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 coffee, 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 page 14)
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.

**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
[See article page 15]

**Second Tuesday**
Stapleton Residents’ Social Events Commit.
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 9am
[Stapleton Foundation 303.391.7700]

**First Wednesday**
Westerly Creek PTA Meeting 6:30 - 7:30pm
Westerly Creek Elementary School
[Stapleton Foundation 303.391.7700]

**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 303-322.7808]

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

**First Saturday**
Bluffs Lake Beders
Bluffs Lake Nature Center 7 - 9am
[BluffsLakeNatureCenter.org 303.468.3240]

**Check two weeks prior to event for information:**
*www.StapletonDenver.com*
**[www.StapletonOnline.com](http://www.StapletonOnline.com) (requires registration)**
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 some time across the nation. The banning of smoking in the workplace is designed to protect the public from second-hand smoke in the workplace to protect workers and the public from the hazards of second hand smoke. “A complete ban on smoking in the workplace to protect workers and the public from the hazards of second hand smoke?” The voice from the audience was clear and resolute. “Yes!” I responded, deciding to leave no room for misinterpretation of my position. 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. “The law had already been enacted in roughly 30 states in the U.S. and some local cities here at home. As a public servant I wrestled with the issues of a local 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. In 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 Protempore, represents District 11, which includes Stapleton. Contact him at Michael.Hancock@ci.denver.co.us.

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.
By Andy Hartman and Kim Beyer

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 to provide a context for learning both skills (How do we know what we know?) and content.

As 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.

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 to provide a context for learning both skills (How do we know what we know?) 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 to provide a context for learning both skills (How do we know what we know?) and content.

As 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 to provide a context for learning both skills (How do we know what we know?) and content.

As 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 to provide a context for learning both skills (How do we know what we know?) and content.

As 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 to provide a context for learning both skills (How do we know what we know?) and content.

As 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.
Dance Institute Offers Summer Camps

- Ballroom
- Ballet
- Tap
- Jazz
- Hip-hop
- Tumbling
- Outdoor Education Fishing Experience
- Stage Stop Llamas
- United Power's Monster Mural
- Toddler Driving School
- K-9 Demonstrations

They feature 18 popular family movies for only $5.00. Movies include Clifford’s Really Big Movie, Madagascar, Racing Stripes, Hoodwinked, Shrek, Shrek 2, Robots, Wallace & 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 Retail Center at 8300 E. 49th Avenue. Call the Summer Movie Fun hotline at 303-401-6547 (763) or visit www.harkinstheatres.com for more information.

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 children’s charities. Tracy Ponce 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.

Stapleton invites her neighbors to turn out to cheer on the local charities engaged in youth fitness. Tracy Perez of Ventura Trailers & Movies began at 8pm

Pre-movie entertainment at 7pm

Gates open at 6:30 pm

**Attractive rates**
- $30 per adult
- $15 per child (10-12)
- Free for children 9 and under

**Family Fun Pack**
- Two Adult tickets
- Two Child tickets
- Free parking

**Complimentary signage**
- Each family may request one complimentary sign that can be used for their business.
- Signs will be personalized with the company logo and contact information.

** slain SWEET WILLIAM MARKET**

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 decor, nostalgic collections of china and kitchen wares, furniture refinished with a vintage touch and fabulous textiles, or the latest trends in home decor products, you'll find something for everyone.

The 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 303-535-4648.

**May 27th on Founders’ Green**

**Sweet William Market Debut**

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!

- **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

**Movies**

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

**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 900 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 Spark, a well-known local musician, storyteller 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/rec for locations or call 303-484-4868.
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.

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.

So that’s the outside. Nice, huh? Now step inside and kiss the status quo goodbye. The Moda Lofts have floor to ceiling windows. Seriously. Floor to ceiling. The kitchen is flat-out sexy. The bathrooms are sinful. And the wide open spaces beg you to show off. All this, starting under 300k.

