Summer has arrived at Stapleton and with its arrival has come the return of favorite traditions in the Stapleton Neighborhood.

The 2006 “Stapleton Under the Stars” Movie season had its debut with the showing of Wallace and Gromit, sponsored by Harkins Theatres in NorthField. Movie fans enjoyed the show as they lounged on Founders’ Green in the East 29th Avenue Town Center.

Also in June, the Stapleton Farmers Market began its third season with an offering of early season produce to shoppers who spent a leisurely Sunday morning browsing through the market and chatting with vendors. The Market is held in the north parking lot of the Town Center every Sunday morning from 8:30 a.m. to 12:30 p.m. through September.
EVERY MONTH

Third Monday
Stapleton Pool Committee
Call Jennifer Graham at 720-249-5104 for time and location

Every Tuesday
AA Open Discussion Meeting
Bladium 8:00pm
[See me at 303.912.7075]

Second Tuesday
Stapleton Residents’ Social Events Comm.
Call Jennifer Graham at 720-249-5104 for time and location

Second Tuesday
New Resident Orientation Meeting
Call Jennifer Graham at 720-249-5104 for time and location

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

First Wednesday
Westerly Creek FTA Meeting 6:30 - 7:30pm
Westerly Creek Elementary School
[Westerly Creek Elementary School 303.322.5877]

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

EVERY 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) 7:30 East 26th Ave. 7:30 - 9am
[SDC 303.393.7700]

First Saturday
Bluff Lake Binders
Bluff Lake Nature Center 7 – 9am
[BluffLakeNatureCenter.org 303.408.2480]

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 Susan 303.813.6691]

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

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

Submit your photos of a scene that portrays life at Stapleton for the Front Porch calendar. Email to frontporch@fineprintco.com.

July

Sat. - Mon., July 1st - 3rd
Cherry Creek Arts Festival
Cherry Creek North
10am - 8pm Sat/Sun, 10am - 6pm Mon
Forest City Stapleton sponsors a special exhibition across from the mainstage on Fillmore Plaza!

Tuesday, July 4th
4th Annual Founders’ Day
**Breakfast 8:30-10am
**Parade 10:30am-Noon
**Games & Music at the Pools 1-3pm
**Concert 3-7pm

Friday, July 14th
*Stapleton Under the Stars Movie Madgecap
Founders’ Green at Dusk

Saturday, July 15th
**Community Wide Garage Sale
Founders’ Green at Dusk

Saturday, July 22nd
**Pool House Casino Night
Founders’ Green at Dusk

Friday, July 28th
*Stapleton Under the Stars Movie Madgecap
Founders’ Green at Dusk

August

Tuesday, August 1st
National Night Out
6:30 - 8:00pm
Founders’ Green
[Reyes.Trijillo@ci.denver.co.us]

September

Saturday, Sept 16th
SUN Kickball Tournament
[Caroline Wilten 303-394-1346]
The 2nd annual Super Sale, with all proceeds benefiting Relay For Life of Stapleton and The American Cancer Society, will be held on Saturday, July 15th at Founders’ Green from 8am until 1pm. The giant yard sale generated over $4,000 in 2005 – the 2006 sale promises to be bigger and better! The sale provides a great opportunity to volunteer - either by donating wares for the sale or working at the sale.

This year’s sale coincides with the Stapleton community-wide yard sale. Families holding their own sale July 15th can donate a portion of their earnings, which should be delivered to Founders’ Green by 1pm.

Donations for the Super Sale should be delivered to Founders’ Green on East 29th Avenue between 3pm and 7pm on Friday July 14th. Items should be clean and in working condition with prices already marked... please price to sell. Prices will be adjusted at the sale if needed. Items not sold will be donated to the Salvation Army.

Please contact the Super Sale Chair person, Diana Kearns 303-598-2076, Diana@KearnsTeam.com to volunteer for the Super Sale, or to make a tax-deductible donation to the sale.

Join a Relay for Life Team

The American Cancer Society Relay For Life represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one day cancer will be eliminated. Relay For Life of Stapleton is an overnight event on August 18 - 19th that consists of teams of 8 to 15 people who spend 12 to 24 hours walking or running around a track (in our case, Founders’ Green) to raise money to fight cancer. At least one member of each team is on the track during the entire event. However, much of the time is spent listening to music, camping out, and participating in a variety of family and cancer awareness activities and most of all, enjoying the company of friends, relatives, neighbors and co-workers while supporting a good cause.

Join a Team – Make a Difference

Relay For Life of Stapleton 2006 already has 20 teams registered! Visit www.acsevents.org/relay/co/stapleton to join an existing team, or start your own team with friends from work, neighbors from your block, or with individuals from an organization in which you might be involved. Former and current cancer patients, their families, businesses, civic organizations, and the general public are invited to take part in this exciting team event. Individuals who are willing to give their time and energy to this event, as a volunteer or participant, are making a commitment to fight back against this disease.

Team Will Power, returning from last year, honors the young life of our Stapleton neighbor, Will Haight, 4 years old, who over the past two years has fought and overcome pediatric brain cancer. The spirit and tenacity of Will and his parents, Robin and Brad Haight, have touched the entire neighborhood of Stapleton. “We know that efforts like that of The American Cancer Society in research and advocacy helped save Will’s life. We relay for Will, and can’t wait to celebrate as he leads the survivor lap at this year’s event,” says Adrienne Gray, team captain of Women For Will Power and a close friend of the Haight family.

Relay For Life of Stapleton 2006 will host teams from across Denver, including the Wateerly Creek PTA, Johnson & Wales University, Home Depot, and many teams of neighbors and friends across Stapleton, Park Hill and other neighborhoods of central Denver. Relay For Life is for All Ages Relay For Life offers families and friends a meaningful way to spend a summer evening making a difference together in the fight against cancer. Throughout the day cancer will be supported, and that one

* Relay For Life funds research and cancer education, celebrates survivors, inspires the public to become involved in the American Cancer Society’s advocacy efforts, and makes important services possible for patients and their families.

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everal Denver Police Officers and Denver Firefighters have partnered to crack down on the use, possession, and sale of illegal fireworks in the City and County of Denver. All fireworks including cherry bombs, sparklers and even worms are illegal in the City and County of Denver and cannot be bought, sold or detonated. Fireworks Enforcement Teams of police and firefighters paired in patrol cars will focus on detecting and enforcing fireworks violations in neighborhoods within the City and County of Denver. The enforcement will begin Thursday, June 29, 2006, and continue through Sunday, July 9, 2006. In addition to proactively patrolling neighborhoods throughout Denver, these teams will respond to fireworks-related calls. There will be several Enforcement Teams available city-wide each night. The enforcement teams and all available on-duty Denver Police Officers will issue citations for violations that can incur fines up to $599.00 or six months in jail. Enforcement Teams will give priority to calls where the caller/witness wishes to sign a complaint. The remainder of the time will be dedicated to patrolling parks and high-volume call areas. This enforcement effort is in addition to each patrol district’s fireworks enforcement in the parks.

Increased coverage will be given to parks throughout the city on July 4th. Each patrol district will enact their fireworks enforcement plans in the parks. Officers will conduct foot, motor, and bike patrol in the parks focusing on detecting and enforcing fireworks violations. Historically, the larger parks in the city have generated the majority of complaints and concern from the community. A zero tolerance stance will be taken in all the parks, with particular attention being given to Sloan’s Lake Park, Ruby Hill Park, City Park, Falcon Park, Bible Park, Hallo Park, and Jefferson Park. Officers will issue citations or warnings depending on the seriousness of the offense. If a juvenile is issued a citation, the courts may require the juvenile offender to attend the Denver Fire Department’s “Juvenile Fireetter Intervention Program.” All violators will be given informational flyers on the hazards of fireworks. These prevention/information flyers may be used in place of a citation.

Enforcement teams will also conduct fireworks awareness sessions for business owners and employees. Teams will identify businesses that may plan on selling fireworks. Business owners and employees will be educated about the city’s fireworks ordinance, the dangers of fireworks, and the appropriate way to report the illegal use of fireworks.

The Denver Fire and Police Departments offer the following tips to help keep Denver’s neighborhoods safe from illegal fireworks:

• Do not purchase fireworks for use within the City and County of Denver. Instead, attend one of the many professional displays being conducted throughout the Denver metro area.

• To report fireworks violations, call the Denver Police Department’s non-emergency telephone number 720.915.2000.

• Talk to your children about the dangers of fireworks and pledge to your neighbors that your block will be fireworks-free this summer.

Informational Session Aug. 2

Montessori Children’s Village (MCV), a multi-language preschool serving area families, and Global Village Academy (GVA), a new K-8 language immersion Charter school to open in September 2007, will offer an information session on Wednesday, August 2 at Schlesman Library from 5:45 - 7:45 pm.

Both schools offer options for parents seeking a superior educational program within a multi-language context. Montessori Children’s Village offers Montessori methodology within a gifted, multiple intelligences framework. Global Village Academy will enhance its multicultural mission by using the International Baccalaureate Primary Years Programme (IP) for elementary school and the Middle Years Programme (MYP) for middle school. Montessori Children’s Village currently enrolls preschoolers, ages 2-5. Global Village Academy will serve the K-8 population, opening in Fall, 2007, with grades K-5 and adding a new grade each year until it is K-8. Both schools have extended day hours for parents needing extra care for their children. Prospective families for either school are invited to this informational evening with representatives of both schools. Schlesman Library is at 100 Poplar Street, one block west of Quebec, across from the Lowry Towne Center. Dr. Jade Amick, the principal of Global Village Academy, and Dr. Bill Hyde and Mrs. Pam Hyde, the directors of Montessori Children’s Village, will begin with presentations at 6pm, followed by a question and answer session.

