are underway now with the Colorado Congressional Delegation to identify the sources of funding for that interchange.

Stapleton School Bldg. Named for William Roberts, New K-8 Campus to Be Called Westerly Creek

By Brian Weber

The Denver school board on March 16 formally named the second school building at Stapleton for William R. Roberts, a longtime city councilman from northeast Denver and prominent leader of the Afro-American community who died in late 2005.

The new Stapleton K-8 school that opens in the fall and includes the second building will be known in common reference as “Westerly Creek Campus.”

Mr. Roberts was one of the leading advocates in the 1980s to close Stapleton International Airport and build Denver International Airport. Mr. Roberts was also the city’s public works manager and deputy mayor in the early 1990s, as well as a member of the Denver Water Board.

Northeast Denver school board member Kevin Patterson proposed naming the building for Mr. Roberts because of his contribution to the development of the new community on the old airport site.

In the fall, the second school building will form a K-8 school with Westerly Creek Elementary. Westerly Creek will become an ECE to grade three and the

second school will serve grades 4-8. The reconfiguration was prompted by the large number of infants and young children living at Stapleton and concern about competition for students and resources between two schools located close together. Westerly Creek is located at 28th Avenue and Akron Street. The second building is approximately a half mile south near Montview and Central Park boulevards.

In late 2004 community members began a process to create one school to preserve a true sense of community. The Denver school board approved the reconfiguration in November 2005.

Many Stapleton families have favored Westerly Creek as part of the name of the new school. Mr. Patterson said he wanted to name the building, not the new K-8 school. He said he welcomed Westerly Creek Campus as the commonly used name for the school. He also agreed that signage at the second building could say “William R. Roberts at Westerly Creek” if an aesthetically pleasing design can be developed.

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

Don't Let April 15 Pass You By

By Jessika Aerni

April 15 has long been considered a date to avoid. Visions of tax men coming for your money are common in many advertisements on television and in print.

Wouldn't it be nice if you could do something to lower your federal income tax burden instead of mailing a big check on April 15? With a traditional Individual Retirement Arrangement (IRA), you may be able to do just that.

A contribution of the 2005 maximum of \$5,000 prior to April 17, 2006 could reduce your taxable income, making your federal tax burden less for the year. If you were 50 or older by the end of 2005, you can add a \$1,000 catch-up contribution to potentially reduce the tax burden even more. If you already have a traditional IRA,

plan to make a contribution prior to the April 17 deadline. If not, talk to a financial professional as soon as possible to start one.

There are restrictions governing who may contribute to a traditional IRA. If you don't qualify, consider a Roth IRA. You won't get the federal tax advantages now, but qualified withdrawals can be made free of federal income tax during your retirement years.

Either way, having a plan for retirement is important. You owe it to yourself to make the best plan as soon as possible.

Jessika Aerni is a State Farm® agent in Quebec Square. Call 303-377-5433.

NOTE: The March Front Porch incorrectly stated Jessika Aerni is a real estate agent. She is, in fact, an insurance agent.



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Birthday Parties

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East 29th Ave. Town Center
303-377-KICK(5425)
Mike Giles Karate Studio offers 1 1/2 hour birthday parties that include cake, candles, decorations, games, and bouncing castle. Your child will be a Black Belt for the day!



“Black Belt for the Day” birthday parties at Mike Giles Karate Studio.

Baby Power

Quebec Square 303-377-8855
Baby Power & Forever Kids provides a hassle-free, creative, action-packed party that both you and your child will love. From trains to princesses to pirates to glamour girls, you can choose from a variety of themes or come up with one of your own. At the party, kids can play in the gym, sing and dance to silly songs, shake bells, make a craft, play games and eat cake. Parents can do the bulk of the planning themselves or leave it to the staff. Baby Power will take care of set-up and clean-up, allowing parents to relax and talk to their guests. Parties can be scheduled for either weekdays or weekends and are booked on a first-come, first-served basis.

Bladium

303-320-3033
The Bladium Party Package is for up to 15 people and includes 1 hour rink time (skates and equipment provided if needed) with staff supervision and 15 minutes of instruction time. Other sports parties are available including: indoor soccer, basketball, volleyball, dodgeball, kickball. Pizza and sodas are provided in a private room. Call to schedule well in advance.



Sports parties at the Bladium

Lollilocks

Quebec Square 303-333-3232.
Lollilocks offers LolliPrincess Makeover Parties for birthdays, special occasions or just plain old girl time. Each party guest receives: a LolliStyle basic hairstyle; a SweetNails manicure; and a party bag (including a special accessory and handmade swirl lollipop). Parties include gift opening and time to play dress-up with our Princess Treasure Chest. The host princess also receives a keepsake certificate with a special group picture! We recommend 4-6 party guests (including the hostess), but we can accommodate up to 8.



LolliPrincess Makeover Parties at Lollilocks

Anthony’s

East 29th Ave. Town Center 303-398-2800
Anthony's hosts “Decorate Your Own Pizza” birthday parties for kids. Each child receives a plate-sized, partially baked pizza along with a selection of five popular toppings. Children then create their own masterpieces, which are placed in the oven to complete the baking. Each child also receives a 22 oz. soda. Parents can come in prior to the party to set up their own decorations. For parties that start at 10 – 10:30am (prior to opening of normal business) the kids have the restaurant all to themselves. Minimum of five, maximum of 50.



“Decorate Your Own Pizza” parties at Anthony’s

Party Décor

Party America

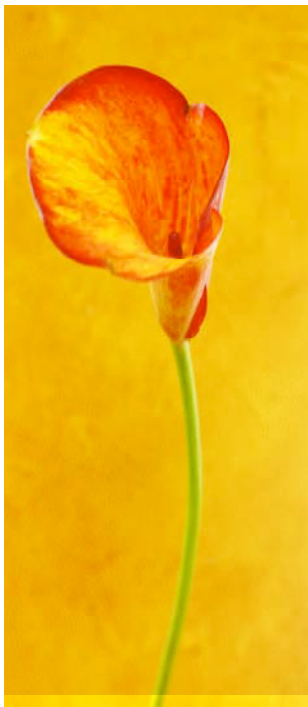
Quebec Square 303-333-4424
Party America carries supplies for all types of events and their staff is available to help with party ideas and planning. They carry a wide range of theme décor for kids birthday parties including piñatas. Custom wedding invitations are 25% off, and the store carries a full range of wedding supplies. For backyard barbecues, Party America has supplies and décor for events from a luau to a graduation party. In addition, the store now has sections for Hollywood, Casino, Rock-n-Roll, Fiesta, and Western theme parties. They also carry supplies for your food including: buffet kits, utensils, plasticware, bowls and trays in all shapes and sizes, and drinkware.



Party America helps plan a theme and find needed supplies.

Amore Fiori

29th Ave. Town Center
303-333-3848
Amore Fiori will assist with ideas for size, shape, color, design, and themes for your party décor and help decide the most effective use of flowers to dress up your party room. Check for design ideas online at www.amore-fiori.com.



Amore Fiori gives design ideas using flowers.

ADVERTISEMENT

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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Private Event Facilities



The "little reef" private dining room at the Coral Room.

Coral Room

East 29th Ave Town Center 303-321-9463
The "little reef" is a private dining room at the Coral Room that can be rented out for functions such as wedding receptions and rehearsal dinners, business luncheons, baby showers, or even children's birthday parties that are fun for both kids and parents! This private dining room is fully equipped with multi-media capabilities which can be used for anything from power point presentations to movies. Customers can bring their own cds or listen to the house music. Coral Room staff will help plan your party. Ample free parking is available. Call 303-321-WINE and talk to Sue about reserving the "little reef" today!!!

Denver School of Science and Technology

2000 Valentia St.
DSST's cafeteria, gym and soccer fields are available for rent outside of school hours and on weekends. The cafeteria can seat 184 for a reception. The gym can hold 250 for a reception. The school has full technology equipment for meetings that is included with the facility rental. The two championship soccer fields can also be rented for family reunions or company picnics. Plenty of parking is available. Contact Chris Benavides, 303-320-5570 ext 110



DSST offers several spaces for private rental.

Johnson & Wales

Montview and Quebec
"Pete's" offers a coffee-house-style atmosphere with food from a catered or a la carte menu. Alcoholic drinks are available. Up to 50 people can have a seated meal or up to 75 could attend a cocktail party event. There is no facility charge with a minimum of \$200 in sales. Contact Monique at 303-256-9491 or mrys@jwu.edu or visit www.dineoncampus.com/jwudenver/. In addition, various university facilities are available to be rented for events catered by Johnson & Wales. Call 303-256-9365.



"Pete's" at Johnson & Wales can be used for private events.

The Johnson and Wales Dining Hall in the Wildcat Center is open to the public and can accommodate group lunch gatherings up to 25 people. No reservations are taken, so groups should arrive at 11am in order to pull tables together to get the space they need.

Entertainers



DSST musical groups can be hired to perform at private events.

Denver School of the Arts

7111 Montview Blvd.
Small groups of two to four high school students from the Denver School of the Arts (DSA) vocal music department are available for entertaining at events and parties. DSA vocal groups include Bellissima choir, Vocal Jazz choir, Chorale, and other small ensembles. Jazz bands, string quartets, small band and orchestra ensembles as well as dancers have also performed for groups in the past. All performances are fundraisers for the students' vocal training and trips taken by the DSA vocal department. The recommended contribution is approximately \$250 for two hours of singing. All honorariums to DSA are tax deductible. Call the Denver School of the Arts at 720-424-1700.

Patricio Cuji, Musician

Born and raised in the Amazon rainforest of Ecuador, Patricio Cuji comes from a long line of traditional indigenous shamans who use the power of music to heal. Patricio combines rainforest songs with Andean traditional music. He sings and plays several instruments including the guitar, violin, and flute along with the charango (an Andean ukulele) and panpipes. Patricio performs at all kinds of events including weddings, church services, conventions, and fundraisers. For more information please call 303-321-9192.



Patricio Cuji sings and plays Andean traditional music and Amazon rainforest songs.

Nancy Harris, Vocalist

Nancy Harris performs in musicals and in April will be part of a solo quartet in Opera Colorado's Abduction from the Seraglio at the Ellie Caulkins Opera House (Denver Performing Arts Complex). She has recorded two children's anthologies and has had multiple musical theatre roles. She also sang with the San Jose Symphony, the London Philharmonic, and the NATO Headquarters Officers Club dance band. Nancy just finished a jazz CD, "With All My Heart, Nance," and is starting on a second CD. She is available to perform for a variety of events. Email: nancy@jncd.com.



Vocalist Nancy Harris has performed with symphonies, dance bands, and operas.

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Famous Dave's BBQ Catering

Quebec Square 303-842-2338
Call to customize a menu for small or large groups; or choose a "Friends and Family Pack" that feeds from 6 to 24 people. The popular "BBQ Blowout" feeds up to 24 people with two ribs and a Georgia chopped pork sandwich on a bun for each person, chicken wings, and four quarts of side dishes. Plan ahead, or let "the Last minute catering experts" bail you out for spur of the moment gatherings. Paper plates, napkins, plastic utensils and extra sauce are included. Delivery and set up are available for \$25.

Panera

Quebec Square 303-398-5200
Panera's catering options include individual lunches, a group package for 7-8 people, or trays. They can accommodate catering orders on the same day but prefer a day's notice for larger groups. Order online at Panera-Colorado.com and choose Via Panera.
For groups in the restaurant, Panera can rearrange tables to seat about 20 people together at one table with advance reservations, but group reservations are not available between 10:30am and 2:30pm. A maximum size of 50 could be accommodated but they would not all be at one table.

Subway

Quebec Square 720-889-1567
Subway offers a party platter that feeds 9-10 people and can be prepared with no advance notice. It includes five one-foot subs of your choice. Subway also offers a six-foot party sub that feeds 20-25 people and must be ordered 24 hours in advance.



Jocelyn Lindenmuth of Cakes With Character caters party desserts.



Panera Bread prepares sandwich packages and trays for groups.



