

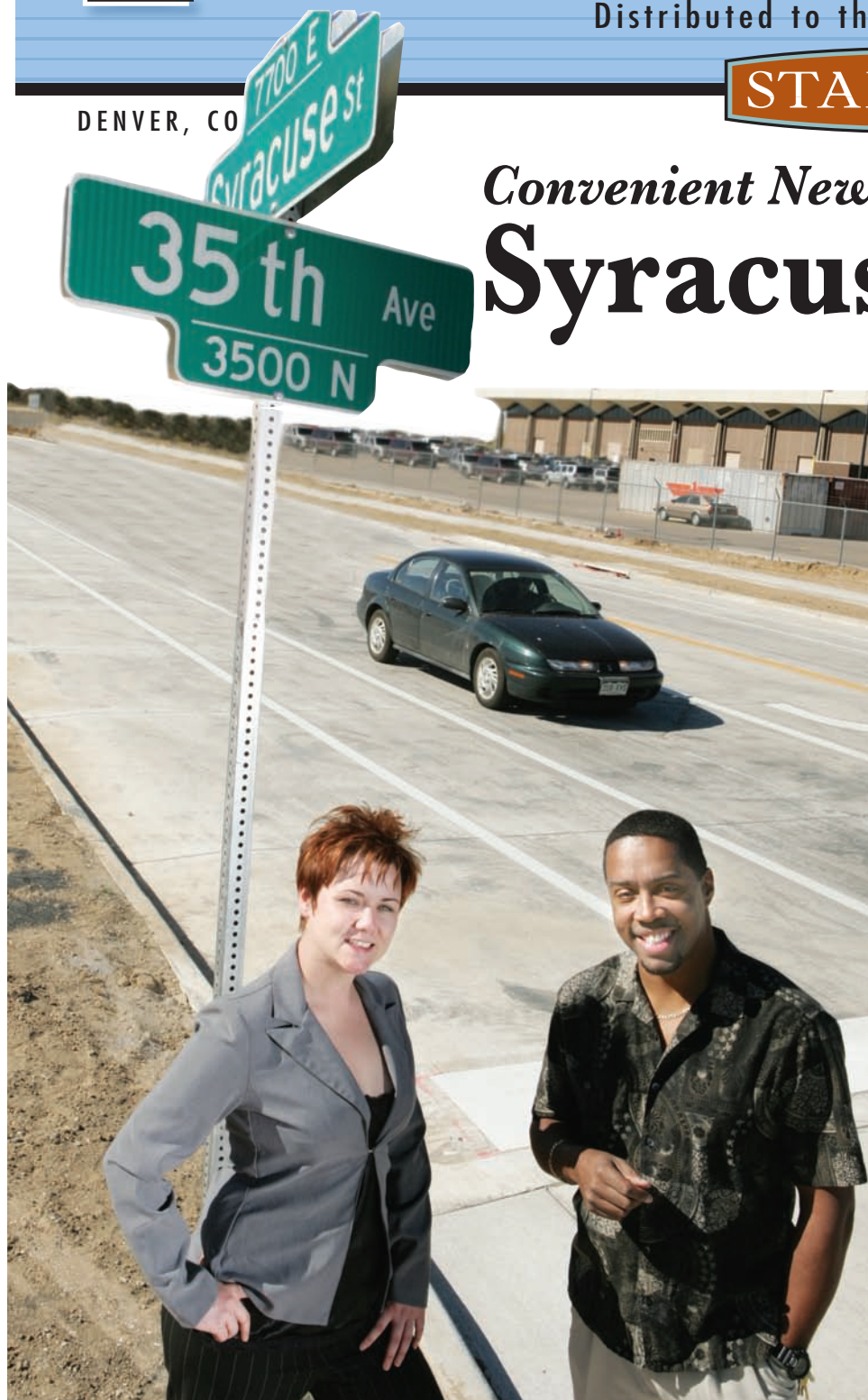
Front Porch

Distributed to the Greater Stapleton Area

DENVER, CO

STAPLETON

MAY 2006



Above: Emily Iyre (left), Manager of Thomas Bros. Coffee and Chai, and Byron Johnson, owner of Okkasions Liquor, stand at the corner where Syracuse St. enters Quebec Square. They look forward to meeting new customers who will now have easy access to their stores in Quebec Square. **Above right:** Workmen rush to finish the sidewalk at MLK Boulevard and Syracuse the day before the new road opened.

Convenient New Access

Syracuse Now Open to Quebec Square



The extension of Syracuse Street from the E. 29th Avenue Town Center north to 35th Avenue and the Quebec Square Regional Retail Center is now open to automobile and bicycle access.

The new access to the regional retail center and its variety of restaurants and retail has yet to receive its complete landscaping and sidewalk construction, but it is already being greeted with excitement by Quebec Square retailers.

"The opening of Syracuse to 35th Street in Quebec Square is perfect for people to stop in for coffee or chai on the way to work. There's no traffic and plenty of parking. From 35th they can turn right onto Quebec and they're on their way to the highway without waiting for a light. We look forward to seeing more Stapleton customers to try our organic coffees, lattes

made with hormone-free high quality milk, and my own recipe for authentic chai, which they can't get anywhere else," says Sam Thomas, owner of Thomas Brothers Coffee & Chai.

The extension of Syracuse proved to be a challenge, according to Randy Payment, project manager for M.A. Mortenson, the company constructing infrastructure at Stapleton.

"There is an elaborate "tapestry" of utilities woven between the existing underground utilities," Randy said. "Among those utilities, there are two live million volt electrical lines, a 6" intermediate pressure natural gas line and a Qwest service line, not to mention a 12 inch water main. Changes had to be made, designed, approved and then, implemented in the field.

"It was a time consuming process that we all managed to overcome in the end," he added. The new (continued on page14)

A Look Down Main Street at NorthField



Moviegoers coming out of the Harkins Theatres, which opened at NorthField Retail Center last month, can see down the Main Street at the retail that is taking shape and scheduled to open in October of this year. The building visible at the end of the street will be Macy's Department Store.

Harkins Theatre Opens with Fundraiser



Dancers from Booths Dance Sport Ballroom perform at the Harkins Northfield 18 Theatre pre-grand opening gala on April 6, benefiting Boys and Girls Clubs of Metro Denver. The theatre opened to the public on April 7 and features and in-lobby children's playcenter and Colorado's largest movie screen. Visit www.harkinstheatres.com for more information.

3

S.U.N.
Forum
May 18

Sweet
William
Market

5

S.U.N.
Candidate
Bios

10

Digtown
Doggie
Day Care

19



Snow capped mountains rise in the west beyond homes currently under construction in the eastern area of Stapleton.

Mark Your CALENDAR

2006 STAPLETON EVENTS

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



Stapleton's Farmers Market opens Sunday, June 4th.

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]

Third Thursday

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

First Saturday

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

Check two weeks prior to event for information.
*www.StapletonDenver.com
**www.StapletonOnline.com (requires registration)

EVERY MONTH

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]

Last Saturday

Sweet William Market May - Oct.
Founders' Green 9am-3pm
[Karen Pardue 303.355.6168]

Every Sunday

Stapleton Farmers' Market
East 29th Ave. Town Center
June - Sept 8:30am - 12:30pm
Forest City 303-382-1800

MAY

Saturday, May 13th

Recycling day at Stapleton - 11am-3pm
Quebec Square Tires Plus parking lot
[See article page 15]

Saturday, May 13th

Odyssey School Carnival & Silent Auction 2 - 7pm
Founders' Green
[Nelson Chase 303-316-3944 x43212]

Thursday, May 18th

S.U.N. Community Forum - 6:30-9pm
Denver School of Science & Technology
[Forest City 303-382-1800]

Thursday, May 20th

S.U.N. Block Party 3pm
[Schading@hotmail.com]

Wednesday, May 24th

**School to Pool Party

Saturday, May 27th

Aviator & Puddle Jumper Pools Open

Saturday, May 27th

Sweet William Market Debut
Founders' Green 9am-3pm
[Karen Pardue 303.355.6168]
(More information on page 5)

JUNE

Saturday, June 3rd

Sustainable Politics Stapleton
Bike Tour 9-11:30am
Westerly Creek School parking lot
[SustainablePolitics@gmail.com]

Sunday, June 4th

Opening Day
Stapleton Farmers Market
East 29th Ave. Town Center
8:30am - 12:30pm

Saturday, June 10th

*Stapleton Charity Chase 5K Run

Friday, June 16th

*Stapleton Under the Stars Movie

Wednesday, June 28th

Bike to Work Day 6:30 - 9:30am
King Soopers 22nd and Kearney
[Angie Malpiede 303-468-3231]

JULY

Tuesday, July 4th

4th Annual Founders' Day Celebration
**Pancake Breakfast
**Parade
**Games at the Pools
**Concert

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



Children in the neighborhood of Arc Park (28th & Emporia) line up to find eggs the Easter Bunny hid in the park.

AUGUST

Friday, August 4th

*Stapleton Under the Stars Movie

Saturday, August 5th

Sand Creek/REI Work Day
[Kate Kramer 303-468-3263]

Saturday, August 12th

*Stapleton Blood Drive,
Aviator Pool

Sunday, August 13th

**Stapleton Ice Cream Social

Friday, August 18th

*Stapleton Under the Stars Movie

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www.digstown.us

303.399.5500

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chief Eating officers

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spaw



Gabby,
President of Everything Mine and Yours

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- Get pampered (and smell great) after a full day of play. **Massages and Belly rubs included!**



Front Porch

www.StapletonDenver.com (select PRESS)

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The Stapleton Front Porch LLC is published by Forest City Stapleton, Inc., 7351 E. 29th Avenue, Denver, CO 80238. A minimum of 35,000 papers are printed. The paper is distributed during the first week of each month.

Smoking Ban: Protecting the Public Health

By Michael Hancock

They were the voices of power and persuasion. As I toured neighborhood association meetings last year I was stunned by a question at a Stapleton United Neighbors' meeting that I obviously did not anticipate. As an elected official who regularly attends neighborhood meetings I conduct a mental marathon of questions I can anticipate during the meeting prior to my arrival. This question came out of left field. I can usually expect at least one question to stump me but this one called on my commitment to always be forthright with my opinion on matters of public trust. The question: Do you support a smoking ban in the workplace?

Now, this issue has been publicly debated for quite sometime across the nation. The banning of smoking in the workplace is designed to protect the public from second-hand smoke in the workplace. In Colorado there was little political will to tackle the issue. The law had already been enacted in roughly 10 states in the U.S. and some local cities here at home. As a public servant I wrestled with the issues of a local ban versus a regional or state-wide ban, both of which seemed politically impossible. I clearly understood the argument of creating a competitive disadvantage for Denver bars and restaurants if a local ban was enacted. The argument was that patrons would simply cross jurisdictional lines to go where they can smoke and entertain.

At first, I wondered what the motive for the question was. Do I answer as I truly believe or do I give the political answer "we have to weigh the economic consequences against the individual right to clean air in places of choice?" I chose the former, "I believe in a smoking ban in the workplace to protect workers and the public from the hazards of second hand smoke."