“Intent to Enroll” forms will be available at the forum for parents interested in enrolling children at Global Village Academy. Representatives/visitors for Montessori Children’s Village can be set up with its directors at the forum. Currently, MCV has a few spots available for summer and Fall enrollment, 2006. For more information about Montessori Children’s Village call 303-316-3988 or email montessorichildren@globalvillage.com. For more information about Global Village Academy, call 303-362-1825 or email JAmick919@globalvillage.com.

Montessori Children’s Village’s goal is $30,000 to $40,000. The campaign will begin in August and consists of 10 house parties that will be sponsored by an individual or business. The sponsor will match up to $2,000 of the money that is contributed by families who attend the parties. The campaign’s goal is $30,000 to $40,000. The money will help fund additional instruction in areas such as art, music and physical education that have been reduced by budget cuts that have hit Denver Public Schools in the past few years.

The Western Creek families believe the goal is realistic. Other DPS schools in neighborhoods with similar demographics as Stapleton raise in the range of $80,000 to $120,000 annually to enhance their education programs. Those schools are among those rated high or excellent on state report cards. Creating an excellent school does not happen simply because it’s located in a great neighborhood, campaign organizers point out. It takes a committed staff, considerable time from parents and the financial support of the overall community. Investing in the neighborhood schools not only helps the children, but it improves the value of the entire community.

The parties will also provide an opportunity to learn more about the Western Creek Campus. There are many exciting changes and initiatives that will be implemented in the next school year: a new primary education center at the Western Creek building (K-3), strong focus on academic rigor, service learning with a focus on environmental sustainability and healthy living, increased parental involvement for parents and, expanded after-school enrichment programs.

Anyone interested in attending or sponsoring an event should email Mary Seawell at mseawell@yahoo.com.

Business Partners Needed for DPS “School Partners Program”

Denver Public Schools strives to offer its students an excellent educational experience. However, DPS needs the community’s leadership and support to ensure that all students achieve academic success.

In response to this need, the DPS Foundation is launching a pilot of the School Partners Program to create tailor-made partnerships between local businesses and Denver schools. Partners can contribute volunteer time, in-kind contributions, financial donations and other resources to meet the specific needs of their schools. Your contribution will make a tangible difference in the lives of Denver’s most precious asset, its children.

To join the School Partners Program, call or email Cindra Jackson, Program Assistant, at (303) 894-8246 or cindra@schoolsreasearch.com or visit the website at www.denverpp.org. This program is underwritten by the Quest Foundation and Daniels Fund.

It’s never too early, or too late... to begin promoting a healthy lifestyle.

Dr. Matthews Kaelin 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 treating patients of all ages.

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

Westerly Creek Campus Goal: $30,000+
Fun While Fundraising

By Mary Seawell

Parents at the Western Creek Campus are organizing the Stapleton Direct Giving Campaign to raise money while having fun.

The campaign will begin in August and consists of 10 house parties that will be sponsored by an individual or business. The sponsor will match up to $2,000 of the money that is contributed by families who attend the parties.

The campaign’s goal is $30,000 to $40,000. The money will help fund additional instruction in areas such as art, music and physical education that have been reduced by budget cuts that have hit Denver Public Schools the past few years.

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New Westerly Creek K-8 Campus Based on “Growth and Challenge for All”

Westerly Creek Primary Center and William Roberts School at Westerly Creek to open Aug. 21

By Brian Weber

The new K-8 Westerly Creek Campus will open in August with an academic program based on the concept of “Growth and Challenge for All.” The program’s four key elements include:

• Academic Excellence and Rigor
• Differentiated Instruction
• Professional Learning Community
• Service Learning

The campus will be one K-8 school in two buildings: the existing Westerly Creek Elementary at 28th Avenue and Akron Street, and the new William Roberts School at Westerly Creek located at Montview and Central Park Boulevards. The two buildings will be known as the “Westerly Creek Campus.”

Westerly Creek will become an Early Childhood Education to grade three primary center, and Roberts will serve grades 4-8. The reconfiguration was prompted by the large number of infants and young children living at Stapleton and concern about competition for students and resources between two schools located close together.

A program planning committee made up of Westerly Creek teachers, Stapleton parents both with and without students at Westerly Creek, and community members has worked since the end of 2005 to gather input and ideas regarding the instructional design and community engagement of the new campus.

The campus mission statement reads: The Westerly Creek K-8 Campus at Stapleton is a community-based education center committed to academic excellence, individual creativity, and civic responsibility where all learners thrive.

Key elements of the education program

Academic Excellence and Rigor

The Westerly Creek Campus will deliver its overall instructional system following Denver Public Schools’ newly created Curriculum Planning Guides. These guides provide for rich and rigorous instruction in literacy, math, social studies, science and the arts. The campus will offer Spanish as a foreign language.

Differentiated Instruction

Differentiated Instruction (DI) is a teaching philosophy based on the premise that teachers should adapt instruction to student differences. At Westerly Creek Campus, a systemic approach to DI means that every student will have learning opportunities that provide progressive mastery of subject matter and skills — Challenge and Growth for All.

Professional Learning Community

The faculty of Westerly Creek Campus will create a Professional Learning Community (PLC) to build a culture of excellence through collaboration and staff development. A PLC organizes itself through asking and addressing three key questions:

• What do we want our students to learn?
• How will we know if they have learned it?
• What will we do if they have not learned it?

In addressing these three questions, the PLC establishes four key priorities:

• A focus on learning
• Collaborative culture, i.e. working interdependently to achieve common goals.
• A focus on results
• The use of timely and relevant data and information to drive instruction and learning.

To support the PLC development, the campus will have one early-release day a week to allow for thoughtful planning and timely professional development for teachers. This will also allow “specials” teachers such as art, physical education, special education, and foreign language to work more closely with classroom teachers. These work sessions will include staff from both buildings to create a collaborative, professional culture as one school, and curricular alignment and articulation from ECE to grade eight.

Service Learning

Service learning is a teaching method that engages young people in solving problems within their schools and communities as part of their academic studies or other types of intentional learning activity. Service learning projects will emphasize healthy and sustainable living practices and connection to the community.

The campus will use the professional support of FrontRange Earth Force, an experienced and respected service learning organization that focuses on community action projects. Earth Force employs a Community Action and Problem-Solving (CAPS) service learning process. CAPS employs six steps: Community Environmental Inventory, Issue Selection, Policy and Community Practice Research, Options for Influencing Policy and Practice, Planning and Taking Civic Action, and Looking Back and Ahead. School-wide themes with grade level and classroom-based issue selection will be developed on an annual basis. For more information go to www.earth-force.org.

Along with the academic program the work group identified three other main focus areas for the new campus: School Climate and Culture; Family Engagement; and Resource Development, Marketing, and Community Engagement.

School climate and culture activities will focus on establishing behavioral norms and a common value system based on respect for the individual and the right to create a school-wide concentration on student achievement and civic involvement.

The family engagement plan will feature three main components: a campus-wide communication strategy, direct support for student learning, and events.

Communications strategies will include a campus newsletter, e-mail, website and weekly student folders.

Teachers and parents will implement family engagement options to provide families with a wide range of activities that can be tailored to student needs, as well as family needs. Options will include: homework support; classroom support activities, such as reading groups; materials support for teachers; curriculum orientation and familiarization sessions; behavior strategies to support learning; presentations by experts in parenting issues related to education; and field trip participation.

The Westerly Creek Campus will provide a range of events to engage, inform, and educate families, including: back to school nights, parent/teacher/student conferences, performances, content area nights such as Literacy Night, Math Night, and social and fundraising opportunities.

Resource development, marketing and community engagement will work very well established at Westerly Creek. A fundraising committee of the PTA has successfully operated on a number of levels to attract other resources and build partnerships. The committee has used direct giving campaigns, dance and auction, events, sales of flower bulbs, school-wide yard sale and smaller activities such as bake sale and school spirit clothing sales. The committee plans to continue with its lineup of large and small activities to form the foundation for the 2006-07 school fundraising. The committee will assess availability of grants and find grant writing assistance.

A committee of parents and teachers will continue to work on marketing and engagement plans throughout the year. For more information contact Principal Trish Lee at 303-322-5877 (glns_crs@dsps.k12.co) or visit the DPS website at www.dpsk12.org.

Brian Weber is Vice President/Education and Workforce Initiatives of the Stapleton Foundation.

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Find us inside PetSmart in Queen Square
Find us inside PetSmart in Queen Square
Residents of the Greater Stapleton Neighborhood turned out in June to enjoy the many interesting items available at the Sweet William Market on Founders’ Green in the East 29th Avenue Town Center. Above, Lexi Devilliers, 6, tries out an old style telephone at one of the booths at the Market. Andre Rudolph and Judy Sandoval (photo at left) load a dresser they found at the Sweet William Market. The open-air market features vintage and antique treasures, wonderful art and a charming assortment of other interesting items.

The market is held on the last Saturday of each month thru October from 9am – 3pm. For more information contact Karen Pardue at 303-355-6168.

Sponsorships remain at both business and individual donor levels for Stapleton Relay For Life. Contact Judy Bloom-Harris at jjbloomharris@yahoo.com or Tammy Moran at tmoran@dardanorealty.com to learn how your business can partner in the fight against cancer!
Safe Off-Road Connection to NorthField Now Open

By Kate Kramer

Now you can leave your car at home and bike or walk to NorthField for shopping or a movie. A safe, easy and more active way to get there from Stapleton, Park Hill or other neighborhoods south of I-70 is now open.