King Soopers

East 29th Ave. Town Center 303-333-3223
King Soopers offers a wide election of party trays ranging in price from \$18 to \$80 and serving from 12 - 35. These trays include: deli meat and cheese trays, fruit trays, dessert trays, seafood platters, party subs from 3-5 ft., sandwich trays, wine taster's cheese tray, seven layer dip, sushi trays, and bakery dessert trays.



Panda Express


Quebec Square 303-331-8409
Panda Express offers group packages that feed 4, 16, 24, or 32 people. Order 24 hours in advance.

Wingz, Etc.

Quebec Square 303-355-9464
Wingz Etc. will help plan party food based on the number and tastes of the group. At least 24 hours advance notice (preferably more) is needed for large orders. Wingz Etc. serves New Orleans style wings with varying degrees of spiciness. Other main dishes include chicken tenders, baked chicken, catfish, catfish nuggets, lasagna and turkey croissant sandwiches. Wingz Etc. also offers numerous side dishes and desserts. Wingz Etc. catering prices are unique: The customer offers what they are willing to pay – if it's reasonable Wingz Etc. will accept it – if not they will negotiate. Wingz Etc. can deliver, set up and serve.



Wingz catering offers a range of options from New Orleans style wings to baked chicken, catfish and lasagna.



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Restaurants

Casey's

East 29th Ave. Town Center
720-974-7350
Casey's can combine tables to form one long table for a group of up to 36 people. Mid-afternoons (after lunch and before Happy Hour) can generally be reserved on short notice, need to call ahead for groups at lunch time.
Catering - Carry out for groups is available.

Chipotle

East 29th Ave. Town Center
303-316-0469
Chipotle will reserve an area of the restaurant for up to 24 people. Tables are not movable so a group can't sit at one big table, but can have an area of the restaurant with tables four. In good weather patio tables can be pulled together to accommodate about 28 people at one large table. Ask if they can offer a special deal for your group. Weekday lunches from 11:30 to 1:30 is generally too busy to accommodate a large group together.
Catering - For carryout, online ordering is available at www.chipotle.com or call and ask for a fax order form. Generally delivery is not available, but they can sometimes deliver to accommodate special situations.

Country Buffet

Quebec Square 303-355-1955
Country Buffet will reserve tables for groups during regular business hours and can accommodate very large groups up to 300 people. Groups that schedule in advance can receive one free meal for every eight full price meals purchased.

Einstein Bros.

East 29th Ave. Town Center
303-322-2585
Einstein's will take groups at anytime during regular business hours. Call 24 hours ahead to reserve for up to 40 people. Einsteins will rearrange so a large group can sit together around one big table. Inform the staff of your specific needs and they will work out some sort of deal accommodate your group.
Catering and delivery. are also available.

Udi's Bistro

East 29th Ave. Town Center
303-329-8888
Udi's Bistro has no private room but can accommodate groups of up to 30 guests in the dining room. For larger groups ask about using the whole facility Weather permitting, outside eating is available for groups. Udi's does not have a special group menu, but with advance notice the chefs are happy to set up a special menu.
Catering - Udi's large baking and catering facility allows them to offer a wide range of catered dining options including specialty party trays, sandwich trays and corporate lunches. Udi's chefs are equipped to cater large or small events, either off the regular menu or, with advance notice, they will customize menus to suit specific needs.

Noodles

East 29th Ave Town Center
303-780-0044
Noodles can accommodate up to 30 people for a special event or group gathering.
Catering is also available upon special request. Call a manager for details.

Spirits

The Grape Leaf

East 29th Ave Town Center 720-941-7117
Henry Platter will help you plan the assortment and quantity needed for an event. Order over the phone and they will box and deliver orders for special occasions. The Grape Leaf gives a 15% discount on cases of wine (mix or match an assortment) and 5% discount on cases of beer and liquor.



Volume Rate Liquor in Sam's Club

Volume Rate Liquor

Quebec Square (inside Sam's Club, no membership required) 303.388.4067
Yohannes Yimam assists customers in estimating the amount needed for an event and will accept returns after volume purchases. Volume discounts offered are 10% off a case of wine or liquor and 5% off five or more cases of beer. Free delivery is available Friday and Saturday for five or more cases. Call a day or two ahead for large orders to be sure everything is in stock.

Okkasions Liquor

Quebec Square 720-941-7024
Byron or Yolanda will assist in planning and give recommendations for new drinks to try. Okkasions provides free delivery within 5 miles for a purchase of \$200 or more. They offer 10% off any case of beer, wine or liquor or with 16 bottles of wine they give one or two free bottles (depending on the brand). To test out new wines before giving a party, go to Okkasions' free wine tastings on Tuesdays from 6 - 7pm.



Dear Stapleton Residents,

You've chosen to live in one of Denver's premier neighborhoods. We understand that you want your home's interior to reflect your taste and individuality.

For this reason, we would like to invite you to experience our new - family owned showroom. Enjoy a pressure free environment with unmatched selection and great prices. You are less than five minutes from Colorado's premier furniture showroom.

Stop by and check us out, and while you are here, register for a chance to win a piece of furniture from your new neighbor. This drawing is exclusive to Stapleton residents only.

We look forward to meeting you!

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See store for details on financing and delivery offers, WAC.

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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

Sustainable Politics Stapleton Sets Bike Tour for June 3rd

Sustainable Politics Stapleton, a group of residents who work together on public policy issues that include advocating for safe bicycle and pedestrian access at Stapleton and in the surrounding neighborhoods, has set Saturday June 3rd for a bike tour of the Westerly Creek Greenway, Bluff Lake, the Urban Farm and the Sand Creek Greenway.

The tour is scheduled from 9 a.m. to 11 a.m. Watch for more details in the May Front Porch and at StapletonOnline.com. Anyone who would like more information or would like to get involved with the tour should email sustainablepolitics@gmail.com.

Registration Underway for the Post-News Colorado Colfax Marathon

Registration is currently underway for the Post-News Colorado Colfax Marathon that will be held on Sunday, May 21st to benefit Colorado Kids and the programs it funds that prevent obesity and promote healthy lifestyles and fitness among elementary school-aged children.


Dubbed "America's Main Street Marathon," the race starts on historic Colfax Avenue in Aurora, passes the state capitol in Denver and finishes at the foot of the Rocky Mountains in Lakewood. All runners who register in March for the marathon, half marathon or team relay, will receive a free, special-edition training T-shirt. Register at www.coloradocolfaxmarathon.org.

Anyone wishing to help support the Colorado Kids charity is encouraged to make a contribution to a Team for Colorado Kids member. These runners are making a difference in the lives of Colorado youth by training for the Post-News Colorado Colfax Marathon and raising funds for Colorado Kids. To make a donation today, visit www.active.com/donate/TeamCOKids.

The marathon is being managed by the Colfax Marathon Partnership, Inc., which is a Colorado nonprofit corporation founded by the cities of Aurora, Denver and Lakewood. Event sponsors include the Denver Newspaper Agency, University of Colorado Hospital, Keller Williams, FirstBank, 9News, United Airlines, Safeway, Qwest, Stifel Nicolaus, Craig Hospital, Daniels Fund and Denver Hyatt Regency at Colorado Convention Center.

To find out more about the event, visit the marathon online at www.coloradocolfaxmarathon.org, or call the Colfax Marathon Partnership at 303-770-9600.

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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.

Opening May 27 on Founders' Green

Sweet William Market to Debut at Stapleton

Sweet William Market, an open-air market featuring vintage & antique treasures, art, seasonal décor and "fabulous retro finds" will debut May 27th on Founders' Green in Stapleton's East 29th Avenue Town Center.

Open from 9 a.m. to 3 p.m. on the last Saturday of each month through October, the market is designed to be reminiscent of a European market. The owners of Sweet William Market, Karen Pardue, Lizzie Kienast & Kim Kouba, are Stapleton residents and avid collectors of vintage and antique décor

with a great appreciation of the artists, vintage & antique dealers and boutiques of the Denver community. The three have spent many hours shopping markets, estate sales & vintage/antique stores around metro-Denver in preparation for bringing the Sweet William Market to Stapleton.

"Whether you prefer retro-mod décor, nostalgic collections of china and kitchen wares, furniture refurbished with a vintage touch and fabulous textiles, or the latest trends in art, jewelry and design, Sweet William Market offers all tastes an exciting shopping experience," said Karen Pardue. "The Sweet William Market will be eclectic,

charming and full of treasures to enrich your personal style and make your home a unique expression of your passions," she added.

Sweet William Market comes by its name through the discovery of a charming, popular perennial Colorado flower called

Sweet William, which thrives throughout Stapleton and metro-Denver. The name Sweet William was also inspired by the joyful nature of a 4-year old cancer survivor and Stapleton neighbor of the three organizers, Will Haight. Sweet William Market hopes to partner with the

American Cancer Society's Relay for Life, coming to Stapleton in August, to celebrate

Will's life and help find a cure for cancer.

The owners of Sweet William Market are carefully choosing vendors whose products they believe represent the vision and brand of their venture: "charming, unique, quality-workmanship, fabulous presentation style & artistic integrity." Sweet William Market also plans to partner with the 29th Avenue retail community and resident business owners of Stapleton to promote all of the shopping and business opportunities that exist in the neighborhood.

Editor's note: For more information about Sweet William Market, contact Karen Pardue at (303) 355-6168.



Photo courtesy of Patti O'Roarke

Stapleton residents and owners of Sweet William Market Karen Pardue, Lizzie Kienast and Kim Kouba are avid collectors of vintage and antique décor.

ADL Hosts Holocaust Remembrance Program

The Anti Defamation League (ADL) will hold its 25th annual Governor's Holocaust Remembrance Program on Sunday, April 30th. This year's program will feature "Voices of Survival" presented by David Gewirtzman, a child Holocaust survivor, and Eugenie Mukeshimana, a survivor of the Rwandan genocide.

The ADL event will also recognize Governor Bill Owens and former Colorado Governors Richard D. Lamm and Roy Romer as well as former ADL Regional Directors Sheldon Steinhauser and Cantor Saul Rosenthal for their leadership of the Governor's Holocaust Remembrance Program.

The free program will be held at the Temple Buell Theatre at the DCPA, 14th & Curtis, from 5:30 to 7:00 p.m. with doors opening at 5:00 p.m. The evening will include a moving candle-lighting ceremony, led by Rabbi Yaakov Meyer and Cantor Rosenthal, memorializing the victims and honoring the survivors of the Holocaust. Tickets are required for admission, and can be obtained by calling Vanessa in the ADL office at 303-830-7177 or emailing her at vmartin@ADL.org.

Denver Botanic Gardens Events

Upcoming Free Days

Saturday, April 22 (Earth Day)
Monday, May 1
Monday, June 19

Robert Wick Sculpture Exhibit Apr 20-Oct 31

A traveling exhibit of 26 giant contemporary bronze sculptures by renowned artist Robert Wick will be displayed at Denver Botanic Gardens from April 20 to October 31, 2006. The sculptures, which integrate plants in them, express transcendent themes from a variety of traditions. The sculptures range in height from six feet to eight feet and weigh from 125 to 2,500 pounds. They will be displayed in natural outdoor settings throughout the Gardens, including in water gardens.

Plant Society Shows at the Gardens

April 12-19 Denver Allied Artists Guild
April 22 North American Rock Garden Society
April 22 Denver Rose Society
April 29 Japanese Garden Demonstration

April Events at the Denver Children's Museum

Bunny Trail EggVenture

Sat, Apr 15 10am - 5pm

Hop on down to Denver's favorite springtime festival. Enjoy a safe, non-competitive environment where young children and their adults can experience some spring fever and engage in extreme playing, learning, and exploring! There will be creative arts activities, surprise visits by the Bunny, and Eggsploration stations where kids can create your own egg masterpieces. Decorate and make flower pots in the theater. Ride our mini-train ride outside where the grass is green, the flowers are blooming and the sun is shining. Dress up in costumes and dance or make hand puppets in Arts a la Carte. Hold real bunnies, pet little lambs and see baby chicks. Have a photo taken with the Bunny. It's a magical day of springtime fun.