"A complete ban in all public workplaces?" The voice from the audience was firm and resolute.

"Yes!" I responded, deciding to leave no room for misinterpretation of my position.



Denver City Councilman
Michael Hancock

The audience erupted in applause. I was relieved and pleasantly surprised. It was with this confidence that I began to propose the question to audiences all over Denver: "How many of you would support a complete smoking ban in the workplace, including bars and restaurants?" My informal poll would consistently result in 98% for a ban and 2% against. After 10 - 12 meetings, including one in southeast Denver while attending a town hall meeting hosted by Councilwoman Peggy Lehmann, I was convinced that this policy issue was important to the public. We had a duty to act.

To prime Denver City Council's position on the issue I was joined by Councilwoman at-large Carol Boigon and Councilpersons Kathleen Mackenzie and Peggy Lehmann. We collaborated with the Clear Air Coalition that included such noble organizations as the American Heart Association and the American Lung Association. In addition, several surrounding jurisdictions expressed sincere interest in joining our effort and creating a regional movement. Finally, our voice was tremendously empowered when many of our state legislators returned home in the summer to be reminded of who they represented and chastised for not supporting the Clean Air Act that was defeated during the previous legislative session.

Denver City Council supporters were inspired when we received word that State Senator Dan Grossman and Representative Mike May planned to propose the legislation again during the 2006 session. This second effort would be replete with a bipartisan coalition. The bill would ban smoking in work places, including restaurants, bars, and taverns. The exemptions included small businesses of four employees or less, cigar bars, tobacco retail locations, DIA smoking lounges, and casinos. I was called to testify. I gave my word before the Senate sub-committee that if the bill did not pass the Legislature, Denver was prepared to propose a stricter version on a local or regional basis. Bill 1175 passed both chambers and was signed into

law by Governor Owens.

Coloradoans will enjoy clean air in public places beginning July 1, 2006. While this is not the perfect law - I believe casino workers deserve protection - political realities tell us that there must always be give and take in the political process.

Thanks to all of you who shared your

thoughts and candor and for reminding me to stand by my obligation to protect the health and well being of the public.

Michael Hancock, Denver City Council President Pro-tempore, represents District 11, which includes Stapleton. Contact him at Michael.Hancock@ci.denver.co.us.

What's going on at Stapleton?

SUN Community Forum

Thursday, May 18, 7-9pm
Denver School of Science and Technology
(Valentia & Montview)

Featuring information and updates from key players on hot topics, including:

- What's happening with potential projects and land uses?
- What's the status of the potential Shurgard Facility?
- What is the future of the Police Academy parcel?
- When will Central Park be open?
- What is the status of the recreation center?
- What are the plans for the second Town Center?
- Update: Environmental remediation of the nearby Rocky Mountain Arsenal Basin F Wastepile.
- Update: Stapleton Center for Healthy Living.
- Participate in SUN Board elections.

Arrive at 6:30 pm to meet neighbors and key Stapleton officials, enjoy light refreshments, and peruse information.

Sponsored by Stapleton United Neighbors, with key leaders from Forest City Stapleton, Stapleton Development Corporation, Park Creek Metro District, Denver Police Academy, Rocky Mountain Arsenal, and Center for Healthy Living

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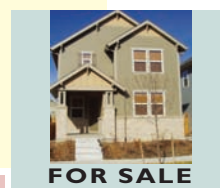
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Stapleton Field Guide by 1st and 2nd Graders at The Odyssey School

By Andy Hartman and Kim Beyer

Did you know that prairie dogs kiss? Our first and second grade students at The Odyssey School didn't know that either, until we started our recent study of urban wildlife in and around Stapleton. The Odyssey School (www.odysseydenver.org) is an expeditionary learning school in which students go on one or more learning "expeditions" each year. These expeditions focus on large areas of knowledge (such as prehistoric Denver), ask big questions (How do we know what we know?), and provide a context for learning both skills and content.

As a way of diving into our expedition on Stapleton's urban wildlife, forty-eight first and second graders have been getting out of the classroom to learn about a very common and interesting Stapleton resident - the prairie dog. We visited Rocky Mountain Arsenal National Wildlife Refuge, which is on the northern border of Stapleton, and learned how to record

observations of prairie dog behavior. We then went out to the prairie dog town near Bluff Lake to gather more data in our field books. After discussing our findings back in the classroom, we used a variety of books and other resources to carry out further research on prairie dogs.

All of this research is leading up to the final project of our expedition. We are creating a field guide to the wildlife of Stapleton. Hopefully, this will be a guide that you and your family can use to learn more about your animal neighbors - a tool for learning as you take walks along our beautiful neighborhood greenways! The first entry for our field guide features, not surprisingly, prairie dogs. We hope you will enjoy the wonderful work our kids do, and perhaps you will stop and observe the next prairie dog town you see a little more closely.

Watch for more of our field guide entries in future editions of the Front Porch.

Andy Hartman and Kim Beyer are instructors at Odyssey School.



Odyssey students take notes on their wildlife field trip.

BLACK-TAILED PRAIRIE DOG

<u>Size:</u> 12 - 15 inches long	<u>Weight:</u> 1 1/2 - 4 pounds
<u>Color:</u> tan with black tails	<u>Habitat:</u> shortgrass prairie
<u>Description:</u> A prairie dog looks like a tan ball of fluffy fur with a black tail and dark eyes. It blends in with the dirt. It is a small mammal that is a rodent. It looks kind of like a fat chipmunk. It is a type of squirrel.	
<u>What It Eats (Diet):</u> blue gramma grass, buffalo grass, prickly pear cactus, and other plants, roots, flowers, weeds, and seeds (and sometimes insects)	
<u>What Eats It (Predators):</u> coyotes, badgers, eagles, hawks, rattlesnakes, foxes, and falcons	
<u>Babies:</u> Prairie dogs have up to 8 babies. They have 3 or 4 families. The babies are born in early spring. They are born blind and with no fur. They live with their mother until they are six weeks old.	
<u>Homes:</u> Prairie dogs live in burrows which they dig out of the ground with their hands. At the entrance of the burrow they build a mound to keep out water and help them see predators. They use their noses to pack the dirt around their burrows. Each burrow has several entrances. A burrow has many rooms or chambers. They are used for sleeping, storing food, a nursery, and a bathroom. Prairie dogs clean out their burrows and leave the scat outside their entrance.	
<u>Interesting Facts:</u> Prairie dogs hug and kiss! They feel each other's teeth to see if they are family. They recognize the marks on each other's teeth. They use their claws to groom each other's fur and their own. They also use their sharp claws to dig. Prairie dogs eat lots of plants so their teeth don't get too long. Prairie dogs have to fatten up for the winter. A jump-yip call signals danger. On a busy day, a mother gets as many as 100 mouthfuls of nest material. Prairie dog nests are about the size of a basketball. An average prairie dog lives 4 to 5 years.	



Drawing by Siena Casalini

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Adams County Fair Kids Day Celebration 2006 It's a family A-Fair!

Friday, August 4, 2006

Time: 10:00 am

Kids Day Free Activities:

- Shrek Bounce House
- Bungee Jump Trampoline
- Climbing Wall
- 25' Slide
- Noah's Ark Petting Zoo
- Outdoor Education Fishing Experience
- Stage Stop Llamas
- United Power's Monster Mural
- Toddlers get your first drivers license at the Adams County Sheriff's Office Toddler Driving School
- K-9 Demonstrations

Entertainment Schedule

- 10:00am Mr. Shine
- 11:15am Eric West Music
- 12:30PM Castaway Show
- 2PM Ronald McDonald Magic Show

Information & Activity Booths

- Home Depot Craft Zone
- Denver Zoo Outreach Program
- Denver Museum
- Adams County Fair Queen's booth handing out cowboy hats and tiaras

www.adamscountyfair.com 303-637-8000

Harkins Theatre at NorthField Introduces Kids' Summer Movie Program

Harkins Theatres' Summer Movie Fun program for kids will run from May 29th through August 4th, and will feature 10 popular family movies for only \$5.00. Movies include Clifford's Really Big Movie, Madagascar, Racing Stripes, Hoodwinked, Shrek, Shrek 2, Robots, Wallace and Gromit: The Curse of the Were Rabbit, Because of Winn Dixie and Curious George.

The program features a different movie each week. Parents can purchase season tickets and select which day

they want as their Summer Movie Fun day. Additionally, schools can use the program as a fundraiser by selling tickets and getting a rebate from Harkins Theatres.

Tickets are now available at Harkins NorthField 18, which is located in NorthField Retail Center at 8300 E. 49th Avenue. Call the Summer Movie Fun hotline at 1-800-601-4SMF (763) or visit www.harkinstheatres.com for more information.

Rocky Mountain Arsenal

Catch & Release Fishing Class To Be Held at Bass Pro

The catch and release fishing season at Rocky Mountain Arsenal opens June 3. Anglers must complete an orientation session to receive a refuge fishing permit for the 2006 season. The first session will be offered at Bass Pro Shops on May 5 at 6 p.m. and again at 6:30 p.m. Once the fishing season opens, sessions will be held at the refuge each Saturday and Sunday at 7 a.m. in the Visitor Center. Call 303-289-0930 or visit <http://www.fws.gov/rockymountainarsenal/index.htm>.

Stapleton Runners To Compete in Colorado Colfax Marathon May 21

A number of Stapleton residents will compete in the Colorado Colfax Marathon on Sunday, May 21st to benefit local charities engaged in youth fitness. Tracy Perez of Stapleton invites her neighbors to turn out to cheer on the Stapleton runners. "Some runners are doing the full marathon, others are running the half marathon, and still others are participating in relay teams," said Tracy. "Since part of the course on Colfax is so close to our neighborhood, it would be nice if we could get non-participating residents to line the course and cheer us on."

The course will begin in Aurora's Sports Park at 6 a.m., and end in Lakewood's Colorado Mills. For more information about the Colorado Colfax Marathon, visit www.coloradocolfaxmarathon.org.

Yoga for Riders – Sunday June 4th An afternoon of yoga and horses

No experience is necessary... beginning and advanced instruction will be offered in both disciplines by certified instructors. Cost is \$175 including lunch. Time is 1 - 6pm. Call 303-377-7444 for reservations.

Dance Institute Offers Summer Camps

Dance Institute offers classes for all ages from toddlers to adults, including ballet, tap, jazz, hip-hop, tumbling and ballroom. Register for Summer Camps by calling 303-525-0011 or visit www.DanceInstituteDenver.com. Dance Institute is on the northwest corner of I-70 and Quebec.



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just south of Famous Dave's Bar B Q!**



This summer Forest City Stapleton, Inc. presents the following five free movies on the green – so bring your blanket and your family and join us for a great night out!