Taking the Sand Creek Greenway to the new Quebec Bicycle and Pedestrian Bridge to NorthField is the off-road alternative to fighting traffic.

No bicycle enthusiast would risk riding along Quebec, especially where it goes under I-70 with no shoulder and constant car and truck traffic. Riding a bike on Havana is much better.

By combining the east-west route of the Sand Creek Greenway with the new north-south no-traffic bridge into NorthField the ride or walk is safe and enjoyable.

Thanks to the hard work of a great team including Stapleton Development Corporation, Denver Parks & Recreation, Forest City, and the Sand Creek Greenway, this new safe route is open to NorthField and should be used until the Westerly Creek connection is completed within the next two years.

Pick up the Sand Creek Greenway at Havana just north of the creek or take Syracuse north to Smith Road and then east to the Greenway entrance under the railroad bridge. Follow the Greenway west about one mile and as you approach Quebec, look for the new pedestrian bridge, which parallels Quebec on the east side. Take the new bridge over Sand Creek and cross with the light at the off-ramp for I-270. Stay on the sidewalks to all the great shops and entertainment in NorthField.

Now you can ride or hike to an air-conditioned after-bike ride lunch.

For supplies from food to bike locks, try the Super Target. You can even buy a panier for your bike to carry your purchases. With the opening of many more stores at NorthField in the fall of 2006, even more shopping adventures can be experienced – without your car. With this new overpass along Quebec Street, a day on the trail and a day at the shopping center can coincide safely and with ease.

For more information call 303-468-3260 or visit www.sandcreekgreenway.org.

Kate Kramer is the Executive Director of the Sand Creek Greenway Partnership.

Carwash to Benefit Stapleton Girl

Kyle’s Saloon and Eatery, located at 40th and 13th, will hold a benefit carwash on Saturday, July 15th with all proceeds going to help defray the medical costs of the six year old daughter of a Stapleton employee.

Kassidy Lindley, the daughter of Don Lindley, an employee of RK Mechanical, Inc., has undergone several years of expensive medical treatment for chronic health problems. Because her family’s insurance company has not covered all of those medical expenses, friends of the family have been helping to raise funds for past and future medical care.

According to Kyle Jewett, owner of the restaurant that is located across the railroad tracks on Smith Road from the Wal-Mart at Quebec Square, the July 15th car wash will begin at 2 p.m. and “go until we drop.” The restaurant will have food and beer specials and handmade pins created by the Lindley family. Kassidy’s twin brother Devin will attend the carwash and he may be joined by Devin’s wife and children from ages 6-14, also includes a variety of activities designed to teach life and safety skills.

Computer training is available to participants at the computer lab located in the club house of the Parkside Apartments.

The coordinator of summer youth programs at Stapleton’s Parkside Apartments is looking for volunteers to assist with the operation of its summer arts, crafts and sports programs for youth, and to serve as tutors for its fall education programs.

The Parkside Apartments at Stapleton is an affordable rental community created by Mercy Housing. The summer program, which is open to children from ages 6-14, also includes a variety of activities designed to teach life and safety skills. Computer training is also available in Parkside’s on-site computer lab. Interested volunteers are requested to call either Susie Scanlan or Megan McCarty at 303-355-2573.

The Parkside Apartments at Stapleton are located at 23rd and Syracuse on Greenway Park across from Fred Thomas Park. Leasing information is available from Mercy Housing by calling 303.850.3300.

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Fridays, 10:30 a.m. Preschool Storytime for children who can sit and listen to short stories.

Programs and Thursdays at 10:30 a.m., Storytime with a Craft for children who can sit and listen to short stories and participate in songs and a simple craft. Thursdays at 11:15 a.m., Bookclubbies for infants 6-24 months old and their caregivers. We’ll read books, sing songs, and participate in finger plays.

Reading Safari Programs for children and families:
Monday, July 3, 10:30 a.m., Bug People From Outer Space Puppet Show, with David Barbee — The Bug People are coming! This light-hearted puppet show is filled with chills, chills, and plenty of creepy humor.
Friday, July 7, 10:30 a.m., A Cowboy’s Tail, with Merry-Andrew Afoot — Join Merry-Andrew Afoot for his one-man play entitled “A Cowboy’s Tail!”
Monday, July 10, 2:00 p.m., Jungle Picture Frame and Paper-Bag Puppet Craft — Decorate a magnetic picture frame or make a lion or elephant puppet to take home for your own safari adventure! Registration is required. Call 303-351-4063 to register.
Friday, July 14, 10:30 a.m., Wild & Wooly Reading Magic — Master magician Mark Strinings takes young and old on a mystical and magical journey through the jungle!
Friday, July 21, 10:30 a.m., Animals All Around — You’re invited to sing and dance with Justin Miera. We’ll sing your favorite animal songs and learn a few new ones too!
Monday, July 24, 2:00 p.m., Elephant Switchplate and Tiger Fan Craft Program — Decorate an elephant switchplate or make a tiger fan and keep cool all summer long! Registration is required. Call 303-351-4063 to register.
Friday, July 28, 10:30 a.m., Storyteller Lois Burrell — Listen to Lois Burrell’s unforgettable stories for all ages!

Here’s a list of upcoming Get Lost! programs: These programs are suggested for a 6th thru 12th grade audience and registration is required.
Tuesday, July 11, 2:00 p.m., Craft: Duct Tape Wallets & Accessories — Create a one-of-a-kind wallet or other fun accessory out of tape.
Tuesday, July 25, 2:00 p.m., Craft: Painted T-Shirt — Decorate a t-shirt with different kinds of fabric paint. T-shirts provided.

Teens will paint their shirt at the library, then heat-set the paint later at home. These are upcoming Super Saturday programs for children and families:
Saturday, July 8, 10:30 a.m., Reading Safari Programs for children and families: These programs are suggested for children entering grades 5-12.

Wednesday, July 12, 1:00 p.m., Lost in Tapes — Create a one-of-a-kind wallet or other fun accessory out of tape!
Wednesday, July 19, 1:00 p.m., Finding the Key and Sticking with It — Make Origami key chains and read a short mind-boggling mystery.

Get Lost! Programs: (Recommended for children entering grades 5-12)

Super Saturday programs for children and families:
Saturday, July 8, 11:00 a.m. Folktales Around the World — Listen to Lois Burrell tell timeless and interesting folktales from around the world.
Saturday, July 15, 11:00 a.m., Caricature Artist — Enjoy a black on white quick sketch of yourself by Ken Crouse. Limited to the first 15 people.
Saturday, July 22, 11:00 a.m, World Drum Satrud — If your heart’s beating you’ve got rhythm. Learn to play drums in a drumming circle. You will enjoy learning traditional Middle Eastern and Northern African rhythms with “Drum Tale”.

The Pauline Robinson book club June selection is The Color of Water: A Black Man’s Tribute to His White Mother by James McBride. The book club will meet on Saturday, June 24, 12 noon-1:30 p.m. All are welcome to attend.

Schlessman Family Branch Library
100 Poplar Street (1st and Quebec)
Denver 80220

For information about programs call 720.865.0000 or visit scch.sdms.org

Select age group (kids or teens); then select events or programs.
Finally, choose Schlessman (or any other branch of the Denver Public Library).

National Wildlife Refuge

Nature Programs
Reservations are required for these popular FREE programs at the Rocky Mountain National Wildlife Refuge. Space is limited. Call 303-289-0930 to register.

JULY

AUGUST

Photography for Beginners — Saturday July 1 4:00 - 7:00 pm
Family Fishing Fun — Sunday July 2 8:00 - 11:00 am

Summer Raptor— Saturday July 8 1:00 - 3:00 pm
Prairie Dog Tail — Saturday July 8 9:00 - 11:00 am

Bike the Refuge — Sunday July 16 8:00 - 10:00 am
Early Birders — Saturday July 22 6:00 - 10:00 am

Kids Photo Basics — Sunday August 20 8:00 - 10:00 am
Aquatic Wonderbird — Sunday July 23 1:00 - 3:00 pm

Current IMAX Movies

Grease: Secrets of the Past opened at IMAX on June 9th. This film replaced Mystic India: An Incredible Journey of Inspiration and will run through the fall. Wired to Win: Surviving the Tour de France is the other current IMAX film. This film will run at least through the end of the summer. For show times for either of the above films, check www.imax.com.

What’s Going On

THE ART OF

Every Sunday: 8:30 am – 12:30pm
June – September
East 29th Avenue Town Center

The new Macy’s department store, coming to Northfield this Fall, will host a pre-opening shopping day to benefit Relay For Life—volunteers will sell tickets to an exclusive shopping day at Macy’s with special discounts and promotions in the store all day. 100% of ticket sales proceeds will go to The American Cancer Society Relay For Life of Stapleton. The movie night (date TBD) will feature a current family-friendly movie, food, drinks and fun for neighbors in the greater Stapleton community to gather for a good cause at our new theater at NorthField.

Watch for These Upcoming Events

Relay For Life Night at the Movies (date to be announced)

Harkins Theatre has donated an audiorium for a “Relay For Life Night at the Movies.” 100% of ticket sale proceeds will go to The American Cancer Society Relay For Life of Stapleton. The movie night (date TBD) will feature a current family-friendly movie, food, drinks and fun for neighbors in the greater Stapleton community to gather for a good cause at our new theater at NorthField.

Annual REI Greenway Clean-Up

T he Annual REI Greenway Clean-Up Day is Saturday, August 5th. Registration is at 8 am and will work from 8:15 until noon. Meet and register at the Smith Rd parking area west of Havana, just past the Urban Farm. Children must be at least 12 and be with a parent or guardian. We will be doing trash clean up in the creek and along the trail and weed removal. Wear sturdy shoes, hat, sunscreen, bring water bottle and work gloves. Water, bagels, coffee, trash bags and other tools will be provided. No pets, please.