StoryTime Everyday. Mon-Fri 11:30 am; Sat 12 noon; Sun 11am & 1pm

Favorite stories are read daily in The Center for the Young Child™. Promotes literacy and cultural awareness.

ARTS a la Carte™ featuring Dot Art

Drop in any time. Art has gone dotty this month. Come make a masterpiece out of our dot stamps. This activity promotes fine motor skills and visual creativity.

Facilitated ARTS a la Carte™ featuring Roller Painting! Mon & Wed 10 - 11am

It's time to roller paint! Roll paint onto paper using our special round art supplies! This activity is great for all ages and promotes both gross and fine motor skills.

Clubhouse Capers: Finger Paint Fun Mon, Wed, Fri 2:30pm

Join us for finger paint fun. Listen to music to help inspire your paintings. This promotes gross motor and arts skills.

Gearing Up For Camping Sat 3pm

Join us as we draw our campsite and plan on the things we need for life under the stars.

ToddlerTime: Kool-Aid Easter Eggs Tues & Thur 10-11am

Join us for some colorful fun! Children, ages 1-5, are invited to decorate paper eggs using spray bottles and Kool-Aid mix. This activity promotes fine motor and arts skills.

Dance, Dance, Dance Tues 11am

We love the beat of dancing feet! Join us for lots of dancing fun.

Playscape Escape: Center For The Young Child Tues & Thurs 2:30pm

Come and explore our biggest playscape created especially for young ones ages newborn to age 4! Explore the young child in all of us with a variety of activities which will vary each day.

Super Science Sunday: All About Water Sun 3pm

Join us to learn all about water. Where it comes from, what forms it takes and how much water there is on the earth!

Family Showcase Saturdays

In our theater. Tickets are \$1 per person.

Colorado Productions Sat, Apr 1 11am

This production features pint-sized stars that sing and dance their way through classic songs and difficult choreography. Colorado Productions provides training and performance opportunities for children to enhance performing ability and strengthen confidence in all facets of their lives. For more information call 303.933.7290 or visit www.coloradokids.com/linkframe/coloproductions-frameset.html

Sing-A-Long for Children Sat, Apr 8 11am

A fun and energetic look at music from around the world. Dance along with the sounds of many different instruments.

Earth Balloon Sat, Apr 22 11am

Celebrate Earth Day by learning about mother Earth. Go inside our Earth Balloon to learn more about her continents, oceans, rivers, lakes, mountains and other landforms. Space is limited to 30 people.

Colorado Chamber Players Sat, Apr 29 1:30pm

This special children's concert will take you on magical journey as your imagination takes flight when listening to beautiful music. This program promotes creativity, music, and movement. For more information visit www.coloradochamberplayers.org/

The Museum is open seven days a week. Visit www.mychildsmuseum.org.

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KELLER WILLIAMS

Fresh Food Options for Stapleton

There has been a lot of interest by Stapleton residents in increasing access to natural foods. Here's a look at some of the existing ways—besides going to the grocery store—to get fresh and organic foods in the Stapleton area.

Stapleton Farmers Market

The 2006 season of the Stapleton Farmers Market opens on Sunday, June 4th. The Stapleton Farmers Market is managed by Colorado Fresh Markets, a family farmer owned and operated farmers' market system and the organizers of the Cherry Creek Fresh Market. The Stapleton Farmers Market is a community event where you can run into neighbors, have a fun activity with your family and talk to the people who produce your food, re-establishing a time-honored connection between the consumer and the grower.

Typically, produce at the Stapleton Farmers Market is picked that morning or the day before, which ensures the freshest and most nutritious fruits and vegetables. Freshly picked produce is crisp, sweet, and flavorful and the most nutritious since each day produce is in transit or sits in warehouses and grocery stores it loses nutritional value. By shopping at the Stapleton Farmers Market you support the growers directly and therefore help them stay in business. With family owned farm acreage shrinking at an alarming rate, the Stapleton Farmers Market provides an opportunity for growers to continue to farm their land and helps to preserve the agricultural landscape in Colorado. The Stapleton Farmers Market needs community support in order to help the market grow. The Market is held in the 29th Avenue Town Center in the parking lot behind Casey's on Sunday mornings from 8:30 - 12:30. For more information, visit www.stapletondenver.com.

Monroe Organic Farm CSA

Monroe Organic Farm, the oldest organic farm in Colorado, operates a Community Supported Agriculture (CSA) program. Essentially, people in the community join the farm as working or non-working members and receive a percentage of the farm's crops throughout the growing season. The

annual share for 2006, which includes certified organic produce and fruit, costs \$530 for a non-working share or \$290 for a working share. Members can pay additional fees for local honey, organic beef, western slope tree fruit and organic omega-3 eggs.

Members in the Stapleton area pick up their share every Tuesday between July and October between 5:30 and 7 p.m. at a member's home at Alameda and Quebec. Monroe Organic Farm would be willing to add a Stapleton delivery point to their route if there were between 15-32 CSA members at Stapleton. Currently, there are 10 families in Stapleton who are interested in joining Monroe Organic Farm's CSA.

For more information or to sign-up as a member of the CSA, visit www.monroefarm.com. If you do sign-up, please also contact Carol Friesen at 303-377-1815 or carolfriesen@comcast.net.

Carol is keep-

ing track of the number Stapleton CSA members and working with Monroe Organic Farm to get a Stapleton drop-off location.

Stapleton Food Co-Op

The Stapleton Food Co-Op is a group of about 10 families who place an order with the ShopNatural Cooperative every four weeks. The ShopNatural Cooperative carries thousands of products from baby food to cleaning products. They typically have about 7,500 products available to members. With sales and volume discounts, members of the Stapleton Food Co-Op have found that they generally save money overall. Some items can actually be more expensive through the ShopNatural Co-Op, but generally the cost of goods is cheaper than buying at local natural food stores. In addition to the cost savings, other advantages of the Stapleton Co-Op include saving time by shopping online from home and having the ability to buy organic staples in bulk. To save grocery trips by using the Stapleton Food Co-Op, one needs to be able to anticipate food needs and stock up for a one month period. But, with a little planning, using the Stapleton Food Co-Op in combination with a produce supplier can almost eliminate regular trips to the grocery store.

There is no cost to join Stapleton Food Co-Op. The ShopNatural Cooperative



The Rocky Mountain Pumpkin Ranch, a vendor at the Stapleton Farmers Market, sells a wide variety of organically-grown fruits and vegetables.

Forest City Supports DSST Fundraising Event



Albert Ratner, CoChairman of Forest City Enterprises, addresses the crowd at the Denver School of Technology's fundraiser in March. Behind Mr. Ratner are (left) John Lehigh of Forest City and John Moye of the Park Creek Metro District.

(continued from column at left)

charges a co-op fee of 2.25% per order, but the Stapleton Co-Op does not have any of its own overhead and therefore does not charge any fees. To join the Stapleton Food Co-Op and have access to the monthly online ordering system, please contact Carol Friesen at 303-377-1815 or carolfriesen@comcast.net.

Door to Door Organics

Door to Door Organics (DTD) is a home delivery service of organic fruits and vegetables and select organic groceries. DTD buys produce from local farmers during the Colorado growing months. Subscribers can get delivery service every week or every other week. DTD speaks with local farmers and distributors every week to find out what produce is available fresh the following week. DTD then e-mails subscribers a menu of the different types of produce available every Friday. You are allowed up to three substitutions on each order. If groups of four or more orders are delivered to one location (home, office, store) then the group qualifies for a cooperative buying discount of 10% off the price of a weekly produce subscription. DTD delivers to Stapleton every Tuesday of the year and there are no commitments to service. For more information or to sign-up, visit www.doortodoororganics.com or call 303-297-3636. If you do sign-up, please also contact Carol Friesen at 303-377-1815 or carolfriesen@comcast.net since she is collecting names of people who are interested in the cooperative buying discount.

Denver's Mounted Police To Patrol at Stapleton



This Denver Mounted Patrol, shown here in November 2005 with the Royal Canadian Mounted Police Musical Ride, will be conducting random patrols at Stapleton.



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United States America's Best Hospitals by U.S. News & World Report

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 303-493-6333 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 2008.

UNIVERSITY OF COLORADO HOSPITAL

Bluff Lake Nature Center

www.blufflakenaturecenter.org Go to Public Programs.
303-468-3240 Located south of I-70 at Havana St.
Visit website for map. From Stapleton, drive east on I-70 and go south on Havana. Bluff Lake Nature Center is on the left. Watch for more direct routes from Stapleton later this year as roads are finished.

Junior Naturalist Program

9am - Noon

Session 1:

June 12-15

Session 2:

July 10-13

Session 3:

August 7-10

\$95 Non-members,

\$85 Basic

membership,
and \$50 Eagle membership.

Register at 303-468-

3245 or email sschafer@stapletoncorp.com.

Explore Bluff Lake trails with a staff naturalist and learn about natural history. Each session focuses on a different topic and has related lessons, crafts and snacks.

First Saturdays on the Bluff – Free, all ages

9:00-11:00am First Saturday of each month, refreshments, activities, programs, hikes and the brand new Mobile Nature Center.



Denver Museum of Nature & Science

www.dmns.org

Go to Education, Families & Children, Children's Workshops (Summer)

Andrea Hamilton 303.370.8225

ahamilton@dmns.org

Children's Summer Workshops

Various dates and registration

fees. Programs grouped by age.

Registration forms available on website. Submit by mail or fax. Reservation questions, call 303-322-7009, 9:00am to 5:00pm, Mon. thru Fri.

Programs for children age 4 through grade 6, include: Young Scientist, Space Adventures, Fishy Tales, Dinosaur Dig, Junior Astronauts, Coral Reef Exploration, and Mummy Mysteries. Also check out the Family Activities, overnight Camp-Ins (for grades 3-6), Parent/Child Workshops, IMAX shows, and exhibitions.



Rocky Mountain Arsenal National Wildlife Refuge

www.fws.gov/rockymountainarsenal

Visitors Center 303-289-0930 Enter at south gate at 56th and Havana

Fishing Fever

June 10, 10:00-2:00, all ages, no registration required

Includes Small Fry area for kids, fishing technique instructions, booths, and more. Refuge visitation has been temporarily suspended from April 1, 2006 through the latter part of Spring. Check the website for the opening date and for summer events including nature programs and tours on Saturday and Sunday and catch and release fishing over the summer. Private tours can be arranged on other dates.

What Will Your Kids Do This Summer?

Denver Zoo

www.denverzoo.org

Go to Education, Children's Programs

303-376-4888 (select option 2)

or email safari@denverzoo.org

KinderQuest, Junior Explorers, Overnight Adventures for Families, and Summer Safari

Registration for Summer Safari began in January and is nearly full, but check with the Zoo for any remaining spaces in this very popular program. Summer Safari 2006 is a fun-filled educational experience for animal lovers from preschool to those going into fifth grade. Campers participate in hands-on activities, animal visits and observations, crafts, games, stories, projects, and zoo tours. Programs organized by age groups.



Denver Botanic Gardens

www.botanicgardens.org

Go to Education, Summer Day Camps

720-865-3580

Fee for all camps: \$199 per session for members, \$219 per session for nonmembers. Registration begins March 27, or March 22 for Family Plus/General Plus members.

KidCamp at the Gardens

Ages 6-12. Surround yourself with plants as you discover the many ways they are used in our everyday life!

Session I: July 17-21 Session II: July 24-28

Junior Master Gardeners

Ages 8-12. Learn the science behind plant growth, soils and more while also exploring the art of garden design. Hands-on projects and activities will culminate with the design and planting of a garden. July 26-30

The Urban Farm

www.theurbanfarm.org 10200 Smith Road, Denver

303-307-9332 info@theurbanfarm.org

Embracing Horses Summer Workshops & Classes

Weeklong workshops each morning and weekly evening classes.

Open to kids ages 5 through 18, novice through experienced. Very Young Riders, Beginner 1, 2, and 3, Fun & Games, Competitive Trail Riding and Jumping.