Movies

Friday June 16th – Wallace & Gromit G

Friday July 14th – Madagascar PG

Friday July 28th – Footloose PG

Friday August 4th – Chicken Run G

Friday August 18th – The Natural PG

All movies are at Founders' Green
(East 29th Avenue and Roslyn Street)

www.StapletonDenver.com

May 27th on Founders' Green Sweet William Market Debut

The opening day for the new Sweet William Market will be Saturday, May 27 from 9am - 3pm in Founders' Green, featuring an atmosphere reminiscent of a European market. The market will bring together vendors with unique and stylish home decor products. 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 will offer an eclectic shopping experience.

Sweet William Market will be open from 9am - 3pm on the last Saturday of every month, May through October. For information call Karen Pardue at 303-355-6168.

Denver Parks and Rec

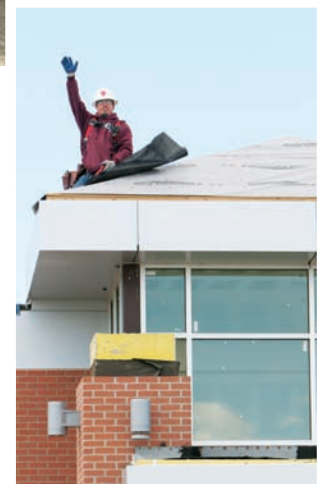
"Spring Into Health" Event to Be Held June 7th

Denver Parks and Recreation's annual "Spring Into Health" and the Mayor's Walk fitness celebration will be held from 10:00 a.m. - 1:00 p.m. on Wednesday, June 7, 2006 at the Denver Botanic Gardens located at 909 York Street. Participants will experience the latest in exercise trends, health screenings and a fitness walk through the blooming Botanic Gardens. Featured sessions include Tai Chi, Traditional Acupuncture and Chinese Medicine. Entertainment will be provided by Cliff Spratt, a well-known local musician, story-teller and comedian. A free chair massage provided by Heritage Massage School will relax tense muscles.

A fee of \$5 includes admission, sessions, canvas bag and snack pack. Space is limited, and interested participants can register until May 31. Registration forms are available at all Denver Parks and Recreation Centers. Visit www.denvergov.org/recreation for locations or call 303-458-4868.



Construction continues on the new William R. Roberts building for grades 4 - 8 at the Westerly Creek School. The building is scheduled to open in August of this year. Below workers install the floor in the gym. Artwork below right is one of a series of artistic details on the exterior of the building.



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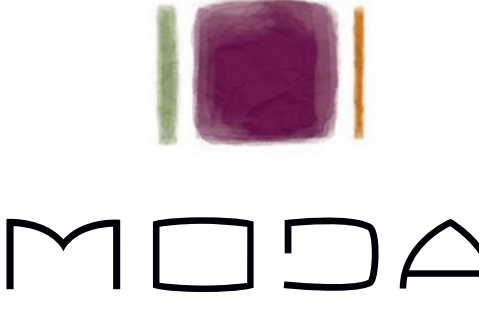
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The Moda Lofts don't blend in. They refuse to. They stand out. Right there, on Stapleton's 29th Avenue. Right at the town center. There's a grocery store, a gourmet restaurant, a wine shop, bars, a coffee shop, a farmer's market, a yoga studio, and a heck of a lot more than we can list here - and more than you can squeeze into one weekend.

Had enough urban for now? Head the other way — just down the block — and you're in Stapleton's 80-acre Central Park. That's Wash Park big. Big enough for your bike, your Frisbee, and your dog. Or hit one of the neighborhood pools. When you're here, it's all here, too.

**IF YOU
GET IT,
GET ONE.**



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5 Year Charter Extension
Stapleton's Odyssey School a Continued Success

By Nelson Chase

The Odyssey School is completing another successful year. This winter the Board of Education for Denver Public Schools granted Odyssey a 5-year extension of its charter, one of only two charter schools to be given such acknowledgement. Additionally, the Colorado Children's Campaign recently ranked Odyssey as one of the top schools in Colorado. Finally, the school recently completed its 3rd Annual Campaign, raising over \$25,000 from the Odyssey community to support the school.

Located here in Stapleton in the West-ly Creek building, Odyssey is a DPS charter school for students in Kindergarten through 8th grade. The school's focus is on Expeditionary Learning, with a primary focus on academic achievement, character education, and service learning. Adventure experiences, in the spirit of Outward Bound, are an important part of Odyssey's curriculum.

In February, the DPS Board granted a 5-year renewal of Odyssey's charter, on the recommendation from the District SIAC (School Improvement and Accountability Council) that "the charter of the Odyssey School be renewed for a period of five years. With only one or two exceptions, the Odyssey School has high CSAP scores that exceed those of schools with comparable populations ... the students at Odyssey are performing exceptionally well."

As an indication of Odyssey's success, the Colorado Children's Campaign recent-

ly indicated, in a document titled "390,343 Children Left Behind: Who's Closing the Achievement Gap in Colorado's Schools", that The Odyssey School was ranked in the top 2% of elementary schools in Colorado on average achievement gains in reading, writing, and math since the inception of the CSAP tests. Odyssey's middle school ranked in the top 8%. Additionally, Odyssey recently received recognition from the Colorado Department of Education as a "Gain-Maker School" for growth students have shown in Writing and Math from 2003 to 2005.

With help from the Odyssey and Staple-ton community, the school completed its third Annual Campaign in March, raising over \$25,000 to support our curriculum, professional development for staff, family involvement, and future purchases of school buses to transport students on adventure and field work activities. Forest City and Mortenson Construction provided significant support.

Odyssey will complete its fund raising activities with its annual Carnival and Silent Auction on Saturday, May 13 from 2 to 7 p.m. on Founders' Green in Staple-ton's E. 29th Avenue Town Center. There will be food, beer, crafts, rides, and entertain-ment.

We look forward to seeing everyone at the May 13th Carnival and Silent Auction at Founders' Green.

Nelson Chase is the Executive Director of the Odyssey School. He may be reached at 303-316-3944 X 432312.

Parents' Corner
Teachable Moments

By Tom Downey

Setting the table constitutes emergent math. Kids who set the table with their parents are likely to be more prepared for school and lifelong learning, because setting the table builds mathematical skills through problem solving. "How many people are coming for dinner? How many plates do we need? How many cups? Forks? How do we arrange the place settings? Wait, Grandma is coming too." This is addition, subtraction, and geometry. These little lessons, over and over again, create the building blocks for math.

Parents have a hundred of these "Teachable Moment" opportunities everyday with their kids. Some are obvious, and some take a bit of explanation. Now, thanks to incredible research and efforts by Civitas, the Ad Council and United Way of America, these Born Learning techniques are available to parents in simple forms. Nationally, they are promoting the Born Learning concept through public service announcements and a wonderful website: www.bornlearning.org. Here in Colorado, Mile High United Way, Anna Jo Haynes of Mile High Montessori, the Children's Museum and others have partnered to spread the Born Learning concept in our community.

In addition to being educational, these teachable moments may alleviate parent

pressure points. Taking the kids to the grocery store can be an anxiety-ridden experience, even if you are lucky enough to get one of the child car carts. If kids shift their focus from the candy or a toy they want to a constructive learning opportunity, your visit will be much less harried. With little kids, just counting items or matching colors can occupy them for the whole trip. If they can handle the walking, they can help with the shopping. A child directed to get the milk carton by her parent will have fun, and learn. She may know her letters, but not be able to read yet. Making that association of the M-I-L-K on the familiar box, however, creates the foundation for literacy. A wonderful trick is to clip coupons with your child, even if you aren't in it to save money. Your child will have fun trying to find the product based upon matching letters and pictures from the coupon to the items in the aisles. He also has ownership of the process, greatly reducing the likelihood of bad behavior. The reason we have a grocery store at the Children's Museum is because there are so many embedded educational experiences.

We cannot promise that applying Born Learning techniques will eliminate meltdowns, but we can promise that your kids will have fun, they might learn something, and you might have a more relaxed experience. Please look for more ideas in next month's Front Porch or ask

us about Born Learning at the Children's Museum. For more information visit our website at: www.cmdenver.org. Tom Downey is the Executive Director of the Children's Museum of Denver. He lives at Stapleton with his wife and two young daughters.

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Location: Quebec Square

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Location: East 29th Avenue Town Center

GNC at Quebec Square

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Location: Quebec Square

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

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Location: Quebec Square

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SERVICES (cont')

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LolliLocks Kid Salon

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Location: Quebec Square

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Location: East 29th Avenue Town Center – in King Soopers

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

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

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Location: Quebec Square

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

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Location: East 29th Avenue Town Center

Doubletree Denver Café

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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.

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Location: Quebec Square

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Location: Quebec Square

Stapleton Resident Artist Joins Public Art Advisory Committee

By Barbara Neal

As Stapleton expands, so does its community of resident artists. The Public Art Advisory Committee (PAAC) wanted to include the perspective of artists living at Stapleton in its policy and program deliberations. Through the Intranet, the PAAC sought artists interested in being involved in the work of the public art program. After interviewing several artists who responded, the Public Art Advisory Committee invited Nelson Giesecke to join the Committee for a two-year term. Highly respected as a goldsmith, sculptor and painter, Nelson owns Object Design in Cherry Creek North, a studio featuring his jewelry and an engaging variety of small mechanical sculptures. He has completed several public art projects on a somewhat larger scale. Nelson, his wife and daughter have lived in Stapleton for three years. His interests include relating the public art at Stapleton to the principles of the Green Book.

With the work proceeding on the two previous commissions, Ilan Averbuch's stone sculpture for the ellipse and Patrick Marold's installation for NorthField Town Center, the Public Art Advisory Committee has turned its attention to potential sites for new public art projects. At its April meeting, the Committee decided to pursue public art projects at the Recreation Center proposed for Central Park and for the future Havana Town Center. Both sites offer opportunities for integrating artwork in design and construction. The Recreation Center provides options for artwork in the interior as well as exterior spaces. The Public Art Advisory Committee will also continue planning for the project at the intersection of Martin Luther King and Central Park Boulevards. Project Selection Committees will soon be assembled for these projects.

If you are interested in these projects or want more information about the public art program, contact me at barbneal@mindspring.com. Watch future editions of The Stapleton Front Porch or visit StapletonOnline.com for updated information on the Stapleton Public Art Program.

Barbara Neal is the Public Art Consultant for Forest City Stapleton, Inc.

Denver Residents Encouraged to Sign Up for Pesticide Registry City Will Provide Notification This Spring

Denver residents who want the Denver Parks and Recreation Department to notify them before the department applies pesticides outdoors this spring are encouraged to sign up for a pesticide notification registry by calling 720-865-5417 or sending an e-mail to Sharon.Armijo@ci.denver.co.us

The Division of Environmental Quality of the Denver Department of Environmental Health maintains the registry to give people concerned about the health risks of possible pesticide exposure to take precautions such as closing windows and keeping children or pets away from sprayed areas. Some people with asthma, respiratory disease, multiple chemical sensitivities, or allergies are especially susceptible.