Are you a corporate shark? Downtown, DIA, and Cherry Creek are just minutes away. Are you a successful single? Secure underground parking, a well-lit neighborhood, and friendly neighbors await. Give your discerning taste a home away from home.

WHOEVER YOU ARE, IF YOU GET IT, NOW’S THE TIME TO GET ONE.

For more information about presales and floorplans, visit modalofts.com or call 303.331.0674

IF YOU GET IT, GET ONE.

New Middle School Progresses Toward Fall Opening

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.
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 acknowledge-ment. 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 Westerly 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 field work. Adventure experiences, in the spirit of Outward Bound, are an important part of Odyssey’s curriculum.

In February, the DPS Board granted a 3-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 compara-ble 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: What’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 field work and adventure 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 Stapleton’s E. 29th Avenue Town Center. There will be food, brews, crafts, rides, and entertainment.

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 303-319-5994 x 432132.
The Club Card offers great discounts at these Stapleton merchants:

**HEALTH & BEAUTY**

**A Day Spa**  Offer: 20% off of any product with purchase of any service. Location: Quebec Square

**A Wild Smile Pediatric Dentistry**  Offer: Free baby check up call for 12-18 month-olds. Location: East 29th Avenue Town Center

**Bladium**  Sports Club  Offer: $10 for initiation fees. Location: East 29th Avenue Town Center

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

**Fantastic Sams**  Offer: 10% off all services and professional products. Free haircut with color service. Location: Quebec Square

**GNC at Stapleton**  Offer: Purchase of $30 or more. Location: Quebec Square

**Great Clips**  Offer: 20% off with product purchase with haircut purchase. Location: Quebec Square

**Phoenix Yoga Studio**  Offer: One month unlimited, from $29.99. Location: Stapleton residents. Location: East 29th Avenue Town Center

**Sports Clips**  Offer: $2.00 off a men’s or boy’s haircut. Location: Quebec Square

**Stapleton Health and Wellness, LLC.**  Offer: punch cards will give your first yoga class for free. Location: Quebec Square

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

**STAPLETON CLUB CARD**

**SERVICES (cont’)**

**Art & Framing of Stapleton**  Offer: $10 off custom framing, not valid with any other offer. Location: East 29th Avenue Town Center

**Commercial Federal Bank**  Offers: A FREE re- examination checking account with Direct Deposit and receive added benefits equal to those offered to bank employees. Location: East 29th Avenue Town Center

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

**Environmentally Friendly Cleaners**  Offer: 20% off of all OXY CLEAN® (Quebec Square Location). Location: Quebec Square

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

**Lollilocks Kid Salon**  Offer: 15% off any one product purchase with a purchase of service. Location: Quebec Square

**New Avenues Real Estate Office**  Offer: $10.00 gift card toward select Stapleton merchants. Location: East 29th Avenue Town Center

**PetNet**  Offers: Use Pet Net and/or UPS shipping (excluding ground service). Location: East 29th Avenue Town Center

**RE/MAX City Horizons, The Kearns Team, LLC**  Offers: 15% savings on disconnect cost and 10% savings on deposits for three parks. Location: East 29th Avenue Town Center

**SERVICES (cont’)**  Miss Taluah’s  Offer: 10% off all lighting products. Location: East 20th Avenue Town Center

**V2K Window Fashions**  Offer: 10% off of orders of $100 or more. Location: Quebec Square

**STAPLETON RESIDENT ARTIST JOINS PUBLIC ART ADVISORY COMMITTEE**

By Barbara Neal

A n experienced and well known artist, Nelson Giesecke joins the Public Art Advisory Committee (PAAC) to consider and recommend public art projects at Stapleton, Colorado. Nelson is a member of the Stapleton Public Art Advisory Committee and previously served as the Stapleton Community Arts Council (SCAC) Chair.

Formerly a teacher, Nelson has been an artist, sculptor, and painter for over four decades. His work has been shown in the United States and abroad and can be found in public and private collections. He has created numerous public projects in various media, including sculpture, painting, and public art installations.