June 5-Sept. 1 Cost: \$165/week session \$350/12 week session

Summer Fun at the Urban Farm (see website for schedule and cost)

Storybook Farm (ages 4-6)

Exploring Farm Animals (ages 7-10)

You Want to Be a Cowboy/girl (ages 10-15)

Does your group or organization have information about summer activities for youth? Please email the information to the Stapleton Front Porch at frontporch@stapletondenver.com.

NOTE: The Denver Art Museum is not doing children's summer programs this summer due to the museum expansion project, but will continue summer programs in 2007. Check www.denverartmuseum.org for details about other family and kids' programs and activities throughout the year or call 720-865-5000 (main) 720-913-0049 (family & kids activities)

(List of Summer Activities continues on page 14)



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Dog of the month
Lulu



Denver Soccer Club



www.denversoccerclub.org
Go to programs
303-399-5858
denversoccerclub@qwest.net
Summer Soccer Camp
July 10-14 8:30-10:30am
Fred Thomas Park
(Stapleton)
Ages 5-9 (boys & girls)
\$90 registration fee
Call or check online for
soccer camps scheduled at
other Denver area parks.

Bladium Sports Club



www.bladium.com
303-320-3033
2400 Central Park Blvd.
Youth Inline Hockey Camp
June 4-8 and July 10-14
9:00am-2:00pm \$75 per
player
Registration starts in May.
Ages 6-14
(Kids will be split into
younger and older age
groups. No experience
needed.)
Bring own inline skates, but
other equipment may be
rented.

Aviator Pool in Stapleton

Stapleton Stingrays
June 5-July 13 8:15-9:00am, age 9 and up
9:00-9:45am, 8 and under
Swimmers must be able to swim one full-
length of backstroke and freestyle to join
the team. Stapleton Stingrays registration
is \$125 per child resident (\$150 non-
resident). Register in person
Sat., March 11 or Monday, March 13
at the Master Community Office
at 7608 East 29th Ave., Apt. 1.
Group Lessons for Kids
Parent/Tot Lessons - Ages 6 mos- 2 yrs
Preschool Lessons Stations - Ages 3-5
Children Lessons Stations - Age 6 & up
Sessions start June 2 and run through
early August. Register with Wild Iris
Recreation Services at 720-529-9911 or
www.wildirisrecreation.com. Check with
Wild Iris for registration deadlines for
each class. Cost: \$27 per session.
Free testing to determine level.
Private lessons are also available.

Denver Parks and Recreation

www.denvergov.org 720-913-0693
Search for Parks and Recreation
or go to <http://www.denvergov.org/dephome.asp?depid=34>
Dive Into Adventure, Summer 2006
8 weeks, June 5 - July 28
9:00am - 4:00pm \$105 per week
Register May 15 through June 6.
Summer Day Camp at 11 Denver
locations, including (continued below)

Bienvenidos Spanish Language Camp

303.393.1459 bienvenidos@4edisp.net
Liza Buddenhagen
Stapleton resident, teacher and mom
June 19-29 M/T/W/Th 10:00am-1:00pm
\$300/session
Children will play, sing, cook and eat their
way through a fun-filled 2-week session.
Lunch and supplies are included! Meals will
be tasty Latin dishes like tamales, chiles
reellenos and arroz con leche. Three hours
of gentle Spanish Immersion each day may
have your child dreaming in Spanish by the
end of the session! Ideal for preschoolers of
all Spanish levels.

Jewish Community Center

(Robert E. Loup)
www.jccdenver.org Go to Camps.
350 South Dahlia Street 303-399-2660
Broad range of summer day and ranch
camps for all ages. Visit website for
detailed information about programs,
dates, ages, prices and registration.
Day camps, sports camps and week-long
themed camps. Also JCC-Ranch Camp
and Summer Art and Theatre Academies.

Denver Public Library

Park Hill Branch 303-331-4063
4705 Montview Blvd.
<http://kids.denverlibrary.org>
Contact the Park Hill branch for
the Storytime and Crafts schedule
this summer.

More Summer Fun for Kids...

City Park Golf Course



2500 York Street
303-295-2095
To register, contact
Liz Estes at
liz.estes@ci.denver.co.us.
or 303-370-1554
Visit www.thefirstteeofdenver.com.
First Tee Summer Prog.
Ages 5 and up (with some
Tiger Woods-type
exceptions). Classes
grouped by experience and
ability. 6-week sessions
starting June 6th, various
days and times. Each class
1.5 hours long. Detailed
schedule and registration

available in April. Sessions cost \$45.
Kids' golf clubs provided free.
Golf instruction, plus free t-shirt, hat, and
year-long access to junior course. Groups
range from novice to experienced. Call for
advice on choosing a group for your
child: Pars • Birdies • Eagles •
Players (play in weekly tournament)

Hiawatha Davis Jr. Recreation Center at
3334 Holly St., 303-331-4006. Summer Day
Camp is a structured, recreational camp
for ages 6-12. Activities include arts &
culture, sports, fitness and aquatics, social
enrichment, outdoor education and
special events. Also overnight camping,
special events and field trips.

YMCA of Metropolitan Denver

<http://www.denverymca.org>
Go to Day Camp link.
Main phone: 720-524-2700
generalinfo@denverymca.org
Summer Fun Bunch
(preschool through kindergarten)
Day Camp (ages 5-12)
Adventure Camp (ages 9-12)
Discover Camp (ages 10-14)
Teen Extreme (7th grade through age 15)
Visit website for program, schedule, cost
and location details.

Dardano's School of Gymnastics

303-355-0080 www.dardanosgym.com
2250 Kearney St. (Park Hill)
Kids Summer Adventure Camp
4 week sessions Camp 1: starts June 5
Camp 2: starts July 10 \$36/day,
\$118/week, or \$355 for entire session
Pick whatever days or weeks fit your
schedule. Also check out ongoing
gymnastics classes for ages toddler
through 12, both morning and afternoon
times. Summer Open Gym runs
Aug. 14 - 25, 4:30 - 7:30pm.

Mike Giles Karate Studio

303-377-5425 mikegileskarate@comcast.net
Located in the 29th Ave. Town Center
Lil' Dragons (Ages 4-6)
June 12-16 and July 10-14
9:00am-12:30pm \$160/week
Tweens (Ages 7-15)
June 19-23 and July 17-21
9:00am-3:00pm \$199/week



Music Together

Vocal Motion, LLC 303-333-1474
www.vocalmotionmusictogether.com
Music Together classes: Ages birth - 5 yrs
Creative Movement classes: Ages 3 - 6
\$150/10 week session, discounts for siblings
Discover the joy of music and movement
with your child. Visit the website for the
upcoming summer schedule. Classes taught
in Stapleton, Park Hill and other locations
in Denver.

Baby Power and Forever Kids

303-377-8855 www.babypower.com/denver
Quebec Square at Stapleton
7505 East 35th Ave., Suite 330
Spanish Camp
Tuesdays and Thursdays, 9:00-10:00am
Lab Coat Camp
Mondays and Wednesdays, 9:15-10:15am
Both camps for ages 4-7. June 5 - July 21
\$175 for 14 classes, 2 per week for 7 weeks
Contact Baby Power directly for more
details about these and other programs.

 Dr. Lisa Davidson	FAMILY MEDICINE AT LOWRY <ul style="list-style-type: none">Now Accepting New PatientsMost Insurance WelcomeSame Day Appointments AvailableDr. Davidson is a Stapleton resident	 Melissa Jones, PA-C	Located in Lowry 130 Rampart Way Suite 150 Denver, 80230 303-344-3625
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<ul style="list-style-type: none">Inter-State and International CustodyDivorce and Mediation ServicesPre and Post Nuptial AgreementsChild Support, Parenting Time, Adoption	1890 Gaylord Street Denver, CO 80206 303.329.3802 ken@matthewslaw.com

NextCare Brings Urgent Care to Stapleton

Residents of Stapleton and the surrounding neighborhoods can obtain prompt medical care for non life-threatening illnesses or injuries that require immediate attention by visiting NextCare Urgent Care in Stapleton’s Quebec Square.

NextCare Urgent Care provides medical services from qualified doctors to people of all ages with conditions that require immediate attention *but are not life threatening*. NextCare offers a prompt, affordable solution for times when physicians’ offices are closed or unable to provide immediate appointments. The NextCare Urgent Care Clinic in Quebec Square is open 7 days a week, 365 days a year from 8 a.m. to 8 p.m. Mondays through Fridays, and 8 a.m. to 4 p.m. on Saturdays and Sundays. No appointments are necessary.

Common conditions treated at NextCare include, but are not limited to, minor breaks, fractures, sprains and strains, as well as controlled bleeding, and minor cuts, lacerations and burns. Treatment is also available for abdominal pain, minor back pain, dizziness, earaches, headaches and fever. Care will also be provided for insect and animal bites, as well as allergies, sinus infections and cold, cough and flu-like symptoms.

NextCare accepts most major insurance and offers the ValueCare Medical Discount Program for those who have catastrophic-only coverage or are uninsured. Most insurers cover Urgent Care for their members and advocate Urgent Care versus ER visits when appropriate. A check with most insurance company’s provider lists will verify whether or not NextCare Urgent Care clinics are covered by that plan. (HMO members should be advised that, once stabilized, they should contact their Primary Care Physician [PCP] to manage and/or coordinate continuing medical care.)

Internet Scheduling

While no appointments are necessary, it is possible to request an appointment by visiting the NextCare Urgent Care website at www.nextcare.com. Click on the “Web Check-In” during internet scheduling hours of (7am-8pm M-F or 7am-4pm Sat-Sun) and NextCare will respond by phone within the hour. Requests made “after hours” will receive a response by 9am the following morning.

NextCare Urgent Care is located at 7305, E. 35th Avenue, across from the United Air Lines Flight Training Center in Stapleton’s Quebec Square Regional Retail Center. Ample parking is available.



NextCare Urgent Care’s staff at Stapleton.

Dramatic Adventures Enriches Youth

Dramatic Adventures Inc.™, a Colorado based theatre enrichment program for children, is now offering classes in the Park Hill neighborhood west of Stapleton.

The program offers a unique type of bonding experience for children aged 3 1/2 to 6 years in which the main objective is to teach essential life skills through the arts. Classes will be held Thursdays through Saturdays at Montview Blvd. Presbyterian Church, 1980 Dahlia St beginning April 6th. The cost is \$100 for the eight-week session.

The *Fairytales and Feelings™* program is the first series offered by Dramatic Adventures Inc. The series includes original stories, songs, creative dramatics, unique crafts, and educational supplements to enhance learning. Each fifty minute class focuses on a particular emotion and lesson. For example, the *Tries-a-lot* program explores the frustration children experience when learning new skills. The program provides tools that enable children to better understand and overcome their frustration by asking for help, accepting encouragement, and goal setting.

Diana Brittain Thompson, founder of the program, brings over two decades of experience as a trained actress, playwright, and theater education director. She spent several years teaching, writing, and performing in New York City, and Georgia before coming to Colorado. Since moving to Denver she has produced programs for the Denver Museum of Nature and Science, Denver Juvenile Court, Denver Public Schools, Central City Opera, and is the former theater education manager of the Denver Children’s Museum.

”Over the past 25 years I have worked with hundreds of young people and recognized they all are in need of the same basic skills,” Ms. Thompson said. “I have spent years searching for a creative way to teach critical life skills through the arts. This is the culmination of my life’s work, and it is working. I see children becoming more empowered everyday.”

Ms. Thompson has collaborated with her mother on the curriculum development. Betty Brittain is a career educator and holds an Ed.D as well as a master’s degree in guidance counseling. She served as a curriculum coordinator in Clayton County schools in Georgia and has received awards for innovative educational initiatives.

For more information about Dramatic Adventures Inc. call (303) 377-0785 or visit the website at www.dramaticadventures.com.

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Community Notes

by Diane Deeter
Stapleton Community Manager



Pool Hours Extended

Last year, we had an overwhelming amount of residents asking to extend the pool hours. The Aviator and Puddle Jumper pools are both operated by the Stapleton Master Community Association. This year the MCA has extended the operation of both pools allowing for an extra hour in the evenings. Both facilities are available for private functions throughout the summer, please check the intranet for times and availability. Any questions or concerns with either facility can be directed either to me at communitymanager@stapletondenver.com or to Keven Burnett, executive director of the Master Community Association (KBurnett@ManagementSpecialists.com).