RSVP by calling 303-468-3262 or online at www.sandcreekgreenway.org

The Bug People are coming! This light-hearted puppet show is filled with chills, chills, and plenty of creepy humor.

Pauline Robinson Branch
5575 E 33rd Ave (near MLK and Holly)
Denver CO 80207
303.370.1530

Preschool Storytime for 3 to 5 year olds: Wednesdays at 10:30 a.m.

Reading Safari Programs All ages are welcome at these fun programs. Monday, July 10, 1:00 p.m., Magical Reading Safari, Join Bill Anderson for an elaborate and fun variety show—magic, music and more!
Monday, July 17, 1:00 p.m., Jungle Zoo-fari. Come and see Ann Lincoln for this juggling and fun magic adventure.
Monday, August 7, 1:00 p.m., Animal Adventures with Safari Sally. Enter the jungles, deserts and forests of the world and encounter some incredible animals as Sally Duke takes you on an exciting and educational trip!

Get Lost! Programs: (Recommended for children entering grades 5-12)

Wednesday, July 12, 1:00 p.m., Lost in Tapes — Create a one-of-a-kind wallet or other fun accessory out of tape!
Wednesday, July 19, 1:00 p.m., Finding the Key and Sticking with It — Make Origami key chains and read a short mind-boggling mystery.

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The Pauline Robinson book club June selection is The Color of Water: A Black Man’s Tribute to His White Mother by James McBride. The book club will meet on Saturday, June 24, 12 noon-1:30 p.m. All are welcome to attend.
Downtown Aurora Visual Arts Show
Idiomatic – Art & Language Through Multi Media

Idiomatic explores art and language through multi media artworks by Denver luminaries Roland Bernier, Andy Miller, Preston Poe and Joseph Farbrook. The exhibition opens Thursday, July 6th, with a reception from 4-8 pm at Downtown Aurora Visual Arts (DAVA) located at 1405 Florence St., one block south of Colefax in Original Aurora. The exhibition runs through September 8th with a closing reception and artist talks on Thursday September 7th from 6-8:30 pm. Since 1964, Roland Bernier has rearranged word combinations and letters “so say with words what words cannot say.” Taking words out of context or using random selections from the dictionary, he creates new relationships between form and language. This exhibit include wooden “toy carts” sculpures filled with brightly colored letters, points and wall assemblages.

Preston Poe’s site specific sound installation “hush” is a playful composition of common sounds crossing cultural boundaries. His multi-media installations and videos, often social or political in nature, have appeared in Florida and Colorado. Joseph Farbrook’s series “Image-text” includes words that stream rapidly while “Facial Arrangements” consist of grids from facial elements moving as if they are talking.

Andy Miller creates visual art for people who can’t see by using braille as an abstraction in many of his works. His large wall sculptures include neon, animal hair, metal, and pearls arranged to signify a message in braille such as “When Does Something Qualify as Being Alive?”

Exhibitions are free and open to the public from 11 am to 5 pm, Monday to Friday or by appointment.

Downtown Aurora Visual Arts is a non-profit arts organization whose mission is to strengthen the community through the arts with youth as its primary focus. For more information about our programs, visit www.davaarts.org or call DAVA at 303-367-5886.


2006 Founders’ Day on the 4th of July!

Celebrate our country’s community’s founders on the 4th of July at Stapleton!

8:30 – 10:00 a.m. PANCAKE BREAKFAST
Benefiting the Denver Firefighters Relief Fund
Run by the Hearts of Fire: $2.50 per ticket – buy online at www.wildirisrecreation.com, $5.00 at event. 29th Place & Trenton Street.

10:30 a.m. – Noon STAPLETON COMMUNITY PARADE
Beginning at Founders’ Green. Sponsored by the Master Community Association
1:00 – 3:00 p.m. GAMES AT THE POOLS
Games and live music for the whole family at Aviator and Parkview Paper Pool. Sponsored by the Master Community Association

3:00 – 7:00 p.m. FOUNDERS’ DAY CONCERTS
Come celebrate the 4th in full color and more live music!

3:00 p.m. – The Outlets
5:00 p.m. – Boogie Machine
The Club Card offers great discounts at these Stapleton merchants:

**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**
Open: A FREE no-minimum balance checking account with Direct Deposit and receive added benefits equal to those offered to bank employees!
Location: East 29th Avenue Town Center

**Credit Union at Stapleton**
Receive: A FREE $20.00 gift card when you open a new Credit Union at Stapleton account
Location: Quebec Square

**Environmental Friendly Cleaners**
25% off of any DRY CLEANING (Quebec Square location only)
Location: Quebec Square

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

**Lollipocks Kid Salon**
10% off any one product purchase with a purchase of service
Location: Quebec Square

**New Avenues Real Estate Office**
Receive: A $100.00 gift certificate toward select Stapleton merchants
Location: East 29th Avenue Town Center

**PostNet**
Receive: A $10 off the FLX and/or UPS shipments (including ground service)
Location: East 29th Avenue Town Center

**RE/MAX City Horizons, The Kears Team, LLC**
$500 towards closing costs and extra discounts on Home Sale costs when you buy at Stapleton
Location: East 29th Avenue Town Center

**Renaissance Denver Hotel**
Special room rates, savings up to 25%
Offer: Valid through 12/31/20
Location: Stapleton

**Stapleton Realty PLUS**
Offer: 10% off all automotive services; $25 off at a set of four tires; $20 off your 30, 60, and 90k scheduled maintenance service
Location: Quebec Square

**Tires Plus**
Offer: $9.99 oil change; 10% off any automotive service; $25 off at a set of four tires; $20 off your 30, 60, and 90k scheduled maintenance service
Location: Quebec Square

**Service Town Center Apartments**
Receive: A $9.00 off of your move-in costs when you lease at Town Center Apartments
Location: East 29th Avenue Town Center

**UPS Store**
25% off on all postcards and white copies.
Location: Quebec Square

**US Bank**
Offer: 25% discount on ANY rate loan
Location: East 29th Avenue Town Center

**Cat's Music Together at the Bladium**
Offer: $5 for each registered child in your family.
Location: Quebec Square

**Cingular Wireless**
Offer: FREE vehicle power adapter with new activation ($45.99 value)
Location: Quebec Square

**Grape Leaf**
5% off your entire purchase
Location: East 29th Avenue Town Center

**Graham Taylor Photography**
Offer: 15% off listed Wedding Package or 50% off portrait sitting fee
Location: East 29th Avenue Town Center

**Instant Imprints**
Offer: 10% off of all products and services
Location: Quebec Square

**RETAIL (cont')**

**Miss Talelah's**
Offer: 10% off all lighting and products
Location: East 29th Avenue Town Center

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

**RETAIL (cont')**

**Anthony's Pizza and Pasta**
Offer: 10% off all items
Location: East 29th Avenue Town Center

**Character's Sports Bar & Grill (at the Doubletree Denver)**
Offer: 10% discount on all food and beverages
Location: East 29th Avenue Town Center

**Copper Canyon Grill & Bar at the Renaissance Hotel**
Offer: 10% discount on all food and beverage
Location: East 29th Avenue Town Center

**Doubletree Denver Café**
Offer: 10% discount on all food and beverage
Location: East 29th Avenue Town Center

**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.
Location: Quebec Square

**Noodles and Company**
Offer: FREE fountain beverage with purchase of entree sized bowl
Location: East 29th Avenue Town Center

**Panera Bread**
Offer: 10% off of any item
Location: Quebec Square

**Radisson Hotel, Quebec's Bistro**
Offer: 10% off of food menu items
Location: Quebec Square

**Thomas Bros. Coffee & Chai**
Offer: FREE SAVINGS UPGRADE on ANY beverage
Location: Quebec Square

**Wingz ETC!**
Offer: 10% off any combo meal
Location: Quebec Square

**RESTAURANTS**

**Johnson & Wales Salutes Its Graduates**

By Bette Matkowski
At this year's graduation ceremony, Councilwoman Marcia Johnson said, "Johnson & Wales produces civic-minded graduates who add to the Colorado economy and add to their respective communities." She's right! Over 500 graduates and over 1000 attendees were present at the commencement pageant, which took place on Saturday, May 20. Not only did the Councilwoman share her thoughts from the city's perspective, but Scott Bemis, Publisher of the Denver Business Journal and Honorary Doctorate Recipient, expressed his hopes for the Class of 2016.

"There's no traffic jam in the extra mile," Scott Bemis said. Not only should our graduates take that quote and run with it, but we should as well - community members. Dr. Bemis challenged the graduates to make the most of their time and to choose their attitude at all times. "There are no shortcuts to success so be patient and enjoy your journey to the top," Bemis said. "May you have the good fortune to have someone by your side to pick you up when you have fallen and may you have an abundance of family and friends close by to enjoy your successes. May you be known for your good work but even more for your honesty, integrity, character, and your contributions to society."

The University is committed to fostering positive relationships with the community, and I hope the community, such as Stapleton, will reach out to us in return. I hope that when you meet a graduate or a student, that you will encourage them to go the extra mile and that you will help equip them with the tools necessary to succeed in their personal lives.

The University strives to mold the students into positive community and business professionals once they leave our campus to make an impact in their worlds. Our brand promise to the moms and dads of Johnson & Wales' students is that their child will find meaningful employment within 60 days of graduation. Already, an impressive percentage of graduates expressed to me that they are planning to stay in the state of Colorado following graduation. With that fact comes the knowledge that they will be investing in our economy, our nonprofits, and our local businesses.