Residents on Denver's pesticide registry will be contacted at least 24-hours before outdoor application of pesticides for up to three parks. Denver Parks and Recreation will post warnings of outdoor pesticide applications for at least 24-hours after the application. Warning signs will also be posted along the shoreline for pesticides applied around lakes.

Information needed includes: full name, Denver street address and zip code, telephone number, email address (if available) and the full name of the park(s) for which notification is requested. A maximum number of three parks will be accepted. Residents must register again this year, even if they were on the list last year. Because of the volume of calls received, the Division of Environmental Quality cannot return individual phone calls to confirm registration.

The agency advises consumers to use the lowest toxicity pesticide available and to read the label and follow all directions. For information on specific pesticides, call the Colorado State University Cooperative Extension, Denver County at 720-913-5270 or contact a master gardener.

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.



District 2 Top Cops Honored at Reception

Above: District 2 Commander Rhonda Jones and Denver City Councilwoman Elbra Wedgeworth (left) and Denver Manager of Safety Al LaCabe (right) join the Top Cop Citizens Committee and the 2006 honorees at a recent reception in the District 2 police station.

Right: Mayor John Hickenlooper visits with Denver police officers at the Top Cop reception.



Corporal Dan Andrews Named Top Cop

The Top Cop Citizens Committee of Denver Police District Two has named Corporal Dan Andrews as the Top Cop for the month of April 2006.

On 01-17-06, at approximately 11 p.m., Corporal Andrews was on routine patrol in an area of Stapleton under construction when he observed a truck carrying appliances traveling westbound on Martin Luther King Boulevard from Central Parkway. When the vehicle stopped for the stoplight at Roslyn Street, Corporal Andrews observed that the brake lights were not functioning. As a result of this traffic violation and a suspicion by Corporal Andrews that these appliances were possibly stolen, he made a traffic stop at the location. The vehicle pulled to the side of the road and the occupants fled the vehicle on foot.

Corporal Andrews pursued the occupants on foot and chased the driver of the vehicle westbound across Quebec St. The suspect attempted to conceal himself behind a residence located in the 3000 block of Quebec Street, but then continued running and hid under a truck parked in the 3000 block of Poplar St. Corporal Andrews conducted a high risk stop and ordered the suspect from under the vehicle at gunpoint. The suspect then attempted to run again but Corporal Andrews was able to place him in custody at this point without further incident.

Corporal Andrews then returned to the suspects' vehicle and found the steering column had been cracked and no keys in the ignition. The truck contained two microwave ovens, a refrigerator, and two ranges. Corporal Andrews advised the suspect of his Miranda rights and obtained a written statement from him. The value of the stolen property was in excess of \$4,300.

Corporal Andrews was commended for his attention to duty during routine patrol of his assigned area and his tenacity in pursuing a suspect who might have escaped and continued to burglarize residences in the metro area. The Citizens Committee joined the Denver Police Department in saluting Corporal Andrews and the men and women of the Denver Police Department for the work they perform on a daily basis to make Denver a safer place to live.

An opportunity to honor a loved one

The Alzheimer's Memory Grove and Gardens in Central Park

While the majority of the trees in Central Park's Memory Grove and Gardens have been purchased, a limited number of trees are still available for anyone wishing to create a special tribute in Stapleton's beautiful Central Park to a loved one touched by Alzheimers.

Stapleton Central Park Development Inc. has joined with the Alzheimer's Association and its research funding auxiliary, AWARE (Alzheimer's Women's Auxiliary for Research and Education) to create a memory grove and garden within the 80 acre park that will be the crown jewel of Stapleton's 1,100 acres of new parks and open space. The Memory Garden is designed with a spiraling pathway of four

distinct gardens. With 167 flowering plum and crab apple trees that embrace the gardens, and benches to sit and relax, the gardens offer a sanctuary for reflection and healing.

The honoree will have his or her name inscribed in the centerpiece of the gardens. Each memory tree sells for \$1,000, which is a tax-deductible donation. The money raised will fund programs, services, and Alzheimer's prevention research.

There is a limited time to purchase a tree. Anyone wishing to participate in this unique tribute should send in the form below with their payment, or contact the Alzheimer's Association at 303-813-1669 for more information.

Alzheimer's Memory Garden Tree Order

☐ Yes, I/We will join AWARE and the Alzheimer's Association Colorado Chapter in creating The Alzheimer's Memory Grove and Gardens. Payment of \$1000 per tree is included. In Honor of (Individual or family name) _____.

Donor/s: If more than one donor has contributed, please include their names and addresses on a separate sheet of paper.

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☐ Check or checks enclosed totaling \$1000 made payable to AWARE/Alzheimer's Association Colorado Chapter

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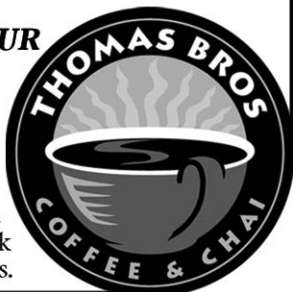
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Johnson & Wales University

Marrying Food with Nutrition

By Bette Matkowski
The Denver Campus of Johnson & Wales University recently launched a culinary nutrition program to complement our distinguished culinary arts program. Culinary Nutrition is designed to produce chefs who know how to make healthy food and nutritionists who know how to cook. The program allows students to apply nutrition principles and scientific fundamentals to their culinary skills. After completing two years of culinary arts classes, they spend their junior and senior years developing sensory evaluation techniques, innovative food products, and nutritional diagnostic skills.



Bette Matkowski

As health moves to the forefront of the food industry, the University is training the chefs of tomorrow who will have a real impact on the lives of children, adults, and retirees. In fact, the American Dietetic Association (ADA) and other professional organizations have identified the importance of the “marriage” of culinary and nutrition. However, Johnson & Wales University was the first institution to effectively respond to this need, creating the first program of its kind.

As with most baccalaureate graduates at J&W, these students will also be required to work in the field as part of their degree. The University’s belief that experiential education is a fundamental part of a student’s college education will assist these students in being ‘employment-ready’

upon graduation. The obesity epidemic in the United States today has impacted every facet of the food service and food manufacturing industries. Major restaurant chains are reporting health and wellness initiatives as one of their top priorities. Retail and food service product development companies are faced with the challenge of producing a healthful product for the consumer without compromising flavor. And we all know that we are moving toward greater insistence that our public schools should provide healthy food.

As part of the campus’ commitment to culinary nutrition, J&W is partnering with the students and families at Philips Elementary located in Park Hill. We are developing policies/standards for foods sold/consumed at this school, educating families/students on healthy food options, healthy food preparation, as well as implementing policies for recess prior to lunch and time for lunch within the school day. Environment change for improved access to and consumption of healthy food is the goal of this project. The time has come to marry food with nutrition—Johnson & Wales is proud to be at the front of this need!

Bette Matkowski is President of Johnson & Wales University in the Park Hill Neighborhood west of Stapleton. For more information, visit www.jwu.edu.

Spring Allergies

By David Gaspar, M.D.
The beauty of spring is upon us. But with spring’s beauty and vigorous growth come the annoying symptoms of seasonal allergies. Seasonal spring allergies come with plant growth and pollination and disappear as plants stop pollinating or die. While these triggering substances (allergens) can also cause asthmatic attacks, more commonly they lead to seasonal allergic rhinitis; the medical term for hay fever. Perennial (all year round) allergens include pet dander, dust and molds. They can cause allergic rhinitis too, but happen throughout the year.

The most common pollen allergens

- Trees pollinate in the early spring, some as early as February and can last until June.
- Grass starts to pollinate later in the spring, typically in May and ends by July.
- Some weeds pollinate as early as April, but one of the most common allergies is ragweed which causes symptoms from mid-August until the first killing frost occurs.

Is it an allergy or the common cold?
Both the common cold and allergies cause runny nose, congestion and sneezing. Itching of eyes, nose and throat are hallmarks of allergies. A cold’s duration is shorter, typically a week or so. Fever, muscle aching and sore throat come with a cold but are uncommon with allergies.

Finding Relief
Avoidance of the offending pollen allergen is the first step of therapy. Keep doors and windows closed. Avoid outdoor activities when pollen counts are high. Visit the National Allergy Bureau website at <http://www.aaaai.org/nab/index.cfm> to get pollen counts in your area. Shower and change clothing after spending significant time outdoors.
Medications can be used to control

symptoms. One part of the initial reaction that occurs when a pollen allergen comes in contact with an allergic person’s eyes or nose is the release of histamine. Therefore antihistamines are first-line therapy. The older antihistamines are inexpensive and very effective. They include diphenhydramine, chlorpheniramine, clemastine and others, sold under various trade names such as Benedryl, Chlortrimeton and Tavist. Unfortunately they cause sleepiness and can affect reaction time and your ability to drive a vehicle.

Newer so-called “second generation” antihistamines such as fexofenadine (Allegra) and loratadine (Claritin) don’t have this side-effect and cetirizine (Zyrtec) only causes slight drowsiness. You can get loratadine over the counter but the other two require a prescription.
Prescription nasal sprays that contain small amounts of cortisone, such as fluticasone (Flonase) flunisolide (Nasarel) and others, are both safe and the most effective treatment. They need to be used daily since “as needed” use is not very effective.

Less commonly, over-the-counter cromolyn (Nasal crom) nasal spray or prescription ipratropium (Atrovent) nasal spray can be used.
Other newer treatments include montelukast (Singulair) and an antihistamine nasal spray called azelastine (Astellin) that are also available for tough to control situations.

Avoid over-the-counter decongestant nasal sprays. While they give effective temporary relief, if you use them more than five days they will themselves cause congestion making it very difficult to stop using the spray.
For significant symptoms caused by allergens that cannot be identified, or if symptoms can’t be managed with medications because they don’t work or have side-effects, a referral to an allergist may be necessary. (continued on p. 19)

Community Notes

by Diane Deeter
Stapleton Community Manager



Spring Showcase

A BIG thank you to all of our sponsors and exhibitors: Lollilocks, Wild Smile, Next Care Urgent Care, New Avenues, Chipotle, Sweet Williams Market on the Green, Stapleton Area Transportation Management Association, Sanchez & Hindman, Doubletree Hotel, Mike Giles Family Karate, Bluff Lake, Denver Zoo, Denver Recycles, Wormbulance, and Primrose School at Stapleton. Our 2006 Spring Showcase would not have been such a success without your generosity!
Make sure you stay connected through the internet or calendar of the Front Porch for the coming events.

Spring

The weather has been great and everyone is ready to start planting and designing landscape options for our yards. This is a reminder to make sure you adhere to your grading certificate/document received from

your builder. If you are hiring a professional landscaper, please make sure the person you hire follows that document. Changing the grading of your yard can lead to foundation damage and other costly issues.
Happy planting! We wish all mothers a fabulous Mother’s Day!

Committees

If you are interested in being involved in your community and participating in one or more of Stapleton’s committees, please call Jenifer Graham at 303.355.9600 for more information.