Police Academy Parcel

Many Stapleton residents have asked for an update regarding the Denver Police Academy Parcel of land located just east of Central Park Boulevard and Montview. The Denver Police Department is currently studying what their requirements are and whether a new facility up near I-70 should be a multi-jurisdictional facility. As a result, a move would be at least two years out.

The present parcel was purchased by the City and so they may decide to hold on to it for a use of their own (consistent with zoning, of course). If Forest City is able to purchase the parcel from the city, it would likely be for mixed use development. However, it is still too early to tell what will happen with the land until the Denver Police Department determines its needs. Please look for updates to be printed in future editions of the Front Porch.

Re-Opening of the Visitor Center

As many of you know, our Visitor Center has been closed since March 20th for a large-scale renovation. The Visitor Center Staff is still here to inform you about the latest developments at Stapleton, however they are now located in the Town Center Leasing Office on the corner of 29th Avenue and Roslyn Street. Stapleton’s new Visitor Center will reopen at the beginning of May. Please stop in and take a tour; we’ll have interactive displays, an updated topographical table, and much much more!

2006 Pool Schedule

May 27th – August 13
A - Aviator Pool
P - Puddle Jumper Pool

Monday
A - 12:00 pm – 8:00 pm
P - 11:00am – 8:00 pm

Tuesday
A - 12:00 pm – 7:00 pm
P - 11:00 am – 8:00 pm

Wednesday
A - 12:00 pm – 8:00 pm
P - 11:00 am – 8:00 pm

Thursday
A - 12:00 pm – 7:00 pm
P - 11:00 am – 8:00 pm

Friday
A - 12:00 pm – 8:00 pm
P - 11:00 am – 6:00 pm

Saturday
A - 11:00 am – 6:00 pm
P - 11:00 am – 8:00 pm

Sunday
A - 11:00 am – 8:00 pm
P - 11:00 am – 8:00 pm

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

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Around Stapleton

Johnson & Wales University

By Bette Matkowski

Johnson & Wales University has been part of the Colorado community since 1993, when it opened a culinary arts program in Vail. That was only the beginning. As we celebrate our sixth year of operation in Denver, J&W has grown from a campus of 325 students to more than 1,500. J&W is in close proximity to Park Hill, Stapleton, Lowry, Fitzsimons and Denver International Airport. We like to say that we are located at the “crossroads in Denver,” and we’re proud to be a neighbor to the growing Stapleton community.

What began as a for-profit, secretarial school founded by Miss Johnson and Miss Wales in 1914 in Providence, R.I., became a private, nonprofit university in 1963 and now serves more than 16,000 students. J&W offers degrees in hospitality, business, culinary arts and education on four major

campuses including Providence, R.I., North Miami, Fla., Charlotte, N.C. and Denver, Colo. Although J&W is most recognized for its international reputation in culinary arts, it is surprising to most that the culinary arts program was not introduced until 1973.

As J&W looked to expand its presence in Colorado, the university set its sights on Denver. With the encouragement and vision of Pete Coors and his family, J&W purchased the former campus of Colorado Women’s College and the University of Denver law school in the late 1990s to give the J&W Denver Campus a home. Since 2000, the university has been an economic driver for Denver creating more than 300 full-time and part-time jobs as well as student employment opportunities. With a total investment of \$80 million in campus upgrades and expansions and more than \$30 million in scholarships, J&W has made a significant commitment to the campus and its students.

I came to J&W in 2005 because I was convinced the university was committed to excellence and quality. Even during the presidential search process and visiting the campus, this was evident. As I enter the second year of my presidency at the Denver Campus, there have been many successes including the growth of our student population resulting in the university purchasing an additional 24 acres of land at Stapleton for future expansion. I hope in future columns to provide regular updates on campus news. Let me say, being president of a great university in a wonderful neighborhood is a dream job. I’m proud and happy to be here.

Bette Matkowski is President of Johnson & Wales University, located at the corner of Montview Boulevard and Quebec Street, just west of Stapleton. For more information, visit www.jwu.edu.



Bette Matkowski , President of Johnson & Wales University,



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Rocky Mountain Arsenal Wildlife Refuge

Native Prairie Restoration Helped by Burns

Prescribed burns will be conducted on roughly 1,800 acres of the Rocky Mountain Arsenal National Wildlife Refuge this year to stimulate plant growth in reseeded areas.

“Prescribed burns help with native prairie restoration and improve the land for plant and wildlife habitat,” said Lorenz Sollmann, refuge operations specialist and fire management officer for the U.S. Fish and Wildlife Service.

Since 1997, the U.S. Fish and Wildlife Service has restored thousands of acres of land through prescribed burns and other methods. Burns spur native plant growth by recycling nutrients and eliminating foreign vegetation. A well-established land management tool, agricultural burns have been done since the early 1900s to clear irrigation ditches, improve pasture and remove litter from crop fields.

The U.S. Fish and Wildlife Service plans its burns all year and generally conducts them from March to May and September to November. Little to no burning takes place in the summer, which is wildlife nesting season.

The burns take place only during favorable weather conditions that meet set safety standards. As in previous years, the refuge will follow the state of Colorado smoke permit requirements and involve highly trained firefighters to ensure safety and control at all times.

The U.S. Fish and Wildlife Service provides advance notice to the public about intended burns through several media channels. For more information about prescribed burns at the Rocky Mountain Arsenal National Wildlife Refuge, contact Supervisory Park Ranger Sherry James at 303-289-0659.

Editor’s note: The Rocky Mountain Arsenal National Wildlife Refuge is located on the northern boundary of Stapleton. For more information, visit rockymountainarsenal.fws.gov.

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Sustainability at Stapleton

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

Stapleton Strollers Starts Again in May

Stapleton Strollers by Hot Mamas is an exercise class designed for mothers with children in strollers. The class takes to the streets of Stapleton for a great workout! Classes will begin again on Tuesday, May 2nd at 9 a.m. and be held every Tuesday throughout the summer and the fall. The class meets on the west side of Aviator Pool at East 28th Avenue and Tamarac Street. A single class costs \$12, but Hot Mamas also offers discounted packages. Until the Stapleton class starts in May, you can check out the class that is held in Lowry on Tuesday and Thursday mornings. See the Hot Mamas website for more details.

Women can start taking classes as soon as they have their doctor's permission to exercise. There is no membership fee to join. If you are interested in trying a class, you just need to show up at the scheduled location 10 minutes prior to the class time with your baby in a stroller, a beach towel, and water. Hot Mamas trainers offer modifications and tailor the exercises to your ability so that you feel challenged, but not overworked.

For more information call the Hot Mamas Hotline at 303-296-2609 or visit their website at www.hotmamasexercise.com.



Mulch Giveaway and Compost Sale

Denver Recycles/Solid Waste Management and Denver Parks and Recreation will host this year's annual Treecycle Mulch Giveaway and Leafdrop Compost Sale on **Saturday, May 6, from 8 am to 3 pm**. Free mulch will be available at five locations throughout the city, including Fred Thomas Park at Quebec & 26th Ave., while Leafdrop Compost will be sold only at the main Havana Nursery, conveniently located to Stapleton at 10450 Smith Road, two blocks south of I-70 on Havana.

The mulch is made by grinding more than 19,000 Christmas trees collected by Denver Public Works/Solid Waste Management this past holiday season. Mulch is made of ground wood chips and is generally used as a top dressing for soil around trees and plants. It helps control weeds, helps soil to retain moisture and protects shallow-rooted plants from weather extremes. The Treecycle Mulch is **FREE** and available to Denver residents on a first-come-first served basis. Loader service for trucks and trailers will only be available at the Havana Nursery site.

Compost is a nutrient-rich soil amendment made from decomposed organic materials such as leaves and grass. It resembles soil and it can be mixed into soil to help reduce water and fertilizer needs or spread thinly over the lawn to fertilize and help grass roots retain moisture. Compost can retain 100% of its weight in water and is an important component of gardening in a drought. Leafdrop compost is made from more than 200 tons of leaves collected from Denver residents last fall. Compost will be sold for \$2 per 10-gallon bag (about 40 pounds), or \$28.50 per cubic yard with loader service (for open trailers and pick-ups). Sales tax

will be added to the prices noted. A standard full size pick-up bed holds about 2 1/2 cubic yards.

Leafdrop Compost will be sold at the Havana Nursery site only.

For more information on the Mulch Giveaway and Compost Sale visit <http://www.denvergov.org/DenverRecycles/template312617.asp>.

Residents may also call 720-865-6810 or e-mail DenverRecycles@ci.denver.co.us.

Xcel Energy Announces Solar Rewards Program

If you have ever considered installing a solar photovoltaic system on your house, you now have one more reason to do so! Xcel Energy recently announced details for their new Solar Rewards program. The Xcel Energy Solar Rewards program is a result of the passage of Amendment 37 last fall, which requires Colorado's utility companies to provide a percentage of their retail electricity sales from renewable resources.

The Solar Rewards rebate, or Solar Rebate Offer (SRO), for qualifying photovoltaic equipment is a one-time payment up to \$4.50 per watt for installations up to 10 kW (10,000 watts). The SRO has two components: the rebate and the Renewable Energy Credit (REC). The rebate is now set at \$2.00 per watt. The Renewable Energy Credit is \$2.50 per watt, but may be adjusted accordingly if your system is expected to produce less than 90 percent or more than 110 percent of the annual energy production achieved under optimal conditions at your location.

The advantages of photovoltaic systems are that they are quiet and produce clean energy with no emissions. Installing one kilowatt of solar power is the equivalent of planting 50 trees. For each one kilowatt-hour of installed solar generation compared to fossil fuel generation, our environment will see 1,911 fewer pounds per year of carbon dioxide and six fewer pounds of nitrogen. Photovoltaic systems help reduce pollution, stabilize your electric costs, lessen dependence on fossil fuels, increase self-reliance and sustainability, preserve natural resources, and strengthen energy security.

For complete program details, visit www.xcelenergy.com.

Denver Water Launches Residential Rebate Programs

Denver Water recently announced rebates for residential customers interested in improving high water use appliances or adding efficiency enhancers to their irrigation systems. The rebates will be available all year, for purchases made between January 1, 2006, and December 31, 2006. Highlights of Denver Water's rebate program include:

- A **\$200** rebate to homeowners who purchase a qualifying high-efficiency clothes washer.
- A **\$150** rebate for the purchase and installation of an ET (Evapotranspiration) Controller.
- A **\$25** rebate for the purchase and installation of a rain sensor.

Evapotranspiration, or ET, is the combination of water that is lost from the soil through evaporation and through transpiration from plants as a part of their metabolic processes. An ET Controller uses data received from its own sensors and/or local weather stations and automatically decreases or increases the irrigation schedule according to current changes in the weather.

Rain sensor devices automatically shut off sprinkler systems during and after rain showers, and allow the system to go back to their normal cycles once the sensor dries out. These devices save tremendous amounts of otherwise waste irrigation water.

For complete program details, visit www.water.denver.co.gov.

Compact Fluorescent Light Bulbs

One of the easiest and fastest ways to cut your home or office energy bill is to improve its lighting efficiency. If you replace 25% of the lights in high-use areas with compact fluorescent lights, you can save about 50% of your lighting energy bill. Compact fluorescent light bulbs are a variation on the fluorescent tube and produce a wide assortment of colored light that matches the warm glow of standard incandescent light bulbs. A compact fluorescent light bulb costs more initially than an incandescent bulb, but because it lasts longer and costs so much less to run it

is a better bargain over time.

Light Bulb Facts

Thomas Edison invented the incandescent light bulb nearly 120 years ago. The incandescent bulbs bought today function pretty much the same as they did 120 years ago. More than 90% of the energy produced by incandescent bulbs is heat, not light.