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


**Johnson & Wales Salutes Its Graduates**
Sustainable Stapleton Bike Tour a Hit

By Melody Harris

Saturday, June 3rd, marked the first Sustainable Stapleton Bike Tour. More than 70 adults and children attended to wind their way from Westerly Creek School to Bluff Lake Nature Center. Mountain bikes, kids’ bikes, bicycles, and riders of all ages and ability made the 2.6 mile journey along the Stapleton bikeways and the Sand Creek Regional Greenway Trail.

Designed to educate residents about the natural and man-made wetlands and trails existing throughout the Stapleton development, the tour gave riders instruction at designated route stops about the area’s history, environment, and wildlife. Some of the highlights included sightings of the red-shouldered hawk, a visit to the proposed permanent prairie dog reserve just past Bluff Lake, and a lot of questions about trash blown into the creeks and along the Sand Creek Trail.

The kids enjoyed sporting runway lines on the “Stapletones” along Westerly Creek under the Martin Luther King bridge. “Stapletones” is the recycled concrete from the old airport runways that is used in much of the landscape at Stapleton as part of the commitment in the Green Book to use recycled materials and promote sustainable development.

The tour ended with a stop at Bluff Lake, the wildlife refuge located just outside of Stapleton on Havana Road. Bluff Lake’s Education Director, Sue Schaffer provided information on the refuge and the types of animals present there. For many of the bikers, it was their first visit to Bluff Lake.

“This was such a great event for Bluff Lake,” said Schaffer. “We really got to introduce the refuge to a whole new group of people.”

“We had great feedback from the riders,” said Jake Calabrese, the event’s organizer. “So many people said they had no idea these resources were available at Stapleton, or that they never knew the storm water retention ponds serve such an important environmental purpose. We are excited the Tour could educate a lot of our residents. We look forward to doing it again next year.”

The Tour was sponsored by members of the Sustainable Politics Stapleton group. The mission of SPS is to promote equal opportunity, social justice, and sustainable living values by using community-based activities to organize, educate and take action. Forest City was a supporter of the event and provided much needed water for the thirsty riders.

Melody Harris is a Stapleton resident and a member of Sustainable Politics Stapleton and the Stapleton Development Corporation Board. She can be reached at harris_melody@comcast.com.

More than 70 riders of all ages joined the first annual Sustainable Stapleton Bike Tour to educate residents about the natural and man-made wetlands and trails at Stapleton.

Knowledge from Neighbors

Who’s Driving Your Business?

By Marni Rachich

When business performance needs to be improved, it’s often useful to first explore the source of the leadership in that business. From my experience, I have found that often times when a business is not performing, the leadership direction is unclear and is not understood by the team.

Leadership is about painting a picture of the future in the form of a vision. The common factor in all of the great leadership stories in history is the ability of the leader to create a vision and share it with the people in a way that compels them to understand it and contribute to it. This helps keep the team with the potential to have an immense impact on the level of success obtainable in a leader’s business.

Corporations have been guided by this concept for some time: “Every executive, every manager, must have a vision of where the organization will be and what it will look like in the future. They must create that vision and then share it with those reporting to them, if they are in a high-level of employee involvement and commitment and attain a high level of productivity.”

To succeed, a business owner must paint the picture and be willing to share that vision with the team. It is from this beginning that so many success stories have evolved, and in the absence of this beginning that so many businesses have failed.

Who is driving your business? What is your vision? Is it in this area of business development that small to medium size business owners will be challenged when the future becomes unclear because of rapid and continual changes presently occurring within the marketplace. Excellence in the level of service demanded by the customer today increases as you meet yesterday’s expectation levels. The need to continuously deliver a product or service that is better today challenges the vision of any business. Low team morale, absenteeism and high employee turnover are some signs that no vision is in place or that it is in need of repeat. Without a clearly shared vision, a business is much like a car without a driver — a business coach can often help business owners refocus and reignite their visions for success.

Marni Rachich is a Stapleton resident and local Action International Business Coach. She may be reached at 303.316.7701 or at marnirachich@action-international.com.

“Knowledge from Neighbors,” offers readers an opportunity to share information in their area of expertise.

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“Knowledge from Neighbors,” offers readers an opportunity to share information in their area of expertise.
A Closer Look
Sarah Rogers, Westerly Creek PTA President

Sarah was born in Cedar Rapids, Iowa where she spent her early years on a farm. After moving to Denver, she graduated from St. Mary’s Academy and later attended the University of Colorado at Denver where she earned a degree in art history and philosophy. Sarah’s first job after college was managing an office building, which stimulated her interest in obtaining a license in real estate. Ten years later, she owns Rogers Real Estate Brokerage, which is affiliated with Metro Brokers. She also has investments as a homebuilder and broker in the mountain community of Showlow, Arizona, which is located northeast of Phoenix.

After moving from West City Park in 2002, Sarah said she found Stapleton “more special than I thought it would be – it is my little Utopia.” In whatever free time exists in Sarah’s busy day, she likes to go to Dean’s baseball and hockey games, as well as Zelda’s ballet. “In our spare time on a hot day, we love to go to the pool and hang out with friends. But, if I could do whatever I wanted, I would go for a Starbucks in the morning and shop at Ms. Tallulah’s or Sweet William Market and meet my friends for a cocktail in the evening.”

Sarah notes that the bout she had with thyroid cancer in 1995-96, has served as a reminder how precious life is and probably explains why she keeps so busy. “I am a huge supporter of the Relay for Life and have a team called ‘Sarah’s Team,’ she says. “We will be walking on August 18th to raise money for cancer research.”

‘A Closer Look’ is a periodic feature of the Front Porch that profiles people who make a difference in the Stapleton Community.

Digstown Doggie Day Care Now Open

Digstown Doggie Day Care’s grand opening on June 17th provided an opportunity for dogs and their families to view their new facility at Stapleton that offers doggie day care, overnight pet lodging, “Spaw” and wholesome bakery. Dogs are divided into different play groups based on size and activity level, with outdoor play areas that include water features, obstacle courses, shade and toys. Digstown can be reached at 303-399-5500 or online at www.digstown.us.

Below: The “spaw offers” do-it-yourself shampoo facilities as well as full service grooming.

Did You Know...

By Lin Clark

The oldest painting technique still used today is Encaustic Painting, also called “hot wax painting,” which involves using heated wax to which colored pigments are added. One of the earliest applications of encaustic paints dates back to ancient Greece, where artists highlighted the features of marble statues with wax paints. Encaustic painting was so popular that the artists of that day referred to their wax paints as “waxes” just as modern artists speak of the “oil” and “watercolors.” Greek influence in art and culture spread to Egypt during the Hellenistic period. The Egyptians quickly mastered the art of encaustic painting, as evidenced by perhaps the best known of all encaustic work, the Faiyum Funeral Portraits painted in the 1st and 2nd centuries A.D. The artists painted portraits on small wooden panels that were attached to mummy cases or the wrapping of the deceased. Since the beginning of the 19th century over 600 of these portraits have been excavated. These portraits are remarkably well preserved, a testimony to the unique color qualities and durability of encaustic paints.

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.

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Hidden Resources In and Around Stapleton

Jennifer Carabetta, private or group acting coach for kids and adults

Stapleton area residents are a talented bunch, with many reaching out to share their expertise in music and theater, sports and fitness, and other realms. This month we profile three Stapleton residents who offer private and group lessons in the arts. Whether you’re a novice hoping to nurture an artistic interest, an advanced student looking to hone your talent, or a parent wanting to introduce your child to the arts, here are some hidden resources you can tap into right here in Stapleton.

Residents of the greater Stapleton area who offer private or group instruction and who wish to be featured in our Hidden Resources series should contact the Front Porch at frontporch@fineprintco.com.

Jennifer Carabetta: Theater production, acting and choreography; private or group acting coach for kids and adults

Jennifer Carabetta moved to Stapleton with her husband Matt, a finance manager for Corporate Express, and their 2-year-old daughter Isabella from Congress Park nearly a year ago. An English and theater major at Indiana University, Jennifer started teaching theater in the Chicago area as part of a fine arts team that traveled to elementary schools. After moving to Denver, Jennifer taught acting and dance at Chaparral High School in Parker for 8 years, where she directed and choreographed numerous shows.

Jennifer appreciates many styles of theater, but loves old-fashioned musicals like Oklahoma! and The Music Man. “Stapleton sometimes reminds me of River City, just because everyone knows everyone and it’s so family-oriented,” she says. “West Side Story was probably the most difficult show I directed because all those boys had to poutier and leap without any previous dance training!”

Now a stay-at-home mom, Jennifer has started offering private tutoring and group lessons for kids and adults, beginner and advanced students. Anyone with the acting bug who needs some guidance and techniques, please contact Jennifer at carabetta@comcast.net. In addition to teaching acting, Jennifer has a vision of staging a big community theater production every summer on Founders’ Green.

David Ross: piano instructor (children and adults, beginning and experienced); composer and choir director

David Ross and his wife, Lauren, moved to Stapleton just weeks ago from Los Angeles with their 15 week old daughter, Maya. With a B.A. in Music Composition from U.C. Berkeley and a Certificate of Songwriting from U.C.L.A., David has been working as a composer, music director, music instructor, and cultural arts director. Now building a new career in the arts here in Denver, David is working this summer as a Music Director for the Rocky Mountain Theatre for Kids and will be directing a teen choir through the Mizel Center for Arts and Culture. He is also now taking students for private piano lessons beginning the first week of September.