Offering a unique perspective to the Public Art Advisory Committee, Nelson has a keen understanding of the role of public art in shaping the character of communities. His work is characterized by a strong sense of place and a commitment to creating art that resonates with the environment it inhabits.

Nelson’s contributions to the Public Art Advisory Committee will be an asset to the organization as it continues to develop and implement a public art program that reflects the diverse and dynamic character of Stapleton.

**DENVER RESIDENTS ENCOURAGED TO SIGN UP FOR PESTICIDE REGISTRY**

City Will Provide Notification This Spring

**City Of Denver**

D enver 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 email to Sharon.Armijo@ci.denver.co.us. Those who are interested in the pesticide registry can also sign up for the program online.

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, pets or people away from sprayed areas. Some people with asthma, respiratory dis- ease, multiple chemical sensitivities, or allergies are especially susceptible.

Residents of 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 provide a pesticide notice for applications at least for 24 hours after the application. Warning signs will also be posted along the shoreline for pesticides applied above the water line. Information needed includes full name, Denver street address and zip code, telephone number, email address (if available) and the name of the park(s) for which notification is desired.

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 large 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 720-931-5270 or contact a master gardener.
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 Alzheimer’s.

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 garden, and benches to sit and relax, the garden offers 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 $1,000 per tree is included. In Honor of (Individual or family name)

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

Name:
Address:
City, State, Zip
Phone:
E-mail:

☐ Check or checks enclosed totaling $1,000 made payable to AWARE/Alzheimer’s Association Colorado Chapter

☐ Please Charge $1,000 to my:

☐ Visa
☐ Mastercard

Card #:______________________________  Exp. Date:

Please mail to: Alzheimer’s Association, 455 Sherman Street, Suite 500, Denver, CO 80203.

Your tax deductible contribution will be confirmed by mail. Alzheimer’s Association 303.813.1669 • www.alzco.org

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 suspect’s 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.
Wanted
St. Matthew Lutheran Church is looking for a lot of folks to bring new life to our community. This big, beautiful church is located on the corner of 16th & Havana in Aurora. We have a choir to join, Sunday School classes to fill, groups to join and community that may be just to your liking. We are small in numbers, but large in love of God and community. Won’t you join us at Sun? The Word of God is free and so is the coffee, and the music is outstanding. We would love to welcome you!
303-366-1373

Law Office of Catherine Brown, LLC
Buy one lunch or dinner – Get one for half price
Substantial expertise in all areas of immigration law
(Consultation discount for Stapleton residents)
IMMIGRATION QUESTIONS?
Mexican Restaurant
Get a free Margarita
303-321-4711  •  3737 Quebec St
– Home of the 20” Burrito –
Contact Catherine Brown
(303) 322-2117
www.cbrownlaw.com
Located in Stapleton
(coupon expires 6/1/06)

2006 SUN Board Candidates

Heather Baker
Since moving into Stapleton “East” last June, my family and I have relished the opportunity to be part of something new. Being part of the greater Stapleton community has been incredibly fun - all of us, including our young son, have made new friends. We’ve gotten to know people who live close to us, and close to the town center - people who have been here for years, or some who think of us as “old-timers.” I believe getting to know each other is vital, and that extending a hand at the park or across the fence is the best way to become part of any neighborhood. I also know that having someone you know who can be a source of information, get answers to questions, and find out what’s going on beyond each individual block, is important. My background is in hospitality and marketing, and I currently work part-time as the director of marketing for an architecture firm. I earned my A.B. in Political Science from Davidson College, and my M.S. in Management/Marketing from the University of Denver. I would very much like to represent my neighbors, become part of the S.U.N. board, and help grow the tradition of Stapleton United Neighborhoods. Thank you for the opportunity.