Stapleton Visitor Center

While the Stapleton Visitor Center is being remodeled, the staff is temporarily housed in the Town Center Apartments office. Messages for Diane Deeter may be left at 720-249-5110 or questions may be directed to Jenifer Graham at 303-355-9600.
Diane Deeter may be reached at communitymanager@stapletondenver.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.... Help us make the second annual Stapleton Block Party Day a resounding success! The fun begins at 3:00 PM on Saturday, May 20! Block captains have been hard at work planning unique parties throughout Stapleton, and the day promises to be filled with fun, laughter and great food!

Last year's inaugural event was an amazing success, with well over forty Stapleton blocks organizing and holding unique parties. "Creating Community," the theme of this year's Block Party Day, focuses on how we continue 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.

While most block captains are well on their way to finalizing plans for their own events, there's always room for more volunteers. If you have special talents, great ideas, or want to pitch in by donating your time, contact your Block Captain today. If you're not already a part of the planning, contact SUN Resident Relations at schading@hotmail.com to find out who your block captain is.

Additional information and ideas can be found in the "Block Party Tool Kit" at StapletonOnline.com.



Block party 2005

What's going on at Stapleton?
SUN Community Forum, Thursday, May 18, 7-9pm
Denver School of Science and Technology
2000 Valentia Street (at Montview Blvd.)

Featuring information and updates from key players on hot topics, including:

- What's happening with potential projects and land uses?
- What's the status of the potential Shurgard Facility?
- What is the future of the Police Academy parcel?
- When will Central Park be open?
- What is the status of the recreation center?
- What are the plans for the second Town Center?
- Update: Environmental remediation of the Rocky Mountain Arsenal Basin F Wastepile.
- Update: Stapleton Center for Healthy Living.
- Participate in SUN Board elections.

Sponsored by Stapleton United Neighbors, with key leaders from Forest City Stapleton, Inc., Stapleton Development Corporation, Park Creek Metro District, Denver Police Academy, Rocky Mountain Arsenal, and Center for Healthy Living

Mixer begins at 6:30 pm, with light refreshments, information tables, and key Stapleton officials!

2006 SUN Board Candidates (cont' from p. 10)



Mark Mehringer

Mark Mehringer

Stapleton's underlying vision of a walkable, diverse, and sustainable community attracted me to this community and these are values I want to promote as a member of the SUN Board. Since moving to Stapleton, I have served as a SUN block captain, worked with my neighbors to address

community concerns regarding traffic and settling issues south of Greenway Park, and helped found the community group, Sustainable Politics Stapleton. As a member of the SUN Board, I hope to instill additional energy and enthusiasm, as well as provide ideas for improvement, such as creating a SUN "Welcome Wagon" that reaches out to new residents and helps smooth their transition by introducing them to the many groups, amenities, and businesses at Stapleton. In addition, as a SUN Board Member, I will focus on ensuring that our community resources, including our tax dollars and Master Community Association fees, are well spent. I hope I can count on your support for SUN Board.

Bryan Penny

Having been a resident of Stapleton for three years now I have to say it has been the best move I could have ever made. I got involved with SUN at a meeting in a pocket park in late 2003 and have enjoyed that time. For the last two years I have been the Treasurer of the SUN Board. While this position isn't as glamorous as the Transportation Committee or Block Captains, I enjoy the position and it is one of those necessary evils with any organization. In addition to the SUN Board, I am also currently serving as one of the residents' representatives on the Stapleton Public Art Committee. I was also part of the first Public Art Selection Committee for the 29th Avenue Project.

Professionally, I am currently Corporate Controller for Quark, Inc., a Denver based desktop publishing software. I have an undergraduate degree from the University of Illinois in Economics and Accounting and an MBA from Webster University in St. Louis.

I have lived in Denver for the past 5 1/2 years. I live with my partner, Matt and our dog and two cats. I also have a 10 year old son, Dion, who lives in Ft. Lauderdale, FL. We adopted Dion when he was 2 1/2. My hobbies are traveling, working around this house and bridge. I recently got the book "1,000 Places to See Before You Die" and my goal in life now is to see all of them.



Bryan Penny

Views on the Street

If you had no obligations and could spend a day doing whatever you want to, how would you spend the day?



Vince Jordan

"I'd wake up and go sky diving. Then I'd take a trip down to the Air Force Academy and get on an F16 and take a flight from state line to state line. Then I'd come back and go have dinner at The Palm."

Kirsti Peterson

"If I had a day with no obligations, I would start out with a run with my friends and then I would go to the Perk Hill Coffee Shop and have a capuccino. The next thing is to go to Tall Grass Spa and do a haircut and pedicure and massage and have lunch and probably go out with some of my girlfriends at night, so that would be my day."



Aisha Coleman (left)

"I would spend my day in a day spa, maybe out in the sun, getting a massage and just enjoying being by myself."

Rita Keller (right)

"I would enjoy my day and have fun. I'd like to travel."

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DeDe Arnholz (right)
“I think I’d call all my old friends who I’m completely out of touch with and I would have time to chat on the phone. I think I’d go volunteer at that cat shelter. And if I could I’d take a long walk somewhere it is beautiful.”
Caroline, age 7 1/2
“If I had a day to do whatever I want, no school, no mama telling me what to do I would have a party with all my friends and we’d go to my room with a disco ball and dance and party and have Cokes.”

Adriana Cecchini (left)
“If I had a whole day to myself I would spend it at the spa getting pedicures and manicures and facials and massage and haircuts and hair treatments and whatever else could be fit into that one day.”



Lizzie Kienast
“If it was the last Saturday of the month, I’d go to the Sweet William Market. Of course I would because I’m one of the owners. But otherwise I’d want to do a spa day And then I’d love to go to Udi’s for brunch. I love it. And I’d paint something and sew something And I’d go to Miss Talulabs and buy some books. I love their books.”

Bobby Kienast
“I would go skiing and then I would probably go see a movie and then I would go out to dinner and I would sleep very well that night.”

M.C.A. News

About the Stapleton MCA...

The Stapleton Master Community Association (MCA) is responsible for the operation, maintenance, programming and improvements of identified common elements located within the Stapleton community including:

- Community Pools
- Town Greens
- Neighborhood Parks
- Pedestrian Paths & Parkways



Keven Burnett

It is the mission of the MCA to operate, maintain, program and improve each identified element within Stapleton as a clean, safe and vibrant place to enjoy, play and recreate creating value to Stapleton’s unique quality of life for its residents and the entire Denver community.

The MCA welcomes all forms of comments from the residents on how we may better serve the community. Please visit our website to get more information on the MCA, its programs and services (www.stapletoncommunity.com) or contact our staff by phone, email or in person at Community Association Office, 7608 East 29th Ave. Unit #1. Phone #: 720-974-4248



MCA Assessment Inquiries:
Management Specialists 303-420-4433
Home Owners – Ext 4163
Builders – Ext 4112

Community Association Staff:
Executive Director: Keven Burnett
kburnett@stapletoncommunity.com
Grounds Maintenance Manager: Chris Willis (Colorado Total Maintenance)
grounds@stapletoncommunity.com
Pool Manager: Kim Merkel (Wild Iris Recreation)
pools@stapletoncommunity.com

Community Pools Open May 27th
Aviator Pool Hours:
8054 E. 28th Ave Phone: 720-941-3414
Hours: MWF 12:00 am – 8:00 pm
T / Th 12:00 pm – 7:00 pm
Sat * 11:00 am – 6:00 pm
Sun 11:00 am – 8:00 pm

Puddle Jumper Pool Hours:
2401 N. Xenia St. Phone: 303-393-0018
Hours: Sat -Thr 11:00 am – 8:00 pm
Friday* 11:00 am – 6:00 pm
* Pools Available for Private functions

Upcoming Community Events:
Sat. May 27th – Community Pools Open at Aviator & Puddle Jumper Pools
Fri. June 16th – Stapleton Under the Stars at Founders’ Green

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

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Hidden Resources in the Greater Stapleton Area

With sufficient information, The Front Porch hopes 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.



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Stapleton Farmers Market Opens June 4th

Interview with Michele and Chris Burke of Colorado Fresh Markets

Front Porch: How did you first get involved with organizing farmers markets?

Chris: “After college I co-founded one of the first organic fertilizer companies in the United States and created a small organic farm in Boulder to test our products. As a result of that endeavor I was asked to manage the Boulder County Farmers Market, which I did for 7 years.”

Michele: “We actually met at the Boulder Farmers Market. At the time I was doing marketing and fundraising for the Boulder Museum of Contemporary Art, which is right next to the Boulder Farmers Market. Chris used to come in and bring me bunches of flowers and vegetables.”

Chris: “In 1997 we decided to combine my farming and farmers market management experience with Michele’s experience in marketing and event management to create a new concept in farmers markets that wasn’t currently being offered in Denver. We envisioned creating a professionally organized outdoor European-style fresh market that featured local growers in conjunction with all kinds of fresh products in a fun and festive urban environment.”

FP: What do you grow at Burke Organic Farm?

Chris: “We grow about 70 varieties of tomatoes, basil, greens, arugula, spinach, garlic, and sunflowers on two acres in Boulder. We’ve been selling Burke Organic Farm produce at farmers markets for over 15 years now.”

FP: What should people who aren’t familiar with farmers markets know about them?

Chris: “What we’ve found, and why I think Forest City wanted to establish a farmers market at Stapleton, is that farmers markets are really a cornerstone for building community. They are a great place for neighbors to get together on an informal basis. So many conversations are started with a simple ‘What did you get at the market today?’ It’s also a great way to informally get your kids together, without having to check the calendar and make a formal play date.”

Michele: “Farmers markets are great meeting and greeting places. But it’s also constantly changing from week to week, depending on what is in season. Knowing what is in season helps a lot. For example, if you come to the market in June expecting to find fresh corn you are going to be disappointed because it’s not ready for harvest until July. In June, though, you’ll find lots of fresh greens, cherries, strawberries, sweet peas, fresh-cut herbs and greenhouse

tomatoes. By July we are starting to get sweet corn, carrots, sunflowers and other field flowers. August is time to feast on peaches, field tomatoes, melons and peaches and cream corn. In September you start seeing chile peppers, apples, pears and greens come back because it is starting to get cooler again.”



Michele and Chris Burke, Owners of Colorado Fresh Markets

Chris: “Each market takes on a different personality, depending on the community support and the surrounding neighborhood. They are really molded by the community and the patrons.”

Michele: “The Stapleton Farmers Market is really your neighborhood market, belonging to the Stapleton and Park Hill neighborhoods. Farmers markets generally draw

buyers from a 5 mile radius. This market will have everything you are looking for and it will grow as the neighborhood supports it. As it grows, you’ll find more and more variety. Unfortunately, if vendors are not selling enough of their products then the market will not survive, so come down and support your neighborhood market!”

Chris: “Shopping at the Stapleton Farmers Market also helps save resources because it is closer to home. People can bike, walk, or rollerblade down to the market and not have to use fuel for their cars. Supporting local vendors who are not shipping their goods across the country also helps save resources. The average produce in your grocery store has traveled something like 2,000 miles before it reaches your dinner table.”