In a tale of bold spontaneity, David recounts how he and his wife decided to move to Denver during a family get-together in Boulder last July. While leisurely testing out hammocks in a shop on Pearl Street, David says, “I realized that if we stayed in Los Angeles, we would be stuck in a one bedroom apartment with a baby on the way (housing is just not affordable in L.A. for 2 people working in the non-profit sector); therefore we could not buy a house; therefore we would not have a backyard; and therefore we would not be able to have a hammock. And at that moment, I really wanted a hammock! So my wife and I decided then and there that we were going to move to Denver.” Encouraged by old friends who look at Stapleton, they instantly fell in love with it. “We love the green space, we love the idea of the community, we love how friendly everyone is and that there are so many kids here, and we love the opportunity that the community will give us.”

An experienced piano instructor, David enjoys working with beginning and advanced students of all ages. “I find that not everyone is able to gain confidence by studying reading, writing, and math,” he explains. “There are many people who use the arts as an outlet to finding their voice and developing self-esteem. I believe in helping children and adults develop their self-worth by cultivating their artistic abilities.”

To inquire about scheduling private piano lessons, contact David at pianomanross@yahoo.com or at 303-507-0906. Discounts will be given to Stapleton residents.

Nancy Harris: Private voice teacher, theater performer, and recording artist

Colorado, to devote full time to performing, recording, and teaching private lessons. “I reach all levels,” Nancy says. “From beginners who couldn’t carry a tune before, to teenagers who want to perform in their high school musicals, to professionals who used to perform on Broadway. I will also take children as young as 8 or 9, if they can read well and are motivated. It’s actually better to start them young to avoid their developing bad habits by copying the radio.”

Nancy moved to Stapleton two years ago from Congress Park with her husband, Mel, who owns his own online computer-training business and is opening a new Stapleton coffee house called SouthEnders in Fall 2007 at the WorkPlace Lofts at 23rd Ave. and Central Park Blvd. The talent legacy continues with their own grown children. Daughter Chris is a choreographer with her own Denver company called Louder Than Words Dance/Theater, serves as Artistic Director of Colorado Youth Dance Theatre and as Assistant Artistic Director of the Boulder Jazz Dance Festival, and is a teacher with the Denver School of the Arts dance department. Their other daughter, Denise, is a talented commercial artist and Apple computer expert in the Phoenix area.

For inquiries about private voice lessons, contact Nancy at nancy@nycd.com or visit her website at www.thevoicebuilder.com.
**Rent a Mom**
as one of the “Top Doctors” in Denver in 1998 and 2002.

Health Care for Her

sa program of University of Colorado Hospital, WISH has contracts with major insurance

companies and design an individual preventive screening package based on health history
care is well coordinated,” said Mary Jackson, WISH personal care coordinator. “I work

coordinate schedules appointments, handles insurance matters and ensures that each

coordinator assists each patient with myriad — and sometimes complex — details associated with getting the right ser vices when she needs them. The

WISH is the only center of its kind in the region.

WISH represents a revolutionary approach to delivering women's health services, addressing the differences in diagnosing and treating women. Not only does WISH cover all stages of a woman’s life — from young adulthood through geriatrics — it includes a full

spectrum of services beyond obstetrics and gynecology not typically offered by other women’s health programs.

“There is growing scientific knowledge that certain health conditions disproportionately affect women, manifesting themselves in different ways and requiring treatment that is different from that for men,” said Christina Finlayson, MD, WISH medical director. “It's becoming increasingly important to women to find health care providers who understand these gender-related differences.”

For example, recent scientific studies show that women respond to pain and medication differently than men and present different symptoms for diseases and illnesses.

WISH brings together the vast array of University of Colorado Hospital’s numerous expert resources into one comprehensive and coordinated program. “WISH makes it easy for women to find physicians and other health care providers who have expertise in treating women,” Dr. Finlayson said.

WISH is based at the University of Colorado Hospital’s Fitzsimons campus in new state-of-the-art facilities, with more than 60 specialty clinics integrated in one location. WISH intends to set the standard for how all other women’s health care programs will be modeled in the future.

WISH has adopted customer service practices to help enhance the patient’s experience. A WISH Personal Care Coordinator assists each patient with myriad — and sometimes complex — details associated with getting the right services when she needs them. The coordinator schedules appointments, handles insurance matters and ensures that each patient’s medical information and paperwork are shared with the appropriate physicians. As the coordinator schedules appointments, handles insurance matters and ensures that each patient’s medical information and paperwork are shared with the appropriate physicians. As

in Colorado. The U.S. Fish and Wildlife Service has monitored the burrowing owl population at the refuge since 1991 for several reasons. They are what biologists call an “indicator species,” which simply means that their health correlates with the health of the short-grass prairie habitat in which they are living.

Burrowing owls are also members of a group of birds known as raptors, or birds of prey. As such, they consume other animals and ingest whatever environmental contaminants those animals absorbed. This dietary exposure can affect their reproduction. For that reason, biologists monitor burrowing owls as one way of determining how wildlife are faring as the developments consume more of their habitat.

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In order to help protect the burrowing owls, WISH holds educational seminars for schools, corporations and other organizations. The seminars are led by experienced educators and are designed to raise awareness of the importance of protecting the burrowing owl population. WISH also offers a “Burrowing Owl Watch” program, which allows individuals to monitor the population and report any changes or declines.

For more information, contact the Refuge Visitor Center at 303.289.0930.
PTA Expands

Dads Step Up for Westerly Creek Students

I won’t be just the children who are returning to Stapleton’s Westerly Creek Campus this fall. Many of their fathers will be going with them.

The newly formed Dads’ Club of the Westerly Creek Parent Teacher Association (PTA) is attracting men who understand the importance of being more visibly involved in the educational environment of their children. PTA President Sarah Rogers said the Club will operate as a regular committee of the Association, with parent Ignacio Correa-Ortiz, who suggested the club, serving as the group’s interim representative.

“As president of the PTA, I am constantly bombarded by the great ideas I receive from our parents,” Sarah Rogers said. “I encourage them to take those ideas and make them reality.”

Ignacio Correa-Ortiz and his wife Wendy moved to Stapleton from Tampa, Florida, where he was an active member of the Dad’s club in Roosevelt Elementary school. He said the Westerly Creek fathers have already served as chaperones at school functions and are looking for ways to host barbecues and other activities that reward classes where students have achieved high attendance. Other possibilities include a Dads’ breakfast in which a featured speaker (a dad or a guest) will spend the breakfast hour with the children and their dads before classes start. A special “Dads’ Corps” in which the fathers will lend a hand for specific projects ranging from handy work to tutoring may also be created.

“Dads carry a different kind of energy,” said Mr. Correa-Ortiz, a self-employed architect and urban planner. “It seemed logical to have a more conspicuous presence in the school through membership in our PTA.”

In joining the Dads’ Club, fathers will automatically become a member of the PTA, although a father may join the PTA and elect not to participate in the Dads’ Club. The Dads’ Club hopes to have a membership campaign in place by the time enrollment for the 2007-08 academic year starts.

For more information, contact Westerly Creek PTA President Sarah Rogers at SDENIO2@aol.com.

Denver Urban Renewal Authority Honored

Officials from the Park Creek Metropolitan District, the Stapleton Development Corporation and Forest City recently hosted a reception for members of the Denver Urban Renewal Authority (DURA) Board and staff to acknowledge the role DURA has played in the redevelopment of Stapleton. Each of the DURA representatives was presented with a small ceremonial plaque bearing a piece of the concrete from the former airport runways.

Left: Tracy Huggins, DURA Executive Director. Below left to right: Attendees included Frances Plisco/Donald John Shaw, Dick Anderson, City Councilman Michael Hancock, Alice Kafy and Happy Hagen.

Photos by Steve Groer

Community Notes

Charity Chase

A big thanks to all of the sponsors; EKS&H/Elberhardt, Kerfe, Steinier & Hortman pc, Citywide Banks, Countrywide Home Loans, Tires Plus, Johnson & Isles University, Sam’s Club, Ross, Mountain High (yogurt), Naked Food-juice, Chipotle, Panera Bread, Advantage Funeral & Cremation Services and Stapleton/Forest City.

Reserving Parks

As summer is upon us, we have been receiving numerous requests to use parks for private gatherings. Following is the contact information you will need to reserve facilities for your group function.

To use Greenway Park or Fred Thomas Park, call the City and County of Denver Parks Department at 720.913.0696 or go online at www.denvergov.org. When reserving you need to specify the number of attendees and if you want exclusive use or not.

To use the pocket parks, pool parks, or the Town Green, contact Kevin Burnett at 720.272.8767.

Trash Collection Reminder

The Stapleton neighborhood is serviced for trash collection using what is referred to as the "Manual Collection" service. This means that trash containers are physically lifted and emptied by Solid Waste Management employees into the back of a trash truck. On average, an employee on a manual collection trash truck picks up 400 to 500 stops each day. In an effort to ensure that these employees do not sustain injuries Solid Waste Management strictly enforces the maximum size of 32-gallons and the maximum weight of 50 pounds per container.

If you currently have a trash container that exceeds 32-gallons, Solid Waste Management requests that you replace the container with one that is 32-gallons in size or smaller.

Following are some tips and reminders to increase the efficiency and safety of the trash collection services provided to you and your neighbors:

Place all household trash in covered, 32 (thirtytwo)-gallon – or smaller – containers. If you are unable to fit all of your trash in one container, feel free to use multiple containers or to place excess trash in securely tied heavy-duty trash bags.

Please ensure that your trash containers or separate trash bags weigh less than 50 pounds each.

Trash must be set out no later than 7:00 a.m. on your collection day.

If you are unsure of your trash collection day, or need information about other services, visit: www.denvergov.org/solidwastemanagement or call 720.865-6900.

Denver Solid Waste Management thanks you for your assistance!