Bernard Doughtit
Age 39 Wife: Audrey  (Asst. Controller for Emily Griffith School, Mother and CSC Chair - Westerly Creek Elementary). Children: James - 7, Julia 4 - both attend Westerly Creek Elementary
Education: B.A. Economics, University of Pennsylvania, M.S. Management MIT Sloan School of Management Occupation: Senior Director of Pricing - The TiZetto Group - a healthcare software and services company
Previous Board/Relevant Experience: Elected to SUN Board in 2004 - served on Sun Board since its formal founding. I have been a Stapleton resident since July 2003, and was active in neighborhood organizations since prior to moving to Stapleton. Why I want to continue as a SUN Board Member: Stapleton is a fantastic place to live, but we must tend to our own garden to keep it thriving. My main concerns are education, transportation and community outreach. I have been active in these areas and in helping SUN making progress on them. I would like to continue this work in the future.

Paul Frohardt
My wife Darce and I moved from Park Hill to Stapleton last October. We are excited to be at Stapleton and ammious to be a constructive part of its ongoing growth. Our house is in filing 12, east of Westerly Creek and north of Martin Luther King Boulevard. Given our location, I am particularly interested in providing constructive resident input into the development of the new Havana town center and new recreation center, as well as helping with the integration of this new “eastern frontier” into the established Stapleton community.

For the past several months, I have begun to participate regularly in the SUN Transportation Committee meetings. In addition, since last fall I have been a member of the Board of the Sand Creek Regional Greenway Partnership. I am very interested in future improvements to the Greenway trail, to enhance its value to Stapleton residents and the broader metro community.
In my job as Administrator of the Colorado Water Quality Control Commission, I have extensive experience participating in a collaborative group process. I would welcome the opportunity to contribute to SUN’s efforts.

Michelle Kales
Michelle is a shareholder at the law firm of Brownstein Hyatt & Farber. Her practice focuses on environmental litigation and compliance. Previously, Michelle served as the General Counsel for a non-profit environmental organization in Atlanta, Georgia. Michelle lives with her husband, Matt, and two-year old son, Eli, in Stapleton.
Statement of Interest: I relocated to Denver in 2002 after living in Atlanta for 10 years. My husband and I purchased our first home in Denver’s Congress Park neighborhood. Soon after the birth of our son, we realized that we wanted to live in an area with more young families and a stronger focus on community. Because I had always lived in older homes, I was initially hesitant to move to Stapleton, fearing I would miss the character and diversity of a more established neighborhood. I quickly realized that I was wrong in my assessment of Stapleton, and I have found that living in this unique community provides us with a good mix of diversity, community involvement, and amenities. We are now expecting the birth of our second child and could not be more satisfied with our decision.

Mike King
A shareholder practicing corporate finance and real estate law with Brownstein Hyatt & Farber, Mike King has lived at Stapleton with his wife Elizabeth and dog Jackson for over two years. Elected to the SUN Board in May of 2004, Mike currently serves as SUN President and Chair of the SUN Safety Committee. As Chair of SUN’s Safety Committee, Mike helped establish a first-of-its-kind neighborhood-wide safety program, including obtaining and publishing quarterly crime statistics, conducting Neighborhood Watch training for 30 blocks so far, obtaining women’s safety classes for residents provided by the DPD and the Police Academy, and organizing grass-roots efforts to increase safety resources at the Stapleton, District 2, and citywide levels. As past Chair of SUN’s Outreach Committee, Mike organized a neighborhood-wide Block Party Day, held in June of 2005 with 44 blocks and hundreds of residents participating.
“SUN strives to be a different kind of neighborhood association in a truly groundbreaking neighborhood. Rarely do residents have the opportunity to shape their neighborhood as much as they do in an ongoing development like ours. As we continually engage key stakeholders to iron out inevitable links, we share a common goal of making Stapleton a truly great neighborhood with the qualities that we feel so strongly about.”

(continued on page 12)
By Dave Gaspar, M.D.

The beauty of spring is upon us. But with spring's beauty and vigorous growth comes the annoying symptoms of seasonal allergies. Summer seasonal 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. Personal (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.naaeb.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 Benadryl, ChlorTrimeton and Tavist. Unfortunately they cause sleepiness and can affect your reaction time and your ability to drive a vehicle.