Michele: “Also, people should know that the produce they get at the Stapleton Farmers Market is generally picked that morning or the day before so it is fresh and nutritious. When produce is in transit or sitting in warehouses or grocery stores it loses nutritional value.”

FP: What should residents expect this year at the Stapleton Farmers Market?

Michele: “The Stapleton Farmers Market changes every week. You will always find fresh, seasonal produce and ever-changing specialty food booths. You will come across your favorite vendors week after week and you will discover the new vendors who come and try out the market for a few weeks at a time.”

Chris: “To help support the Stapleton Farmers Market we recommend shifting your buying habits a bit. If you generally buy groceries for the week over the weekends, wait until Sunday afternoon so that you can take advantage of the market. You can get most of your produce fresh from the Stapleton Farmers Market.”

Michele: “Since this is really the community’s market, we want to know what other products the community wants and will support. Residents are invited to go to our website (www.coloradofreshmarkets.com) and look at our Contact Us page if there is something you would like to see at the Stapleton Farmers Market. That’s a great way for residents to participate in growing the market.”

The 2006 season of the Stapleton Farmers Market opens on Sunday, June 4th. It is held in the 29th Avenue Town Center every Sunday morning through September from 8:30 – 12:30. For more information, visit www.stapletondenver.com.

Syracuse Street Opens

(continued from page 1) section of Syracuse includes a “round-a-bout” at 32nd Avenue, just north of the intersection with Martin Luther King Boulevard.



Randy Payment, Project Manager, supervises his crew as they work to complete the extension of Syracuse Street to Quebec Square.

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Sustainability at Stapleton

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

Recycle It @ Stapleton!

Do you have papers at home containing personal information that you would like to recycle? Or do you have old moving boxes, batteries, tires or computers sitting around your basement or garage? If so, join the Greater Stapleton Business Association, The Stapleton Foundation and Forest City Stapleton on Saturday, May 13th from 11 - 3 p.m. for the first annual Recycle It @ Stapleton event in the parking lot of Tires Plus in Quebec Square, 3701 Quebec Street. Materials accepted at the event include: aluminum and steel scrap, tires, batteries (household and auto), paper files, antifreeze and oil (do not mix together), moving boxes, and computer equipment and peripherals.

Shred-It will have a mobile shredding truck on hand for FREE on-site, secure destruction of household papers and office records. Shredded paper will be recycled. For more information about Shred-It's secure services, please visit www.ShredIt.com

Tires Plus is collecting and recycling aluminum, steel, tires, batteries (household and car), antifreeze and oil (do not mix together).

The Kearns Team at RE/MAX City Horizons will be hosting a Moving Box Exchange. Bring your empty moving boxes,

or stop by to pick some up!

The Stapleton Rotary Club will be collecting old computer equipment and peripherals to refurbish and donate to deserving organizations. The Stapleton Rotary Club will also be cooking hot dogs and hamburgers and asking for donations so come hungry! Proceeds from the cookout will go to Bluff Lake Nature Center, Sand Creek Regional Greenway, and The Urban Farm.

Join us for this fun event!

2006 Summer Water Use Program Announced

Denver Water recently released details of their 2006 Summer Water Use Program. A change from last year's watering guidelines is that customers can choose which three days each week to water. These guidelines are effective from May 1, 2006 through September 30, 2006.

- Denver Water customers are directed to water lawns no more than 3 days per week. Customers can select which three days to water.
- Do not water between 10 a.m. and 6 p.m.
- Do not water during rain or high wind.

- Do not leave broken or leaking damaged irrigation components for more than ten days.
- Do not apply irrigation water to impervious surfaces such as streets, parking lots, alleys, sidewalks or driveways.
- Water should not puddle in any drainage such as gutters, streets, alleys or storm drains.

For complete details, visit Denver Water's website at www.water.denver.co.gov.

Avoiding Pesticides in Produce

When you are grocery shopping it is easy to find labels that help you pick foods that reduce cholesterol and saturated fat, avoid antibiotics, or steer clear of artificial colors, flavors and sweeteners. But do you know how many pesticides are in your produce? The Environmental Working Group developed a produce ranking for 46 popular fruits and vegetables based on the results of over 100,000 tests for pesticides collected by the U.S. Department of Agriculture and the U.S Food and Drug Administration between 1992-2001. A complete list of fruits and vegetables tested, and a handy wallet guide to pesticides in produce, is available on their website at www.food-news.org. For the fruits and vegetables that are the highest in pesticides, try to buy organic.

Highest in Pesticides

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Cherries
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Nectarines
Peaches
Pears
Potatoes
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Lowest in Pesticides

Asparagus
Avocados
Bananas
Broccoli
Cauliflower
Corn (sweet)
Kiwi
Mangoes
Onions
Papaya
Pineapples
Peas (sweet)

For more information on pesticides in produce, see the May issue of New Leaf at www.stapleton.denver.com/sustainability/newleaf/.

Sun Protection Tips

In Colorado, applying sunscreen is always important. In the summer months, however, it is particularly important to apply sunscreen and make sure that your kids are covered in sunscreen since we are outside and exposing skin to damaging Ultraviolet (UV) rays more often.

Research shows a link between sunburns in children and an increased risk of melanoma and skin cancer later in life. Protecting skin from the sun during childhood and adolescence is important in reducing cancer risk later in life. Keep an extra bottle of sunscreen in the car and pack sunscreen in your child's knapsack or gym bag to make sure you have

easy access to sunscreen at all times.

Below are some more sun protection tips from the American Cancer Society:

Play in the Shade - The sun's

rays are generally strongest from 10 a.m. to 4 p.m. Learn the shadow rule. When outside, if your shadow is shorter than you are, then the sun is high in the sky, and the UV rays are intense. When this happens, go inside or find some shade.

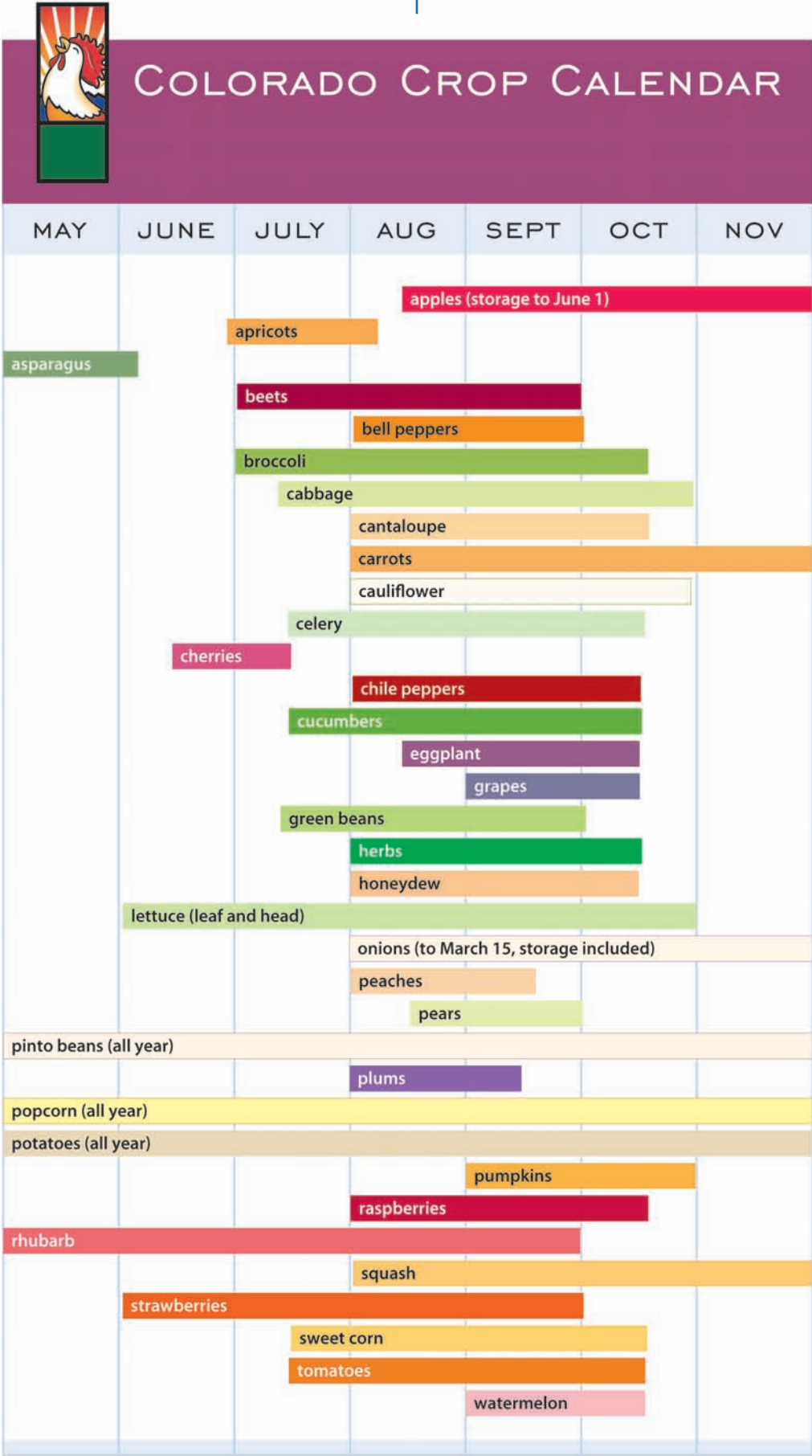
Cover Up with Hats and Shirts - Choose hats that shade your child's face, neck, and ears. Choose shirts and slacks made of tightly woven fabrics that you can't see through when held up to light.

Use Sunscreen Every Day - Apply sunscreen every day on skin that is not protected by clothing or a hat. Choose a sunscreen with a Sun Protection Factor (SPF) of 15 or higher. And remember to reapply after swimming, sweating, or toweling dry. Protect children younger than 6 months of age with clothing and keep them in the shade.

The Finishing Touch - Sunglasses that block UV rays protect eyes and the surrounding tender skin.

Avoid Tanning Booths - Tanning booths and sunlamps are not a safe alternative to natural sun. They use UV rays that can cause damage. Encourage your children to appreciate the beauty of their natural skin tone.

For more information on sun protection, visit the American Cancer Society's website at www.cancer.org.



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Family Kicks

By Mike and Karen Giles
Mike Giles Family Karate

Is your child a leader or a follower?

Contrary to the old saying, “some kids are born leaders,” not all are. From the time they start to move around, we as parents have the task of making sure they follow instructions for their safety. And as we nurture them, and watch them grow, we notice traits of independence or dependence, shy or outgoing, serious or silly. Each child is a different, and as modern day parents, we simply accept these differences. Yet our ultimate dream is to raise a strong, confident, individual who possesses the ability to make good choices in every aspect of their lives.