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Stapleton/Forest City

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- Denver Solid Waste Management thanks you for your assistance!
The engineering profession runs deep in Kathy Lang's family. A project manager for M. A. Mortenson, the manager of infrastructure construction at Stapleton, Kathy was born at Fort Belvoir, Virginia where her father was serving as an engineer with the United States Army. She later followed in her father's steps when she earned her degree in Civil Engineering from Purdue University. Kathy and her husband Greg, an electrical engineer who works in Ft. Collins, live in Frederick, Colorado with their Border Collie, Kit, on what she describes as a “farmlett with goats, chickens and cows.”

Kathy's role as a project manager primarily involves parks and open space south of Interstate 70, including the Westerly Creek Open Space, Central Park, and the latter stages of Greenway Park. She has also been involved with the construction of the bridges on 26th Avenue and Martin Luther King Boulevard.

An avid skier and mountain climber, Kathy enjoys reading adventure books and historical fiction, particularly the works of Jane Austen.

John Hampton, Project Manager, Forest City Stapleton, Inc.

Ask John Hampton what his biggest challenge is as the project manager overseeing roadways, underground utilities and all infrastructure under the development of the Park Creek Metropolitan District and he will say simply “Keeping track of it all!”

John was born in Ogallala, Nebraska and received his degree in construction management from Pittsburg State University in southeast Kansas. His construction experience includes 14 years with Peter Kiewit and a stint as an independent contractor.

When he is not juggling a number of projects as the main liaison between Stapleton's master developer Forest City Stapleton, Inc. and M.A. Mortenson, the contractor managing infrastructure construction at Stapleton, John finds enjoyment outdoors camping, hunting and fishing.

Alex Hill, Forest City Stapleton, Inc. Residential Construction Manager

Alex Hill loves a challenge. The energetic native of Buenos Aires, Argentina moved to the United States in 1986 when he became a ski instructor and racing coach in Vermont. Now, he channels that same energy into his role as Forest City Stapleton’s Residential Construction Manager.

Alex Hill's construction career includes working with Alpine Engineering in Vail. Following that experience, Alex assumed the role of residential construction manager for the Lowry Redevelopment Authority. Now, in his job at Forest City Stapleton he is assigned to keep residential construction on track and flowing smoothly in the wake of infrastructure development.

Alex and his wife Gail have taken on another challenge as well: trying to keep up with their twin seven-year-old daughters, Sara and Megan.

Judy Carter
Stapleton Development Corp. Admin. Assistant/Receptionist/CAB liaison

Although Judy often has her hands full in her multiple roles as an administrative assistant and receptionist for the Stapleton Development Corporation (SDC) and its liaison to the SDC Citizens Advisory Board, callers or visitors to the SDC office in the East 29th Avenue Town Center always receive a low key but professional greeting and response to their questions or requests for assistance. Judy says the most challenging aspect of her job is "putting a personality behind the phone," but nothing seems to unnerve the very pleasant woman who once rode her BMW 650 motorcycle all the way to Alaska.

Judy's role as the liaison to the SDC Citizens Advisory Board requires her to serve as one of the key channels of information that flows to and from the SDC Board of Directors and staff, master developer Forest City Stapleton, and the residents of Stapleton and the surrounding neighborhoods. Prior to joining SDC in August of 2004, she worked for an engineering and construction firm at Rocky Flats west of Denver. Her earlier work experience included a position as a buyer for a Boulder firm that developed highly sophisticated instrumentation.

Judy is a perennial crew member for the annual Avon Walk for Breast Cancer and a regular blood donor. In her free time, she likes to mountain bike and garden and spend time with her daughter Stacy and her three grandchildren, Danielle (16), Chantelle (14), and Derek (18) who live on a farm north of Denver.

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Help Grow Our Farmers Market!
The Stapleton Farmers Market is a young market. It is starting out a little smaller this year for a couple of reasons, described below. As we write this in mid-June we currently have ten vendors attending each week and we know of at least six additional vendors who will be joining the Stapleton Farmers Market in the coming weeks.

Remember also that the seasonality of produce determines when you’ll see specific items at the market. In late June and early July you’ll find cherries, sweet peaches and terrific greenhouse tomatoes. By mid to late July you will start to see sweet corn, carrots, and sunflowers. By August peaches are ripe and field tomatoes, melons and peaches and cream corn all start showing up at the market.

While we expect to add more vendors throughout the season, two factors are currently influencing the size of the Stapleton Farmers Market. First, farmers markets are popping up in many new locations in and around Denver and across the state so vendors have more options for where to sell their goods. Demand for markets is up, but there are only a limited number of grower and specialty food vendors. The vendors are going to flock to the markets where community support is strongest and where they can count on a consistent customer base buying their products week after week. If the Stapleton Farmers Market is to remain a great community event for farmers this year, you can come, the vendors need your support.

The second factor influencing the number of vendors in the Stapleton Farmers Market is the lack of water for farmers this year. You may have heard about the Colorado State Engineer shutting down irrigation wells in May after issuing a forecast anticipating lower-than-average flows in the South Platte River. Following the drought of 2002 the state passed a law protecting river flows from being drawn down by wells. The law requires irrigators who pump water out of the aquifers to come up with plans to replace what they use. Basically, there is just not enough water this year for some farmers to grow their crops. Rocky Mountain Pumpkin Ranch, a popular certified organic vegetable vendor who participated in the Stapleton Farmers Market last year, is trying to come back this year, but due to the water situation they may not have any produce to bring to the market.

By shopping at the Stapleton Farmers Market you directly support growers and specialty food vendors and help them stay in business. The Stapleton Farmers Market needs community support in order to help the market grow. Come out this Sunday and see what’s fresh!

The Stapleton Farmers Market is open every Sunday through September. It is held in the north parking lot of 29th Avenue Town Center from 8:30 – 12:30. For more information, visit www.stapletondenver.com.

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

Save on Your Energy Bills
This Summer
Saving energy is important year-round. Did you know that heating and cooling account for nearly half of the typical home’s energy use? Below are some tips for saving energy on your home.

Plant Trees for Shade: Deciduous trees – those that produce leaves in the spring and lose them in the fall – shade your house from the sun during summer and let the sun warm your house in winter. Shading your home could save up to 8 percent on cooling costs.

Change Your Air Conditioning Filter: Clean or replace your central air conditioner’s (AC) filter monthly during the cooling season to improve efficiency and the life of your AC.

Consider a Whole House or Attic Fan: Through your open windows, a whole house or attic fan draws in cool night air and forces out hot air that built up during the day. These fans work best in drier climates.

Use Ceiling Fans to Cool Your House: The most efficient ceiling fans cost as little as 30 cents a month if used eight hours a day. A window air conditioner can cost 50 times as much as a fan. Ceiling fans will keep the air moving and allow you to keep the thermostat setting higher because moving air feels cooler.

Raise Your Thermostat Setting: You can save approximately $100 in a summer by raising your thermostat’s temperature from 72 to 78 degrees. Open Windows on Cool Nights: On cool days and nights, turn off your air conditioner and open your windows.

Keep Air Conditioner Coils Dust-Free: Keep the coils of your central air conditioner and/or window AC unit free of dust and dirt to increase efficiency and lifetime use. Coils are usually on the back of window AC units.

Match the Output Of Your AC To The Space You Cool: When you buy an air conditioner – central air or a window unit – make sure the output of the system is right for the size of the room or the size of your house to ensure efficiency and comfort.

Plan Tree Planting: Trees – deciduous and evergreen – aid in cooling your home by shading it. Keep the trees between 20-30 feet from the house or attic fan draws in cool night air and forces out hot air that built up during the day. These fans work best in drier climates.

Use a Programmable Thermostat: This device can save as much as 12 percent on cooling costs by automatically turning your cooling system up or down to coincide with your daily routine. For example, set your temperature to 85 degrees when you’re away.

Provide Shading For Your Air Conditioning Condenser: Your central air conditioner’s condenser works more efficiently at cooler temperatures. Provide shade around your air conditioner to reduce your cooling costs by nearly 5 percent.

Tips from Xcel Energy. For more tips, look for the 60 Simple Ways to Save Money on Your Energy Bill brochure at www.xcelenergy.com.

Fitness Tip – How much water should women drink every day?
By Taddi Bryant

Water is your body’s principal chemical component, comprising on average of 60% of your weight. According to the Mayo Clinic, every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues. For your body to function properly, you must replenish its water supply every day.

The average woman needs to consume 2.2 liters of water (9 cups), or other beverages throughout the day. If you are pregnant you need approximately 10 cups a day or if you are breastfeeding you need approximately 12.5 cups per day. For short bouts of exercise you need to add another 1 to 2 cups of water. For running events or especially long workouts, you need to have 2-3 additional cups per day.

Remember that many fruits and vegetables contain water and you can also hydrate with herbal teas, juices, sports drinks and other beverages. However, your main source should just be plain old water.

To make it more tasty add a lemon, cucumber or fruit!

Todd Bryant is the owner of Hot Mamas Stroller Conditioning which runs the Stapleton Strollers class on Tuesdays at 9 a.m. The class meets on the east side of Aviator Pool at East 28th Avenue and Tamarisk Street. For more information, call 303-296-2609 or visit www.hotmamasstroller.com.

Denver Recycles Update
Denver Recycles now offers recycling pickup service to residents in Filing 11 on the east side of Western Creek! The response from residents has been terrific, but please remember:

• Set your recycling bins at the curb, in front of your house (not in the alley). Please place your bins at least 4 feet away from other containers or obstructions.

• When putting cardboard out for recycling, please cut or fold the pieces so that they are no larger than 2 feet by 2 feet. This will help the collection process for Denver Recycles crews and keep the recycling program running smoothly.