A single 20-watt compact fluorescent bulb used in place of a 75-watt incandescent bulb will save about 550 kilowatt-




Compact fluorescent bulbs provide dramatic energy savings.

hours over its lifetime. This savings represents nearly 500 pounds of coal not burned, which means that 1,300 pounds of carbon dioxide and 20 pounds of sulfur dioxide will not get into the atmosphere.




A new generation of compact fluorescent light bulbs now meet the stringent criteria for long-life, energy savings, start time, color and brightness set by the federal government's ENERGY STAR® program. Visit www.energystar.gov for more information.

For more information on compact fluorescent light bulbs see the March issue of New Leaf at www.stapletondenver.com/sustainability/newleaf/.



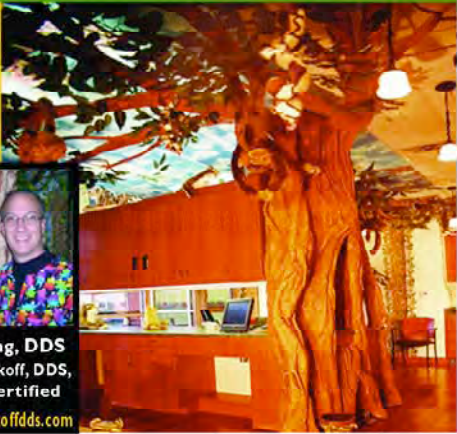
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Keeping Pets Healthy

by Steve Rubin, D.V.M.

Why Is My Pet Overweight? What Can I Do About It?

Is your pet overweight? Check these things: Can you feel her ribs? Can you feel her back bone? Is there a nice, feminine curve to her waist? Can she get up easily? Can she exercise as much as she wants to? If the answers to these questions is generally “no,” then your pet may be obese. For a final determination, consult your veterinarian.

The health risks to overweight dogs and cats are high. There is a severely increased risk of arthritis and other degenerative orthopedic disorders. There is also an increased risk of mammary cancer later in life (in female dogs) as well as other sorts of cancers such as cystic transitional cell carcinomas and osteosarcomas (bone cancer). Dogs and cats who are overweight also do not exercise as much, cannot tolerate heat as well, and also show earlier signs of aging versus ideal weight individuals. In addition, veterinarians will also see problems breathing, heart problems, and skin problems.

The cause of obesity is usually very simple. More calories are being ingested versus what is being burned. Therefore, the solution is usually very simple. Feed less food and get more exercise. My recommendations for food are simple as well: feed a high quality dog or cat food, and restrict table scraps to fresh or cooked vegetables, boiled rice, boiled hamburger, or boiled chicken (for dogs), or give small amounts of chicken, fish, or beef to cats as treats. Naturally, you can still feed too much of a good thing, so exercise is part of the program (as well as feeding less food overall). I usually tell my clients that the best exercise for losing calories is a twenty to thirty minute walk at a brisk pace. Your dog will burn the most calories if she does this after a twelve hour fast, so a morning walk before breakfast is absolutely the best way to burn the most calories. Unfortunately, there is simply no way to take cats for a brisk morning walk, however, providing opportunities for play can increase their activity levels.

Beware that there are certain hormone problems that can cause obesity as well. Consult your veterinarian about testing for such diseases as hypothyroidism, Cushing’s disease, and others.

Finally, food quality can have a lot to do with weight. Without endorsing any specific brand of cat or dog food, it can be safely said that good foods simply cost more. If you want to tell if the food you’re purchasing is high or low quality, then check the price. If you’re paying more, then it’s a better food. Also, dogs and cats can benefit from additional fiber in their diets. Fiber will fill them up without increasing caloric intake. Good sources of fiber for dogs and cats include fresh packed pumpkin in a can, or low fat bran muffins for dogs (no raisins or nuts please—these can be potentially harmful). Cats may benefit from increased protein levels such as may be found in certain kitten foods, but this is somewhat controversial.

In conclusion, obesity that you simply cannot control is a good reason to visit your veterinarian. There could be a disease process lurking beneath the surface, but more likely, your veterinarian can work with you to provide a safe and effective weight loss program.

Dr. Steve Rubin is partner and chief of staff in Banfield The Pet Hospital at Stapleton. His practice is located in the PetsMart at Quebec Square. Call 303.393.5406 for more information.



Home Work

by Kathy Epperson

Sarah Christian, Urban Gardens

Adaptation and reinvention are common themes in the business world and guiding forces in entrepreneurship. Stapleton resident Sarah Christian originally developed a successful career in human resources for GTE (now Verizon) in Florida. She and her husband Steve were married thirteen years ago and just six months later moved to Denver for simultaneous midlife career changes. Now a successful landscape architect for over ten



Sarah Christian

years, Sarah runs Urban Gardens from her home office. “We moved to Stapleton in February 2003, just six months after the first residents moved in,” she recounts. “We joke that we live in ‘Old Stapleton’.

Stapleton is a good fit for us because, like the former airport, we have reinvented ourselves.”

This process of reinvention started when several reorganization and downsizing efforts in the corporate world forced Sarah to think about alternative career paths. She started by exploring what she loved to do as a child, which was imagining and creating environments. “Next, I tested the waters by taking a course in Landscape Architecture History and found my passion,” she says. “My acceptance into the masters program coincided with an across-the-board early

retirement incentive offering. At age 35, I retired from the corporate world and began the path to my second career.”

Sarah received her Masters in Landscape Architecture from the University of Colorado at Denver and initially began work with the City of Westminster Parks and Recreation. Shortly after her first child was born, she went to work for a small landscape architecture firm doing residential design. She slowly built her own clientele and now, with both children (Lauren, age 9 and Will, age 6) in school during the day, she runs her company full time.

Working on residential projects ranging from historic renovations to new homes with a clean slate, Sarah enjoys developing master plans for her clients that include hardscape and plant design. She loves that each project and client is unique and enjoys using her extensive training and experience to help them create an outdoor space that reflects their tastes and lifestyle. Asked for advice to Stapleton residents with a small yard, Sarah urges careful planning to make the most of that space. “Small gardens can be incredibly intimate; quality materials are more affordable in smaller quantities; and maintenance time is minimized. Every detail is seen closely in a small space and therefore has greater impact. A small space can be made to appear more spacious through the use of design principles and visual techniques that combine to give the illusion of more space.”

Watch for the building of Sarah’s garden design this spring for the Westerly Creek/Stapleton Community Garden, pending approval from DPS. Sarah may be contacted at schristian51@msn.com or 303-320-0392. Visit her future website at www.urbangardensinc.com.

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



Information of interest from local real estate professionals

Let it Show, Let it Show, Let it Show

By Randy Riggin

In a market flooded with inventory, one of the biggest challenges sellers will face is to get prospective buyers to come look — and potentially make an offer — on their home. How will you put your home’s best foot forward? Here’s a primer for home sellers to let it show, let it show, let it show:

I clean, therefore I am. That means floors, windows, walls, with special emphasis on the kitchen and bathrooms. In a nutshell: if your home appears dirty, a buyer could likely interpret your home preparation habits to your home maintenance habits.

Understate your artistic flair. Don’t overdo deep paint colors, wallpaper borders, stencils and faux finishes. You’ll do better with simple earth tones that match your furniture and décor. Temporarily replace any type of inflammatory or controversial art pieces with something neutral, like a landscape. The same goes with extremely religious and political artifacts.

Clear the decks. Kitchen & bathroom countertops should be relatively bare. Put away the toaster, the blender, the sugar canisters & your liquor collection. Be especially tidy in the bathroom; people get really weird about hair, toothbrushes and spotty toilets & tub/showers.

Follow the light. Keep window blinds & drapes open at all times; natural light is a fantastic benefit that buyers will notice.



Randy Riggin

Be invisible. Remove personal photos and replace with minimal decorative objects. Remember to group in three’s. The experience for the buyer should highlight the home, not the people who live there.

Pet-B-Gone. Keep your dogs off the property during showings if possible. If you have animals who are strictly indoor pets, post an

explicit note right on the front door so buyers know that Miss Kitty stays in.

Don’t be a stinker. A smell of clean is a good thing, so is a candle scented with cinnamon. Don’t go heavy on room deodorizers since it might make the buyer think you are trying to mask something.

Go ahead, be compulsive. A home that is organized speaks well of the seller. Neatly stacked boxes, smartly organized garages & basements show that the seller is “on top of it”. When a seller “over prepares” to get their home in showing condition, they will only benefit from their efforts.

Bottom line. It’s a very competitive market for sellers, and a good listing agent will provide you with room-by-room recommendations to help you prepare your home for market. Also, carefully evaluate the showing comments from shoppers who visit your property: as we say, “Buyers Know Best.” Good luck with the sale of your home!

Randy Riggin is a Stapleton resident and a Real Estate Broker with Keller Williams Denver Central. He may be reached at 303-722-3300.

Sarah’s April Gardening Tips:

Lawns: Aerate, water only if weather is warm and dry, fertilize only if spring green-up and growth are unsatisfactory. Reseed bare spots.

Weeds: Hand pull or spot treat emerging weeds.

Trees and Shrubs: Remove tree wrap from young trees. Plant new trees and shrubs now or later in the spring.

Perennials: Water perennial beds if weather is dry. Remove winter mulch and prune dead foliage. Top-dress with 2-3 inches of compost. Begin planting new perennials by mid-month.

Annuals: Start shopping for annual plants. Do not set out frost-sensitive annuals or vegetables until after last average frost date of May 15th.

Seeds: Early in the month, start seeds that take six weeks to grow to transplant size. By late April you can start quick-growing annual and herb seeds indoors.

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Family Kicks

By Mike and Karen Giles
Mike Giles Family Karate

Martial Arts – A Diversity Opportunity

In the past months, I have mostly talked about kids and karate (martial arts). This month I want to talk about adults, martial arts, and the benefits of doing martial arts. I say, training in Martial Arts is exercising with a purpose.

What does that really mean? Well... we can go to the gym and lift weights, run on the treadmill to get “into the zone” and get fit and stay healthy and look good. Some



of us are training with specific goals, like a race or weight lifting event or ski race. You have a set mission, and the mission is to be ready for that event (for myself, this primarily involves martial arts tournaments). However, what martial arts can do for you is give you a day, a week, a month, or lifetime of missions. In most martial arts, there are belts and ranks to strive for as a mission. Now every 2-3 months, you are going to change rank or belt, if you are active in your karate school, depending on the style of martial arts in which you are training. Let’s look at some choices you might have in styles of martial arts, depending on where you live.

First off, let me tell you that not all karate schools teach “karate.” Americans tend to use this word as a catch-all for every martial arts style. The truth is, the styles of martial arts are quite different.

Karate means “Way of the Empty Hand,” and is a Japanese style of self defense and sport. In karate, emphasis is 50% upon punches, 50% upon kicks. Further defining this style are low stances, strong linear movement, a level of throwing and grappling, optimizing force against force, what is called “hard style” movement, and a degree of weapons training Karate provides a high impact workout.

Tae Kwon Do, “Way of the Foot and Hand,” is a Korean style martial art and sport. It is athletically based with high kicking and vigorous drills for perfecting kicking, skills. In Tae Kwan Do, emphasis is 70% upon kicks, and 30% upon punches. Again, force against force is optimized and some degree of weapons training involved. This is hard style martial arts with a fairly high impact workout. You may have seen Tae Kwon Do on television, since it is an Olympic event.

Kung Fu means “Skilled Worker,” and is an ancient Chinese Martial Art form. The modern component, Wu Shu, is the sport aspect of Kung Fu. Kung Fu uses the movement of many animals and insects to influence martial effectiveness. The percent of application of hands and feet varies depending on specific style of Kung Fu – which is different if originating from northern China, for example, where the style emphasizes high kicking. Southern styles, on the other hand, emphasize advanced hand techniques. Overall, Kung Fu is characterized by flowing movement that takes an attacker’s energy and turns it back upon him. Multiple weapons are taught as part of Kung Fu, along with meditation exercises. This style of martial arts is considered a soft style, with a moderate to high impact workout.