On a morning news program recently, parents were made to watch their children on a hidden camera make a decision whether or not to accept a stranger’s offer for some “cool” things. Both sets of parents were pretty confident that their children would make the right choice, and not even talk to the stranger, yet one set of the parents guessed wrong. Unfortunately, our children’s memories are short lived, and we have to emphasize on an almost daily basis what they are supposed to do. “Don’t ever talk to strangers,” we say, yet when a stranger comments on their pretty outfit, we tell our children to not be rude, and “say thank you to the nice man.” I know our intentions are good, but our children are getting a mixed message. When they are faced with the next dangerous situation, will they follow or lead?

Having four children that we hope will always make the right choices, we’ve armed them with martial arts physical and mental training, and the ability to lead and not follow. Leaders are:

- the ones that say no to drugs;
- the ones that say no to following someone else into a busy street;
- the ones that don’t get in a car with a drunken teenager;
- the ones that don’t skip school;
- the ones that don’t play with matches, because they saw their friend doing it;
- the ones that say no to the stranger with the cool toys; and
- the ones that don’t give in to all of teenage peer pressures.

But how do you increase their odds of being a leader? By teaching them how to be self-reliant, and responsible for their actions, how to have respect and show appreciation for things they earn in their lives, and how to engage their common sense in dangerous situations, we will increase their leadership skills. The self-discipline learned in martial arts, carries over not only into a child’s home, but also into their lives as they are able to set examples for their peers.

Like the hundreds of kids we’ve taught over the last 30 years, we are constantly teaching ours “The best self-defense is...to use your common sense.” Making the right choices isn’t something we’re going to teach our kids overnight. But just maybe, by keeping them engaged in a positive life style such as martial arts, where they gain individual confidence and self-esteem, we can all create capable leaders in our community, and our ultimate dream will come true.

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



Home Work

by Kathy Epperson

Laura Mahony Photography

The birth of a child can be a catalyst for many lifestyle and career changes. Stapleton resident Laura Mahony had already been contemplating a transition from her career in insurance to her dream of being a portrait photographer, but it was the birth of her son, Owen (now age 3), that led her to commit to this career change. “Despite all of this passion,” Laura says, “I thought it might be too late to become a photographer and change my career. I really went back and forth about it. As soon as I would say ‘no, I can’t do that’, I would take more pictures and really want to pursue becoming a portrait



Laura Mahoney

photographer. After I had my son, it was all over. He was very well photographed! After I decided to commit to my dream, I felt so natural and at home behind the camera.” Laura has now been running Laura Mahony Photography from her home for over a year.

To get started, Laura went back to school to study photography and augment her digital photography experience with a more in-depth understanding of traditional film and darkroom processing. She continues to hone her knowledge on her own, studying photography books to learn more about lighting, Photoshop, and art photography.

Laura primarily takes pictures of kids and families and sets herself apart from many photographers by doing her sessions at clients’ homes using natural light, outside of a studio setting. “For me, this works well because the kids feel comfortable and their personalities can come out,” she explains. “They are not in a foreign place or feel like they are on stage with strong lights on them. My style is very much about the individual and not about where they are.” Laura finds this home or outdoor setting of her sessions not only lets kids take a break when they need to, but also eases the stress for parents. She enjoys interacting with the different family members and capturing a range of expressions that come naturally, avoiding the ‘smile at the camera’ approach. Her sitting fee is \$150, and she then charges by the picture, offering a variety of sizes and papers.

The desire to run a home-based business was not a factor in the move to Stapleton for Laura and her husband, Patrick, a senior software developer, but they have been impressed with the level of entrepreneurship they have discovered here. Laura offers her encouragement for others considering a business of their own. “If you do what you love, work won’t feel like work,” she says, “Your enthusiasm comes out and others will pick up on it.”

To inquire about a photo session, call Laura at 303-807-0897 or visit her online at www.lauramahonyphotography.com. Also check out Laura’s seminar Tuesday, May 9th from 6:00-7:30pm at Art and Framing in the 29th Avenue Town Center.

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



Real Estate Corner

Information of interest from local real estate professionals

Spring Real Estate Market Means It's Time to Hire a Professional

When evaluating the profitability of selling or buying here are some points to consider.

Real estate brokers in my office always pre-qualify potential Buyers, that is, they show homes to people who can afford to purchase in a certain price range.

Real estate brokers must comply with all state and federal regulations regarding many disclosures, inspections, lead-based paint, equal opportunity in housing, etc. Unfamiliarity with these laws can lead to significant liability. Engaging the services of a real estate broker minimizes the risk of non-compliance in these areas.

Real estate brokers have access to the Multiple Listing Service and its associated lock-box system which afford access by multiple agents at all times, a real plus for Sellers.



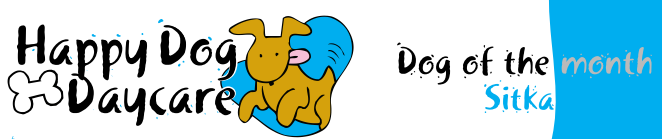
Lana Dardano

Real estate brokers today, more than ever before, know that safety should never be compromised. Increasingly, many offices insist that brokers first meet new Buyers at the office rather than at the property. Some offices even ask for photo ID from call-in or walk-in Buyers.

Real estate brokers that offer full-service brokerage and the MLS system of home exposure have worked to the benefit of Buyers and Sellers for many years. It has consistently proven its value when compared with discount brokers, do-it-yourself programs, depressed real estate markets, etc.. It has endured for one reason: it works far better than any other system.

Lana Dardano is a Stapleton resident and owner of Metro Brokers, New Avenues Real Estate Offices in Stapleton's East 29th Avenue Town Center. She may be reached at 303-331-6700.

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4 Paws News

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

Before Visiting the Dog Park

Dog owners here at Stapleton are fortunate enough to live near a dog park. It can be a fun place for your dog to play with other dogs. Spring is a great time to visit a dog park for fresh air, healthy exercise, and socialization for both dogs and people. But, before visiting a dog park, owners should recognize risks associated with interactions with other dogs and take precautions to minimize these risks.

One risk is the spread of infectious disease. To minimize your dog’s risk of getting sick, make sure all its vaccinations are current. Dogs that are very sick do not usually feel well enough to run and play at a dog park. Common sense should tell a dog owner to keep a dog at home if it is coughing, vomiting or has diarrhea.

Another hazard is injury from dog bites and dogfights. Serious fight injuries can be fatal. The best way to handle bite injuries is to prevent them, and the best way to do that is to train your dog well. Make sure your dog always comes when called and is well-behaved when interacting with other dogs, new people, and children.

For your own safety, never get in the middle of a dogfight. Even if your dog is loyal and obedient, it may not be aware of whom or what it is biting when engrossed in a fight.

Putting any parts of your body between fighting dogs will not stop them, but may send you to the emergency room.

Neutering your pet has benefits to both health and safety. In addition to extending a dog’s health, neutering reduces male territorial instinct. A female dog in heat will inevitably cause confrontation between intact males.

When playing in the hot sun, your dog may not notice that it is getting overheated. Be aware that even though it’s noon and 95 degrees, your dog will want to play Frisbee. Make sure your dog takes breaks in the shade, gets plenty of water, and does not play for long periods in the hot mid-day sun.

Dog parks are wonderful places to enjoy a spring afternoon with your pet and to get healthy exercise and socialization for both of you. Taking precautions can help make your visits healthy, positive experiences.

If you have any questions about

vaccinations your dog should have before visiting a dog park, or other questions about ensuring a safe day at the park, contact your local veterinarian.

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



Eat Good Food

by Annie Brown

The Best Meatless Burger

Meatless burgers are everywhere these days. Even the greasiest spoon in town will often stick a Gardenburger or Boca burger on its menu. And believe me, I applaud all of those efforts to please and appease people who don’t eat meat or just want to cut back every once in a while. But unfortunately, most of those burgers taste pretty much the same: variations on a theme of cardboard

Desiring a burger once in a while to “fit in,” for years I made lentil burgers, but I never really loved them. I tried. I pretended they were great, but they weren’t. They were either soggy and loose or dry and inedible. When I finally admitted to myself that I didn’t like them, I never tried strolling down the homemade veggie burger path again. That is until February, when Mark Bittman, one of my favorite cookbook authors and a columnist in the New York Times’ Wednesday food page, published a series of three recipes for veggie burgers. I was skeptical, but printed out the recipes. Later that month I realized nothing was planned for dinner, and it was 5 p.m. Four mouths would want feeding in an hour. I opened the drawer where I keep all of my loose recipes and the Walnut Burger recipe caught my eye because I knew I had all of the ingredients. I put aside my antipathy for the veggie burger, and moved on: I had the ingredients and it looked simple and fast. Fifteen minutes later the burgers were made and formed into little patties ready to be cooked.

Thirty minutes later they were gone and no one went to bed hungry. In fact they were good – really good. My husband and I topped ours with mustard and greens, my oldest topped hers with lots of ketchup and the youngest with pickles and more pickles and a few olives thrown on for one more sodium hit.

Walnut Burgers

- 1 medium onion
- 2 cloves garlic, finely minced
- 1 cup walnuts
- 1 cup rolled oats
- 2 tablespoons miso
- 1 teaspoon dried basil
- 1 teaspoon fennel, crush slightly to release flavor
- Sea salt
- Freshly ground black pepper
- 1 egg

In a food processor pulp onion. Add walnuts and oats and grind together, being careful not to make it like mush. Add miso and spices. Add a little water if it’s too dry.

Let the mixture stand in the fridge for about 30 minutes (use this time to finish the rest of your meal: salad, side dish, etc) and shape into four burgers. In a nonstick skillet, add a puddle of olive oil and warm. When sufficiently hot, but not burning the oil, add burgers. Cook for about 5-7 minutes without turning. When ready, turn carefully with a spatula and cook on the other side for 4-5 more minutes until very firm.

Serve with typical “hamburger” accompaniments.
Serves 4

Ok, so you might have all of the ingredients on hand except miso and walnuts. Here’s a piece of shopping advice. Go to Costco and buy a 2 lb. bag of walnuts for \$9 (it will cost you nearly 3 times that amount if you buy the exact same walnuts in the bulk section at one of the natural foods stores) and keep the bag in your freezer (nuts go rancid quickly, especially in the warmer weather). Then buy a little tub of miso from either an Asian grocery store or one of the natural food stores. The miso will keep for about a year in your fridge.

Above is Bittman’s recipe that I have modified substantially to fit my usual cupboard ingredients. What appeals to me other than the fact that these burgers really do taste good is they are loaded with great superfoods: garlic, walnuts, miso (soy), oats and egg.

And, while on the subject of vegetarian food, check out the latest installment of the Meatrix at www.meatrix.com. It’s a bit over the top, but it’s really well produced and provides great information and links.

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

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PASSPORT TO HEALTHY LIVING – SCHEDULE OF ACTIVITIES

For ages 15 and up. Informational Sessions are facilitated by representatives from the Department of Family Medicine and Centers for Human Nutrition at the University of Colorado health Sciences Center. All instructors are trained and certified.