Newer so-called “second generation” antihistamines such as fexofenadine (Allegra) and loratadine (Clarinon) don't have this side-effect and cetirizine (Zyrtec) only causes slight drowsiness. You can buy loratadine over the counter but the other two require a prescription.

Prescription nasal sprays that contain small amounts of corticosteroids, 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 (Nasalcrom) nasal spray or prescription otriptan (Atovent) nasal spray can be used. Other newer treatments include montelukast (Singulair) and an antihistamine nasal spray called azelastine (Astelin) that are also available for tough to control situations.

Avoid over-the-counter decongestant nasal sprays. While they give 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 they don't work or have side-effects, a referral to an allergist may be necessary.
Stapleton, and the day promises to be filled with fun, unique parties throughout.

May 20! Block captains have been hard at work planning.

The fun begins at 3:00 PM on Saturday, results of a successful! The fun

Help us make the second annual Block Party Day:

“Creating Community,” the theme of this year’s Block Party Day, focuses on how

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

your Block Captain is.

Additional information and ideas can be found in the

"Block Party Tool Kit" at StapletonOnline.com.

To reach SUN, please email stapletonneighbors@msn.com

---

**S.U.N. News**

**From the Stapleton**

**SUN**

**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

your Block Captain is.

Additional information and ideas can be found in the

"Block Party Tool Kit" at StapletonOnline.com.

---

**2006 SUN Board Candidates**

(cont’ from p. 10)

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

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

your Block Captain is.

Additional information and ideas can be found in the

"Block Party Tool Kit" at StapletonOnline.com.

---

**Bryan Penny**

Having been a resident of Stapleton for three years now, I have learned that this is the best

place to live. I have had the opportunity to be involved in a number of SUN Board initiatives.

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

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

your Block Captain is.

Additional information and ideas can be found in the

"Block Party Tool Kit" at StapletonOnline.com.

---

**Kirsti Peterson**

“Nothing I have done as a SUN Board member and volunteer has been closer to my heart than helping our neighbors through the creation of a community of learning and

sharing.”

“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

“I would enjoy my day and

have fun. I’d like to travel.
Front Page: How did you first get involved with organizing farmers markets?

Chris: “After college I co-founded one of the first organic farms that were started 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 and 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, pear and greens come back because it is starting to get cooler again.”

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 roller blade 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?

Chris: “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.stapletononerror.com.

Syracuse Street Opens

(continued from page 1) section of Syracuse includes a “round-about” 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.

Front Porch: How did you first get involved with promoting a healthy lifestyle.

Dr. Matthews Kestle is pleased to announce the opening of Aspen Family Medicine located in Lowry at the Lowry Medical Center. The practice focuses on healthcare for the entire family and patients of all ages.

Dr. Matthews Kestle is pleased to announce the opening of Aspen Family Medicine located in Lowry at the Lowry Medical Center. The practice focuses on healthcare for the entire family and patients of all ages.

Free parking with close, easy access. 24-hour on-call physician coverage.

New Patients Welcome. Medicare Accepted.

Aspen Family Medicine

520 East Lowry Boulevard, Suite 220
Denver, CO 80206

Located in the Lowry Medical Center at Fairmount Ave. and East Lowry Blvd.

Call for an Appointment. 303-366-3986

Thousands of Families Have Relyed on Us Since 1981

Premier Nannies Rent a Mom

Full-time Part-time/Daily/Weekly Live-out Evening/overnights Daycare Centers

303-322-1399
e-mail: nanny@rentnannom.com
website: www.premiernannies.com
299 Milwaukee St #201, Denver CO 80206

New Patients Welcome. Medicare Accepted.

Aspen Family Medicine

520 East Lowry Boulevard, Suite 220
Denver, CO 80206

Located in the Lowry Medical Center at Fairmount Ave. and East Lowry Blvd.