Kempo, or “Fist Law,” is an American/Chinese, Japanese/Chinese and Okinawan martial arts derivative using 60% hand strike skills and 40% kicks, some of which are high and so require flexibility. Kempo is the first recognized American martial art based on self-defense, and is quite eclectic in approach: elements of the other forms can be seen in a combination of flowing movement, hard and soft styles, and the imitation of animals or insects both for self defense and psychological effect against an enemy.

There are many more martial arts styles, such as Capoeira, Aikido, Judo, Jujitsu, and Cardio Kickboxing. The point is this: there is a style that will fit the purpose of the level of exercise you want to achieve. If you want a workout that constantly challenges you, helps you set goals, is never boring, and delivers realizations to refresh your body, mind and spirit, then Martial Arts is an amazingly diverse opportunity. You not only learn to stay in shape for the rest of your life, but you can defend yourself and your loved ones in case of the unexpected event of violence against you or someone you love. And you can get in touch with your Spirit in a way that will change your life forever.

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



Eat Good Food

by Annie Brown

California Roll in a Bowl or “You-name-it” in a Bowl

This winter I discovered what I believe is Stapleton’s hidden jewel: The Phoenix Yoga Studio in Town Center. I had done yoga over the past two decades a middling amount – from college where I practiced in a lobby of a local theatre to my early working life doing it in a sterile gymnasium to prenatal yoga in a fancy, overpriced, tv-blaring, iron-body-type sports club. None of these places ever made yoga more than another form of ho-hum exercise. And then one day in mid-December I walked into Phoenix Yoga for my first class and walked out profoundly changed. The serenity of the light-filled, mellow, peach and lilac toned walls enveloped me as I sank clumsily into one pose after another. Unlike other yoga I had done, the peace and clarity present in Phoenix Yoga is powerful. It came as a needed respite from the nonstop chattering of children, the endless drone of neighbors asking “so, who’s *your* builder?!” the ringing of the phone, etc. I’m still as lost and often quite clumsy as I attempt my practice, but I’ve found my oasis in Stapleton.

And as millions of others before have found that the more you practice yoga, the more your body wants to do anything it can to assist the process. One of those things is eating lighter. I’m not talking about a fruit-only diet or anything extreme, just simply becoming more conscious of the food we put in our body and how it affects us. A few months ago, pre-yoga conversion, I created this meal that we now have on average twice a week in our house. I call it California Roll in a Bowl or Cucumber Roll in a Bowl or Shrimp Roll in a Bowl – you get the picture. And, although I’m 100% certain that I’m not the first to have thought of this easy-Japanese style dinner, I am certain that I have created a new standard of comfort food for my family.

One of my other latest conversions has been to the world of rice cookers. I always thought they were only for serious Asian food lovers/cooks, but what I found was that it’s an amazing time-saving device that produces incredible rice every time. If you can, check out the Asian supermarkets on Federal or go to Han Au Rheum in Aurora to not only get a great deal, but also to pick up some basic “_____ in a Bowl” staples at half the price of the fancy gourmet/natural food stores.

Basic Recipe for California Roll in a Bowl *Serves 2*

2 cups brown rice	1/2 carrot, grated or julienned
4 oz. steamed shrimp, salmon, crab or tofu (or none at all)	1/2 avocado, diced
2 sheets nori	Pickled ginger
2 tablespoons toasted sesame seeds	Wasabi
1/2 cucumber, diced	Soy Sauce
	Sesame oil

To Prepare: In two soup or cereal bowls divide rice equally. Divide protein, if using, on top of rice. Top with cucumber, carrot, and avocado, equally divided. Crumble one nori sheet and sprinkle sesame seeds over everything. Serve with pickled ginger, wasabi and soy sauce.

Staples to purchase at Asian supermarkets: large bags of rice (I recently got a 10lb bag of brown rice for only \$7), nori sheets, sesame seeds, wasabi, pickled ginger, soy sauce, sesame oil. If you have all of these things in your cupboard you are more than half of the way to having “_____ in a Bowl” nearly any night of the week.

And lastly, why brown rice? Here’s the skinny: Compared to enriched, processed white rice, unenriched, unprocessed brown rice has 349% more fiber, 203% more Vitamin E, 185% more B6 and 219% more magnesium and 19% more protein.

‘Nuf said?

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.

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S.U.N. News

The SUN Spot

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To reach SUN, please email stapletonneighbors@msn.com

2nd Annual Stapleton Block Party Day: “Creating Community” May 20, 2006, 3:00 until.....

Beginning at 3:00 PM on Saturday, May 20, the streets throughout Stapleton will come alive as the second annual Stapleton Block Party Day gets underway. Last year's inaugural event was an amazing success where over forty Stapleton blocks organized and held unique parties. We hope to make this year's event even better, with support for every block in the neighborhood as they gather for food, drink, and fun. Our theme for this year's Block Party Day is “Creating Community” as we focus on continuing to build a community of neighbors who interact socially and work together to create a safer, stronger, and more cohesive environment where we live, work and play.

One of the best aspects of living in Stapleton is the people who have brought a great deal of creativity and initiative to the community, and many blocks already have a strong tradition of gathering. But for those who are interested, SUN can also provide a “Block Party Tool Kit” to help each block captain make the most of their party. The Block Party Tool Kit contains everything from helpful tips on planning and logistics (such as street closure request forms) to sample budgets and fund-raising information. To download a copy of the tool kit, go to Stapleton Online under Community Associations and look for SUN's link.

To find out who your block captain is, or to volunteer to be one, please contact Bill Fulton at civilconversations@msn.com or Susan Hadinger at schading@hotmail.com.

New Urbanism, Old Problem: Crime at Stapleton DPD/SUN to Sponsor Neighborhood Watch Training April 26

Shortly after moving into our beautiful new homes, many of us quickly learned the hard way that “new urbanism” at Stapleton has not escaped an age-old problem: crime. Fortunately, we as a neighborhood can take an active role: implementing community policing techniques that involve working hand in hand with one another and the DPD. Community policing and neighborhood watch have effectively reduced crime on participating blocks, and can be rapidly applied to make your block safer.

Report All Crimes to Direct Limited City Resources

Numerous crimes, particularly theft of items from garages and porches, have gone unreported. Reporting crimes or attempted crimes immediately is crucial for at least three reasons: (1) you give the DPD the chance to arrive on the scene – even if they do not catch the perpetrators, their arrival will deter future crime, (2) crime statistics compiled from your reports allow the DPD to spot trends and direct police resources accordingly, and (3) complete reporting of all crimes is necessary for DPD District 2 to obtain necessary resources from the City in an extremely challenging budgetary environment.

Community Policing/Neighborhood Watch: Low Cost, High Yield

Even with unlimited resources, the most effective policing programs are those in which neighbors take an active and collaborative approach, working with their local officers in a model known as “community policing.” Because neighbors knowing and looking out for their fellow neighbors drives any successful community policing program, residents attending training sessions are organized on a block-by-block basis. As part of the program, Neighborhood Liaison Officers Michael Rappe and Reyes Trujillo provide training on personal safety and crime prevention, and each household receives a copy of the Denver Police Department's Crime Prevention Manual, which contains valuable tips on self defense, protecting your home, preventing auto theft, child safety, discouraging burglars, and reporting crime.

Blocks that achieve substantial participation in the community policing training and registration will become part of the Denver Neighborhood Watch program. Among other benefits, the program includes the posting of Neighborhood Watch signs, which have had a proven effect in deterring crime. While over 370 homes have participated in the program and over 25 Stapleton blocks have achieved “Neighborhood Watch” status, Stapleton continues to grow and therefore we will need more participation to maximize safety.

The next Neighborhood watch program by SUN and the DPD will be held Wednesday, April 26 at 7:00 p.m. Forest City Central Park Conference Room 7351 E. 29th Avenue (2nd Floor), Light refreshments – Door prizes

For more information on the neighborhood watch program, please contact Mike King, Chairman of SUN's Safety Committee, at mking@bhf-law.com.

Finally, at SUN's request, the DPD offers free Women's Safety classes at the Police Academy that provide basic self-defense and safety information. Admission to these classes is on a first-come, first-served basis.

The next Women's Safety class will be held May 6. Contact Corporal Rich Stensgarrrd at 303-370-1517 for reservations.

Community Policing Efforts Include Radar Program to Reduce Speeding

DPD and SUN have also trained residents in the DPD's “speed check” program in which residents learn how to operate radar, with DPD mailing drivers friendly warning notices for speed limit violations. This program has several benefits: helping build traffic safety awareness while targeting problem areas for additional DPD enforcement, all in an effort to reduce speeding on our streets. **For more information on the “speed check” program, please contact Michael Johnson, Chairman of SUN's Transportation Committee, at Michael.Johnson@KutakRock.com.**

Letters to the Editor

Editor:

We were appalled to read the note on the Stapleton Intranet sent in by the reader who dislikes hearing the sound of the trains. As new Stapleton residents, we love the wistful, evocative sound of the trains – it reminds us that we are living in a city, the urban environment Stapleton promises to its residents. The sound evokes images of a city's grittier side, of hoboes riding the rails, of the machineries of commerce. If you don't want to hear the sound of the trains, you can always move to Highlands Ranch.

Trevor Alyn & Sarah Makarechian

Editor:

In February, at a meeting with a Forest City representative, I was given the advice, “...if the traffic is bothering you so much, why don't you move?” This advice does not alleviate the numbers and speed of traffic on 28th. Avenue. It would still be there.

One of the main concerns is the safety of our children on this meandering, curving street. There has to be some way of slowing down or reducing the traffic flow on 28th. Avenue. This is not just for children living on 28th. It includes children from other parts of the city who come to play in the park and/or go swimming. Working at Whittier Elementary School, I have seen the results of a child getting hit by a car. Even though the child survived, the entire family was devastated.

My question is why can't something short of residents “selling and moving” be done to slow down and decrease the traffic existing on 28th Avenue?

Margaret Lombard

Editor:

Many residents of the Stapleton community enjoy the pleasure of walking, biking or jogging along Westerly Creek. Ongoing construction and seasonal winds have not helped keep the creek free from trash, debris and pollution. We should all participate in insuring that Westerly Creek and the surrounding wet lands provide a healthy and clean habitat for our water loving friends. It would be helpful for residents to pick up any debris they notice and dispose of it at the end of their outdoor activities. Additionally, involving our children in this effort will help foster positive awareness of the importance of preserving our greenways and wetlands. Since the developers and builders are a primary source of this debris and pollution, they need to actively assist the community in this endeavor.

David and Ira Kessel

Editor:

My brother and sister-in-law live in Parker and have a publication for their community. One of the greatest features is a section where kids/teens can advertise their services—lawn mowing, babysitting, pet sitting/walking, snow shoveling, etc. It's not a fancy page—just columns with name, age, phone number, a check in the columns of the services they offer and if they have any special certificates (i.e. Red Cross babysitting, etc). It's such a great thing for the whole community—kids have a place to advertise and everyone else has one place to look to find what they need. I would love to see the Front Porch do something like that.

Lisa Justis

To Send Letters to the Editor

The Front Porch will publish Letters to the Editor as space allows. We reserve the right to edit length. Please mail your letters to Tom Gleason, editor, The Front Porch, Forest City Stapleton, Inc., 7351 E. 29th Ave., Denver, CO 80238 or email: TGleason@StapletonDenver.com

M.C.A. News



Stapleton MCA Welcomes its First Executive Director

The Stapleton Master Community Association (MCA) Board of Directors is pleased to announce that Keven Burnett has accepted the position of Executive Director for the Stapleton Master Community Association. Keven brings more than 10 years of experience in community management and development. Most recently, Keven served as Executive Director of the Keystone Neighborhood Company in Summit County, Colorado where he managed the master community association surrounding River Run Village and Keystone Resort. Prior to his post at Keystone Resort, Keven spent five years as Executive Director of the Downtown Boise Association, where he managed the Central Business District in downtown Boise, Idaho. Prior to his community management career, Keven spent many years in the ski industry at Mt. Bachelor



Keven Burnett, Executive Director, Stapleton Master Community Association

Resort in Bend, Oregon and before that, coached for the U.S. Men’s Downhill Ski Team. He is an active outdoors enthusiast and will be relocating from

Keystone to the Stapleton community with his wife Lisha and their children, Bridget, Peyton and Jake.