	EAST MONTCLAIR All sessions are held 6:30pm - 7:30pm at: East Montclair Community Center – 6740 E. Colfax Ave. (Councilwoman Marcia Johnson's Office)	NORTHEAST & GREATER PARK HILL All sessions are held 6:30pm - 7:30pm at: Dist. 2 Police Station, Community Room – 3921 Holly St.	NORTHWEST AURORA All sessions are held 6:30pm - 7:30pm at: Martin Luther King Library – 9890 E. Colfax Ave.	STAPLETON All sessions are held 6:30pm - 7:30pm at: Bladium Sports Club – 2400 Central Park Boulevard
JUNE	Thursday, June 1 STRATEGIES FOR SELF DEFENSE Self Defense and safety skills to prepare for a possible bad situation.	Tuesday, June 6 FUNKY FITNESS A challenging aerobic workout combining belly, salsa, hula, Latin dancing and more!	Tuesday, June 13 INTRO TO TAE KWON DO Martial Arts characterized by fast, spinning kicks open to beginners and the more advanced.	Thursday, June, 8 INTRO TO FIT BALL Balance, strength, and flexibility all in one class. Develop your body's core muscles to improve daily activities and add variety to your fitness routine.
	Thursday, June 15 BATTLE OF THE BULGE Healthy Eating Tips for a Better Body.	Tuesday, June 20 LIFESTYLES FOR A HEALTHY HEART This class will provide you with valuable information on how to maintain a healthy heart.	Tuesday, June 27 STRESS MANAGEMENT Do you need a vacation from stress? Come relax and learn some techniques to help you relieve your stress.	Thursday, June 22 DIET FACTS AND FADS South Beach? Atkins? Learn what diets will work for you.
JULY	Thursday, July 6 INTRO TO CARDIO KICKBOXING This aerobic class combines general aerobics with kick-boxing elements that will give beginners and the more advanced a kick in the butt.	Tuesday, July 6 STRATEGIES FOR SELF DEFENSE Self Defense and safety skills to prepare for a possible bad situation.	Tuesday, July 11 BEGINNING PILATES Increase your flexibility, strength and endurance without building bulk muscle with this core strengthening class.	Thursday, July 13 KARATE A martial arts class involving a variety of techniques; including blocks, strikes, evasions, throws, and joint manipulations. Open to beginners and the more advanced.
	Thursday, July 20 HEALTHY RECIPE MAKEOVERS Let us help you reduce the fat, calories and sodium in your favorite recipes.	Tuesday, July, 18 LEARNING TO LIVE BETTER WITH ARTHRITIS Learn how physical activity and dietary changes can help you get moving again and alleviate some of your pain and stiffness.	Tuesday, July 25 BATTLE OF THE BULGE Healthy eating tips for a better body.	Thursday, July 27 ALL ABOUT ACUPUNCTURE Join us for an informational session on acupuncture.
AUGUST	Thursday, August 3 INTRO TO PILATES Increase your flexibility, strength and endurance without building bulk muscle with this core strengthening class.	Tuesday, August 1 INTRO TO TRIPLE FIT AEROBICS A low impact aerobics class incorporating cardiovascular and resistance training and stretching easy enough for beginners and tough enough for those more advanced.	Tuesday, August 8 STRATEGIES FOR SELF DEFENSE Self Defense and safety skills to prepare for a possible bad situation.	Thursday, August 10 INTRO TO YOGALATES This class combines the gentle stretching of yoga with the core stabilizing dynamics of Pilates.
	Thursday, August 17 ARE YOUR HABITS HEALTHY? Is one alcoholic beverage a day good for me? Are chocolate and caffeine good to include in my daily diet? Come and join us for some valuable tips on daily living habits.	Tuesday, August 15 BATTLE OF THE BULGE Let us help you with tips on how to eat for a better body.	Tuesday, August 22 DELICIOUS DIABETES DINING This class will help you learn how to create scrumptious meals for a diabetic diet.	Thursday, August 24 HERBAL SUPPLEMENTS, ARE THEY FOR YOU? Learn the Pros and Cons of Herbal Supplements.
SEPTEMBER	Thursday, September 7 LINE DANCING Learn to line dance with us!	Tuesday, September 5 INTRO TO YOGA Slow gentle stretching to relax and center your mind while improving your health open to beginners and the more advanced.	Tuesday, September 12 FUNKY FITNESS A challenging aerobic workout combining belly, salsa, hula, Latin dancing and more!	Thursday, September 14 STRATEGIES FOR SELF DEFENSE Self Defense and safety skills to prepare for a possible bad situation.
	Thursday, September 21 MESSAGE YOUR LIFESTYLE Stressed Out? Learn the benefits of massage including; increased circulation, boost in energy and relaxed muscles.	Tuesday, September 19 EXERCISE FOR MENTAL HEALTH Learn how physical activity can help improve your mental health.	Tuesday, September 26 LEARNING TO LIVE BETTER WITH ARTHRITIS Learn how physical activity and dietary changes can help you get moving again and alleviate some of your pain and stiffness.	Thursday, September 28 HEALTHY DINING OUT AND ABOUT Hungry and in a hurry? This class will help you make the healthier choices when dining out and/or eating on the go.

SPECIAL NEIGHBORHOOD EVENTS

COLFAX CRUISE (WALK) Saturday, August 5 – 10:00am East Montclair Community Center	COMMUNITY FUN FESTIVAL Saturday, August 12 – Noon to 6:00pm City of Axum Park (MLK Blvd. & Cherry Street)	SUMMER SPLASH Saturday, July 15 – Noon to 3pm Moorehead Recreation Center	KICKBALL TOURNAMENT Saturday, September 16 Call 303-394-1346 for more information.
	SENIORS WALK Thursday, September 28 – Starts 8:00am Hiawatha Davis Recreation Center		
	GREATER PARK HILL BIKE TOUR Call 303-388-0918 for more information.		

Park Hill Thriving Communities is working with organizations and residents to provide classes and community events to promote healthy eating and active living.

For more information, go to www.denvergov.org/hp2010 or call 720-865-5465 to learn more, get involved and work toward your Healthy Living goals.

WHAT YOU NEED TO KNOW ABOUT PASSPORT TO HEALTHY LIVING

What: A series of classes, events, and seminars designed to incorporate healthy living into everyday lifestyle.
Why: To find out new ways of improving and maintaining your health while receiving the opportunity to win exciting prizes.
When: The Passport to Healthy Living program starts June 6, 2006 and runs through September 28, 2006.
Who: All classes are open to everyone ages 15 and up from any of the neighborhoods regardless of location.
How: Be sure to register with America on the Move at the first session that you attend, or online at www.americaonthemove.org (click 'Join Now'), or by phone at 1-800-807-0077. Be sure to use registration # RPA54474. A free pedometer will be given to those who register at their first session.
More: For questions and additional information, contact Alisha Brown at 303-468-3222.

Digstown Doggie Day Care Set to Open Soon



One of the four footed residents of the greater Stapleton area visits the site of the Digstown Doggie Day Care construction. Digstown’s new building has over 7,000 sq. ft. of indoor space and over 13,000 sq. ft. of outdoor play areas with trees, shade and water features. The staff provides supervised play appropriate for different sizes and activity levels. Dogs are boarded in suites with a bed. Digstown will have a bakery with a patio where dogs can enjoy healthy treats.

About Art Did You Know...

By Lin Clark
The art term, Impressionism was first coined by a newspaper critic who thought the leaders of this independent art movement were painting simply sketches or “impressions.” The term was used in regularity by art critics after Claude Monet, one of the founding leaders, painted his “Impression: Sunrise” in 1872.



Impression: Sunrise Claude Monet

Beginning in France, in the late 1860’s, a group of artists rebelled against the conventional art, which was done in studios with subjects centered on history, religion and Greek mythology. They started painting outdoors (en plein air), in natural light, using different colors and creating lighter palettes. Subjects were landscapes and contemporary life. The Impressionists set out to be “true to nature,” a phrase that became their rallying cry.

In the beginning the Impressionist painters were scorned by the public. Art critics called the paintings unfinished and declared the artists as madmen. In newspaper cartoons pregnant women were warned not to enter an Impressionist art exhibition because of the danger of a miscarriage. In other caricatures it was proposed to fend off the Prussian enemy, who was marching towards Paris in 1870, by showing them Impressionist paintings. It took nearly 20 years until Impressionism was finally recognized and appreciated in France. Today, the Impressionist movement is considered one of the most beloved periods in the history of art.

Lin Clark is co-owner of Art & Framing at Stapleton in the East 29th Avenue Town Center. She may be reached at 303.534.1979.

Neighbors Clean Up Westerly Creek on Earth Day



Photo by Ira Kessel

Approximately 20 people gathered on April 8 to help the environment and meet new neighbors by cleaning up trash along Westerly Creek. Members of the group said they would like to do this several times a year and, most certainly, on Earth Day next year. One of the participants was a 4th grade teacher who encouraged several of her students to participate for extra credit. She intends to bring her entire class for a work session along the creek to continue the good work.

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Dr. Kristine Walsh, née Leathery, has served families in Stapleton since 2004. “She is one of the best GPs I’ve ever been to,” says Jim McBain of Denver, Colorado. Dr. Walsh’s compassion makes a difference in her patients’ lives. “I’ve been a patient myself so I know how important it is for your doctor to be a good listener,” says Dr. Walsh. “I want to understand the special needs of each of my patients. That’s my goal. That’s how I can give every patient the best possible care.” Dr. Walsh provides leading-edge medical care for the entire family, including newborn, child health, and women’s health care. The offices of Exempla Family Medicine at Stapleton are conveniently located in the Stapleton Plaza Office Building, 3401 Quebec, Suite 1015. Come visit us or call 303-467-8900 today for an appointment. Making a difference in our neighbors’ lives — that’s Exempla Family Medicine at Stapleton.

Spring Allergies

(continued from page 11) Formal allergy testing can be done and immunotherapy (allergy shots) may be recommended. The American Academy of Allergy, Asthma and Immunology has one of the best web sites providing patient information. <http://www.aaaai.org/patients.stm> Many patients can control mild symptoms on their own by avoiding pollen exposure and using over-the-counter medication. On the other hand seasonal allergies can make many patients miserable; interfering with work, school and their enjoyment of the outdoors. These patients require prescription medications and may require referral to a specialist. Consulting your family doctor can help you get relief quicker so you will be able to enjoy the good weather, the spring flowers and the smells of the season. Dr. Gaspar is a family medicine physician at University Family Medicine – A.F. Williams which will be moving to the Stapleton’s East 29th Avenue Town Center in the fall of this year. For more information, or to make an appointment, please call 303-372-9797 or visit www.uch.edu/ufmafww.

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Springtime at Stapleton



Left: Teddy (4) and Lulu Kienast (2) of Stapleton open the eggs which were distributed to all the children at Stapleton's Spring Showcase Saturday, April 8th. With the maturing trees and warm temperatures Stapleton was awash with the sights and smells of spring for the annual event.



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