Call for an Appointment. 303-366-3986

Thousands of Families Have Relyed on Us Since 1981

Premier Nannies Rent a Mom

Full-time Part-time/Daily/Weekly Live-out Evening/overnights Daycare Centers

303-322-1399
e-mail: nanny@rentnannom.com
website: www.premiernannies.com
299 Milwaukee St #201, Denver CO 80206
Refrigeration: Reusing Used Refrigerators

Bobby Kurpinsky  
2355 Beeler St., Denver, CO 80238  
720-318-5872  
bobby@myfreedomfinancialgroup.com

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 antibotics, 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.foodnews.org. For the fruits and vegetables that are the highest in pesticides, try to buy organic.

Highest in Pesticides

Apples  Bell Peppers  Celery  Cherries  Grapes (imported)  Nectarines

Lowest in Pesticides

Avocados  Banana  Broccoli  Cauliflower  Cantaloupe  Carrot

For more information on pesticides in produce, see the May issue of New Leaf at www.stapleton.denver.gov/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 expose skin to damaging Ultraviolet (UV) rays more often.

Select a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 15 or higher. This protects your skin from both UVA and UVB 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.

Avoiding Pesticides

Antibiotics, saturated fat, avoid 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.foodnews.org. For the fruits and vegetables that are the highest in pesticides, try to buy organic.

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

Avoiding Pesticides

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.foodnews.org. For the fruits and vegetables that are the highest in pesticides, try to buy organic.

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

Avoiding Pesticides

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.foodnews.org. For the fruits and vegetables that are the highest in pesticides, try to buy organic.

For more information on pesticides in produce, see the May issue of New Leaf at www.stapleton.denver.gov/sustainability/newleaf/.
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 they mature, 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 even talk to strangers,” we say, yet when a stranger comments on their pretty outfit, we tell our children to not be rude, almost daily basis what they are supposed to do. “Don’t ever talk to strangers,” we say, 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-sufficient, 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 those 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 our kids to be independent or dependent, 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.

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 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. Laura 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 303.407.0497 or visit her online at www.lauramahonyphotography.com. Also check out Laura’s monthly column on home offices.

Mike Giles Family Karate

Mike Giles Family Karate

Lana Dardano

Real Estate Corner

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 must comply with all state and federal regulations regarding many disclosures, inspections, lead-based paint, equal opportu-

nity in housing, etc. Unfairness with these laws can lead to significant liabil-

ity. 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. 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 or open the gate 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 com-

pared 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.

Laura 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.

Real Estate Offices in Stapleton’s East 29th Avenue Town Center. She may be reached at 303.331.6700.

Laura 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.
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 inquiries 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 Finale. 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 27th Avenue Animal Hospital, is located in the East 27th Avenue Town Center at Stapleton in the courtyard next to Fantastic Sams. Call (303) 394-3937 for more information.
AUGUST

Bad situation.

JUNE

Thursday, June 15

East Montclair Community Center

SPECIAL NEIGHBORHOOD EVENTS

MASSAGE YOUR LIFESTYLE

LINE DANCING

THURSDAY, JUNE 15

LIFESTYLES FOR A HEALTHY HEART

This class will provide you with a schedule of information on how to maintain a healthy heart.

THURSDAY, JUNE 22

INTRO TO TAE KWON DO

 Martial Arts characteristic by fast, spinning kicks open to beginners and the more advanced.

THURSDAY, JUNE 29

STRESS MANAGEMENT

Do you need a vacation from stress? Come relax and learn some techniques to help you relieve your stress.

THURSDAY, JULY 6

INTRO TO FUNKY FITNESS

A challenging aerobic workout combining belly, solo/a, hula, Latin standing and more!

THURSDAY, JULY 13

INTRO TO THE BULGE

This aerobics class combining general aerobics and kickboxing elements that will get beginners and the more advanced a kick in the rear.

THURSDAY, JULY 20

HEALTHY RECIPE MAKEOVERS

Let us help you reduce the fats, carbohydrates and sodium in your favorite recipes.