Keven began his duties as Executive Director in mid February of this year. The first order of business for Keven is to open an office at Stapleton that will serve as the headquarters for the community association. A temporary office is open at 7608 E. 29th, Unit 1 (just east of the town center green). A permanent facility is planned in one of the new commercial spaces yet to be built.

Please feel free to stop in the new office or call the MCA at 720-974 4248. Keven is interested in receiving input from all residents of Stapleton on their community experiences

COMMUNITY ANNOUNCEMENTS

STAPLETON COMMUNITY DEVELOPMENT SURVEY

The community development survey was sent to all Stapleton residents the last week of March! Please return surveys (or fill out online at the link provided in the survey) no later than Friday, April 14, 2006. We'll report later on the total amount paid to S.U.N. for returned surveys!

HELP US IDENTIFY HIDDEN RESOURCES IN THE GREATER STAPLETON AREA

With sufficient information, The Front Porch would like to run a future story on resources available for private or group lessons in all areas such as: musical instruments, voice, languages, athletics, art, cooking, etc. Please reply to frontporch@fineprintco.com with your information.

NEW! FREE CLASSIFIED ADS FOR KIDS’ SERVICES

Based on the suggestion of a reader, the Front Porch will (as space allows) expand the classified section to include free ads for services provided by youth in the greater Stapleton area, such as babysitting, pet walking, snow shoveling, lawn mowing, etc. Email the text of the ad to frontporch@fineprintco.com along with your name, address, and phone.

DON’T MISS THE 2ND ANNUAL BABY/KID STUFF SALE APRIL 15 – 9-11am

Drop off your gently used kid stuff at Westerly Creek School (8800 E. 29th Ave (Akron St. entrance) on April 13th or 14th between 9am and 3:45pm. Coffee and bake sale on the lawn will start at 8:30am. Volunteers are needed for set up on the 14th, as well as for working the sale and for bringing baked goods. For more information call Meg Yoder at 303-394-1975 or meg@familyyoder.com

CLASSIFIED ADS

FOR SALE

FOOSBALL TABLE - Dynamo Gold (Retail \$1200) Excellent condition - adjustable legs, accessories. \$700 OBO. Aaron. 720-318-8994

MEDIA ARMOIRE - Beautiful Hekman Cherry Wood. \$1200. Excellent condition 80"x44"x24"D. 303-377-2055, srlannon@yahoo.com pictures available.

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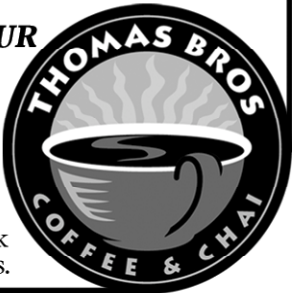
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Staplestone



The former airport control tower is not the only reminder of Stapleton's past. "Staplestone," roughly cut blocks of former runway concrete, is being used for retention walls throughout the greenways and parks in Stapleton. On some chunks of Staplestone runway striping is still visible!

Going, Going, Gone...



Our photographer catches the demolition of an old hotel at 36th and Quebec. A new retail center is planned for that location.



Parkwood Homes Brings Nantucket Close Private Enclave to Stapleton

Parkwood Homes has designed and developed an entirely new neighborhood of very special homes in Stapleton: the Nantucket Close. Only ten homeowners will claim residence in this private enclave conveniently located off 23rd Avenue and Central Park Avenue with the first homes scheduled for completion this summer.

The Nantucket Close is a replica of a neighborhood design that originated in the British Isles. The original "close" provided a road in front of stately homes for carriages to turn around an elegant park. The ten exclusive homes in Parkwood's Nantucket Close will face an artfully landscaped island graced with a gazebo. The private roadway lined with trees and a brick sidewalk will bring guests to the gracious front entry of the homes, each lit with a gas coach lamp, while a wrap-around alley will provide each resident a private access to his garage. The complete neighborhood landscape plan not only gives all homeowners the benefit of their own park but also a fully landscaped yard with magnificent trees, plantings, hedges, shrubs and picket fences. Varied home styles and lot sizes create diversity and individuality in this beautiful and charming neighborhood of the timeless "close" design.

Parkwood Homes is known to pay consistent attention to authentic details of homes that were first built more than a century ago. The time-honored homes in the Nantucket Close may look like homes

of yesterday, but their materials and quality craftsmanship are the most up-to-date and provide homeowners beauty, comfort and low maintenance. These ten spectacular homes have classic East coast architectural styles with gabled roofs, expansive porches

sealed combustion gas hot water heater and come with a 10-year limited structural warranty.

The East Coast authenticity is not limited to the exterior. Parkwood Homes three and four bedroom homes include

treads, solid core interior doors and a custom trim package including three-piece crown molding on the entire main level. And today's homeowners will delight in Parkwood's high tech wiring features and a gourmet kitchen complete with 42" upper cabinets, slab granite countertops and a stainless steel appliance package. Growing families appreciate the flexibility that Parkwood Homes offers in its third floor lofts that "flex" to an extra bedroom, play room, home office or hobby room and its optional lower level finish which many use as media entertainment rooms and a even an additional bedroom and bath..

Homes in the Nantucket Close can range from 2812 square feet to 4349 square feet with optional finish included. Most homes offer two-car garages with some home sites offering room for oversized or three-car storage. Prices range from \$661,170 to \$797,580. Contact Heather Barben or George Gore at sales@parkwoodhomes.com, call 303-320-4938, or stop by the Parkwood Homes' sales office at 2833 Spruce Street to reserve a home in Nantucket Close.



Artist's rendering of Nantucket Close at Stapleton.

with railings, brick on exposed foundations, mahogany-stained front doors and energy-efficient Low-E windows. Low maintenance cost-saving materials offer Energy Star efficiency as well as aesthetics. Homes are clad with 50-year fiber cement siding painted white and accented with colorful painted shutters and front doors. Westile 40-year concrete-tile roofs add the authentic look of shake roofs with the durability of concrete. These Energy Star homes include high efficiency gas furnace, programmable thermostat, and 50-gallon

hardwood flooring on the main floor, smooth un-textured walls with rounded corners, custom-designed full oak stair

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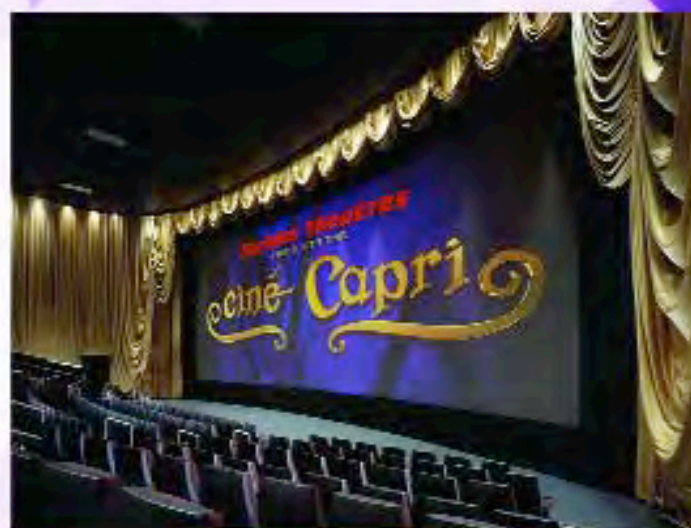
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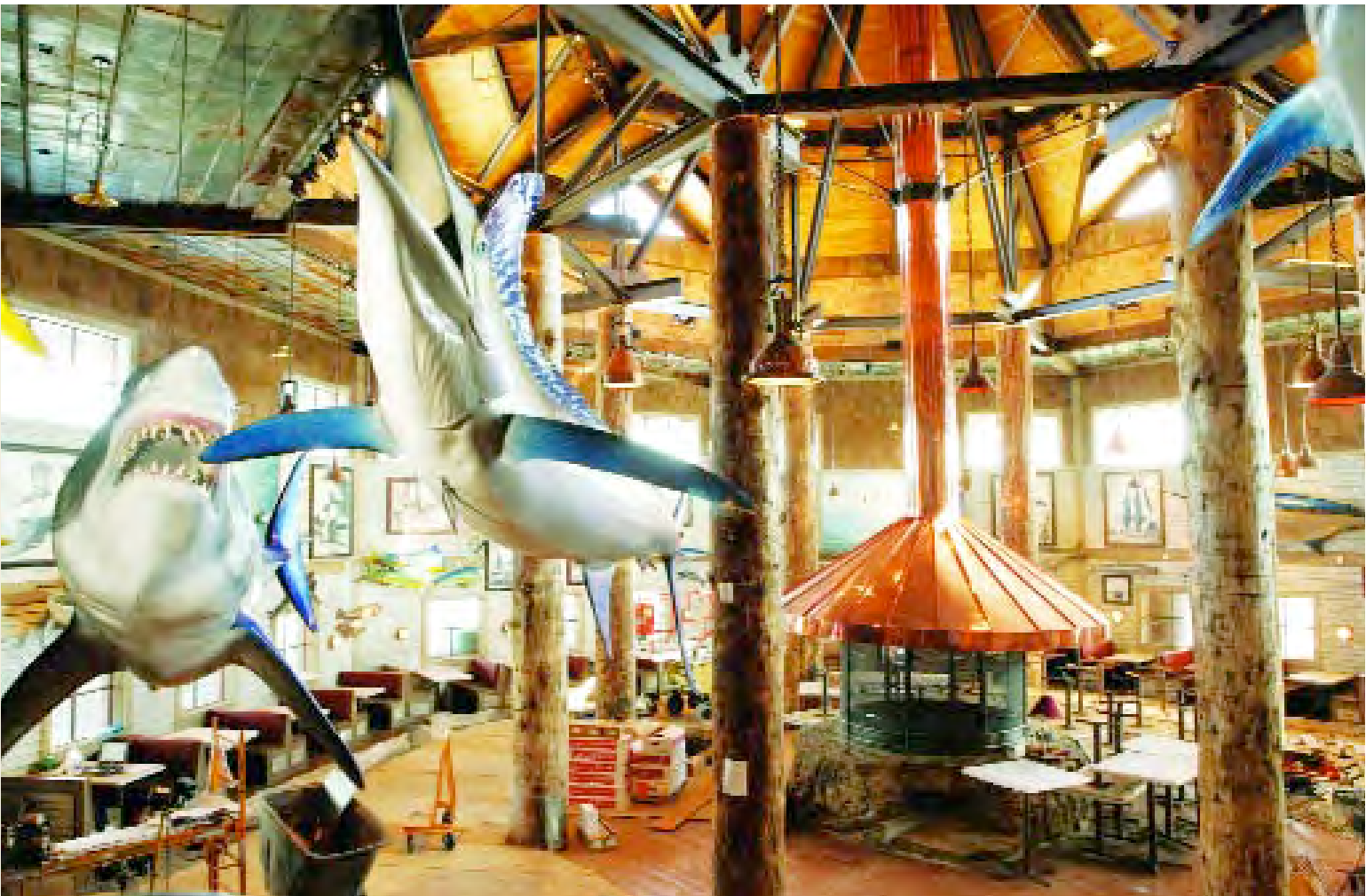
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Islamorada To Open at NorthField

(continued from page 1)
Islamorada Fish Company restaurants, located in Bass Pro Shops® around the country, are filled with fishing themes, such as full-scale true-to-life oceanic scenes that include fish being chased by their predators. The restaurant will be open 7 days a week from 11am to 10pm. Call Bass Pro at 720-385-3600.

Above: A life-sized Tarpon and photo of a tarpon being caught. There is also a scene of the “Grand Slam” of saltwater flyfishing, catching a Tarpon, a Permit and a Bonefish in one day.
Top right: A view of the dining room with life-sized fish in the foreground.
Below left: The 13,000 gallon aquarium contains salt water fish.
Below right: Artist Denny Burkhart from York County, Pennsylvania is one of many artists and craftsmen brought in from around the country to recreate fishing scenes throughout the restaurant.



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