THURSDAY, AUGUST 3

INTRO TO PILATES

Increase your flexibility, strength and endurance without building bulk muscles with this core strengthening class.

THURSDAY, AUGUST 10

INTRO TO YOGA LAKESIDES

This class combines the gentle stretching of yoga with the core-stabilizing exercises of Pilates.

THURSDAY, AUGUST 18

BATTLE OF THE BULGE

Get moving again and alleviate some of your pain and stiffness.

THURSDAY, AUGUST 25

INTRO TO TRIPLE PI PILATES

A low-impact aerobic class incorporating cardiovascular exercise and resistance training in a way that makes you burn fat enough for those who want to lose weight.

THURSDAY, AUGUST 26

EXERCISE FOR MENTAL HEALTH

Learn how physical activity and dietary changes can help you get moving again and alleviate some of your pain and stiffness.

THURSDAY, SEPTEMBER 2

LEARNING TO LIVE BETTER WITH ARTHRITIS

Learn new physical activity and dietary changes that can help you get moving again and alleviate some of your pain and stiffness.

THURSDAY, SEPTEMBER 9

FUNKY TAI CHI

A challenging aerobics workout combining belly solo/a and Latin dancing.

THURSDAY, SEPTEMBER 16

LEARNING TO LIVE BETTER WITH ARTHRITIS

Learn new physical activity and dietary changes that can help you get moving again and alleviate some of your pain and stiffness.

SPECIAL NEIGHBORHOOD EVENTS

EAST MONTCLAIR

COMMUNITY FUN FESTIVAL

Saturday, August 12 – Noon to 6:00pm

City of Aurora Parks (2600 S. Eplane St.)

NORTHWEST PARK HILL

SUMMER SPLASH

Saturday, July 15 – Noon to 3pm

Moorhead Recreation Center

COFAX CRUISE WALK (WALK)

Thursday, September 28 – 9:00am

Hindman-Davis Recreation Center

NORTHWEST PARK HILL

GREAT PARK HILL BIKE TOUR

Call 303-368-0318 for more information.

WESTERN PARK HILL

KICKBALL TOURNAMENT

Saturday, September 15

Call 303-394-1346 for more information.

WESTERN PARK HILL

COLFAX WALK (WALK)

Saturday, September 15 – 10:00am

East Montclair Community Center

NORTHWEST PARK HILL

COMMUNITY WALK (WALK)

Wednesday, September 20 – 7:00pm

Hindman-Davis Recreation Center

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

WHAT YOU NEED TO KNOW ABOUT PASSPORT TO HEALTHY LIVING

What:

A series of classes, events, and seminars designed to improve healthy living in every facet.

Why:

To find new ways of improving and maintaining your health while lessening the opportunity to win exciting prizes.

Where:

The Passport to Healthy Living program starts June 1, 2006 and runs through September 28, 2006.

Who:

All classes are open to everyone, ages 15 and up from any of the participating organizations.

How:

Be sure to register with America on the Move at the first session that you attend, or online at www.americaneating.org (Click Live Now), or by phone at 1-800-807-0077. Be sure to use registration # RM54474. 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.
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.

**Neighbours Clean Up Westerly Creek on Earth Day**

Approximately 20 people gathered on April 8 to help make their 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.

**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 websites providing patient information: http://www.aaaai.org/patients.htm

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. Gaspare 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.ucch.edu/ufamfe.
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.

Dear Stapleton Residents,

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

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

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

We look forward to meeting you!

The Thompson Family

Colorado's Premier Furniture Showroom
12 Months No Payments No Interest

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

Broyhill
HOME COLLECTIONS
FURNITURE • ACCESSORIES • BEDDING

BroyhillofDenver.com
10180 E. Colfax, Aurora
303.364.3178

Monday - Thursday 10AM - 8PM
Friday - Saturday 10AM - 9PM
Closed Sunday

REDEEM THIS AD FOR
FREE DELIVERY
A MUSEUM OF UP TO
$500