To sign up for residential recycling services simply go online to www.DenverGov.org/DenverRecycles.

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Stapleton Strollers
market is for farmers and their families. The Stapleton Farmers Market is open every Sunday through September. It is held in the north parking lot of 29th Avenue Town Center from 8:30 – 12:30. For more information, visit www.stapletondenver.com.
I don’t want to make him go, if he doesn’t want to!

I wish I had a dollar for every time I heard this statement. I think this is the perceived view of Generation X and late Baby Boomers. The early Baby Boomers had Doctor Spock, and after he left the scene it all changed and the message of most professionals was to let your child do what he wanted to do; basically let them have their way and they will get out of it. The only problem is, you’re out to lunch with the kids and you notice other kids with their parents being rude, mean and destructive. The mom is saying, “Oh he will get over it, he’s just in a bad mood.” Or you’re at your friend’s house and you see their teenagers just walk in the room without saying hello to anyone in the room. Sometimes they’ll demand something like, “Hey Mom, I’m hungry, aren’t you going to cook, I’m hungry now!” This type of behavior escalates and turns a child into a future monster.

When we were kids, they learned to conform to social norms. But as we are parents to have to take. Think back to when you had to make a commitment for the first time and follow through, maybe a paper route, working after school, or weekends, or helping out the family business. Who was the person there to back you up? It was your mom or your Dad or an Uncle, or maybe it was your Grandmother, who was your life coach and you had to rely on them. They taught you how to handle life, the meaning of getting up early, working hard and earning money.

When you attended school your Mom didn’t say, “Well if you don’t feel like going to school you don’t have to.” Yet I often get the statement, he doesn’t feel like attending class, he wants to just stay home. “If as parents, we don’t exercise school you don’t have to.” Yet I often get the statement, he doesn’t feel like attending class, he wants to just stay home.

When we were kids, there was the sensible friend to encourage you and all the others that just wanted to convince you to hang out, your child needs the sensible parent that just maybe makes him go, even if he doesn’t want to.

---

Start by choosing a partner and then use the following questions:

You are?

- If seniors can answer yes to most of these questions, they’re candidates for change.

One step that could be taken would be to make a list on one side of a sheet of paper all of the reasons a move would be good and to list on the other side all the negatives. Put the paper away for a couple of days, and then reread the answers.

After reflection, the right path to take could become obvious.

One of the most debilitating sense of dread for seniors is when they imagine trying to fit all their belongings into a small quarters. Many people, however, use only certain areas of their home the majority of the time.

If you considered this space only, you might actually gain space. Your Real Estate Professional can offer additional steps to help seniors overcome their fears.

Working with seniors is challenging but rewarding. Real Estate Professionals feel that they have helped change the lives of folks who really need a guiding hand. Please feel free to call with any questions you may have.

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Hide and Seek – Playing or Learning Math?

Although we are now grown and have kids, it is still fun to freak out our own parents. The best and most productive way to is show off your parenting skills and the wonderful impact they are having on your little ones. Imagine a child under two counting in front of your parents: “One…two…three…” She is barely getting words, but she’s counting! “Five…six…” Your mother will ask incredulously how she is doing that. “Nine, ten.” Then, instead of “Eleven,” your child slurs, “Ready or not, here we come!” Your mother will understand that you used Hide-&-Go-Seek as fun and educational game.

Be there for them when they feel doubt and frustration. But just like when you were a child, there was the sensible friend to encourage you and all the others that just wanted to convince you to hang out, your child needs the sensible parent that just maybe makes him go, even if he doesn’t want to.

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Parents have a hundred of these “teachable moment” opportunities everyday through their own kids. Some are obvious, and some take a bit of explanation. Now, thanks to incredible research and education organization 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: bornlearning.org. Here in Colorado, Mike High-United Way, Anna Jo Haynes of Mile High Montessori, The Children’s Museum and others have partnered to spread the Born Learning concept techniques in our community.

At The Children’s Museum, our mission is teach and play. If children are enjoying the activity, they will want to do it. If the activity is educational, they will learn. Hide-&-Go-Seek is exactly the type of fun and educational activity that we want parents to enjoy with their children. . . . and it gives them the opportunity to freak out their own parents in the process. 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 realize their focus from the candy or toy they wanted, 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 focus from the candy or toy they wanted, 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

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This game is valuable on multiple levels. The simple intimacy of the counting huddle is a bonding experience. Counting to ten embeds the structure of math, even before the child understands the concept.

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I wish I had a dollar for every time I heard this statement. I think this is the perceived view of Generation X and late Baby Boomers. The early Baby Boomers had Doctor Spock, and after he left the scene it all changed and the message of most professionals was to let your child do what he wanted to do; basically let them have their way and they will get out of it. The only problem is, you’re out to lunch with the kids and you notice other kids with their parents being rude, mean and destructive. The mom is saying, “Oh he will get over it, he’s just in a bad mood.” Or you’re at your friend’s house and you see their teenagers just walk in the room without saying hello to anyone in the room. Sometimes they’ll demand something like, “Hey Mom, I’m hungry, aren’t you going to cook, I’m hungry now!” This type of behavior escalates and turns a child into a future monster.

When we were kids, they learned to conform to social norms. But as we are parents to have to take. Think back to when you had to make a commitment for the first time and follow through, maybe a paper route, working after school, or weekends, or helping out the family business. Who was the person there to back you up? It was your mom or your Dad or an Uncle, or maybe it was your Grandmother, who was your life coach and you had to rely on them. They taught you how to handle life, the meaning of getting up early, working hard and earning money.

When you attended school your Mom didn’t say, “Well if you don’t feel like going to school you don’t have to.” Yet I often get the statement, he doesn’t feel like attending class, he wants to just stay home. “If as parents, we don’t exercise school you don’t have to.” Yet I often get the statement, he doesn’t feel like attending class, he wants to just stay home.

When we were kids, there was the sensible friend to encourage you and all the others that just wanted to convince you to hang out, your child needs the sensible parent that just maybe makes him go, even if he doesn’t want to.

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Start by choosing a partner and then use the following questions:

You are?

- If seniors can answer yes to most of these questions, they’re candidates for change.

One step that could be taken would be to make a list on one side of a sheet of paper all of the reasons a move would be good and to list on the other side all the negatives. Put the paper away for a couple of days, and then reread the answers.

After reflection, the right path to take could become obvious.

One of the most debilitating sense of dread for seniors is when they imagine trying to fit all their belongings into a small quarters. Many people, however, use only certain areas of their home the majority of the time.

If you considered this space only, you might actually gain space. Your Real Estate Professional can offer additional steps to help seniors overcome their fears.

Working with seniors is challenging but rewarding. Real Estate Professionals feel that they have helped change the lives of folks who really need a guiding hand. Please feel free to call with any questions you may have.

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Parents have a hundred of these “teachable moment” opportunities everyday through their own kids. Some are obvious, and some take a bit of explanation. Now, thanks to incredible research and education organization 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: bornlearning.org. Here in Colorado, Mike High-United Way, Anna Jo Haynes of Mile High Montessori, The Children’s Museum and others have partnered to spread the Born Learning concept techniques in our community.

At The Children’s Museum, our mission is teach and play. If children are enjoying the activity, they will want to do it. If the activity is educational, they will learn. Hide-&-Go-Seek is exactly the type of fun and educational activity that we want parents to enjoy with their children. . . . and it gives them the opportunity to freak out their own parents in the process. 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 realize their focus from the candy or toy they wanted, 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 focus from the candy or toy they wanted, 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

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Hide and Seek – Playing or Learning Math?

Although we are now grown and have kids, it is still fun to freak out our own parents. The best and most productive way to show off your parenting skills and the wonderful impact they are having on your little ones. Imagine a child under two counting in front of your parents: “One…two…three…” She is barely getting words, but she’s counting! “Five…six…” Your mother will ask incredulously how she is doing that. “Nine, ten.” Then, instead of “Eleven,” your child slurs, “Ready or not, here we come!” Your mother will understand that you used Hide-&-Go-Seek as fun and educational game. Explain to her that you and your daughter huddle closely, count to ten, then go find her older brother or dad.

This game is valuable on multiple levels. The simple intimacy of the counting huddle is a bonding experience. Counting to ten embeds the structure of math, even before the child understands the concept.)
Veterinary Acupuncture

Acupuncture is recognized by the American Veterinary Medical Association as “the examination and stimulation of specific points of the body of non-human animals by use of acupuncture needles, injections, low-level lasers, magnets and a variety of other techniques for the diagnosis and treatment of numerous conditions in animals.” The policy goes on to state, “Veterinary acupuncture and acutherapy are now considered an integral part of veterinary medicine.”

I first observed acupuncture when I was a student at CSU Veterinary Teaching Hospital. I was amazed at how well animals tolerated the needles. Dr. James Gaynor was a professor in the anesthesiology department and certified veterinary acupuncturist. My greyhound was scheduled for shoulder surgery and Dr. Gaynor offered to treat him post-operatively. This was my dog’s second surgery and the benefits with pain control were noticeable. Because of the success I decided to become certified in veterinary acupuncture.

Acupuncture is used for a variety of applications, ranging from sedation to arthritis pain management to treatment of deaf animals. Often acupuncture is used in conjunction with medication, surgery, or post-operative treatments. Most of our patients are big old dogs that have joint pain from arthritis, back pain from disc disease, or spinal arthritis. Patients are often treated 1 to 3 times a week for 4 to 6 weeks. A positive result is often noticed with the first 4 to 6 treatments, and sometimes earlier depending upon the condition treated.

There are many explanations for the way acupuncture works. In one of the scientific explanations, the neural opioid theory, pain control can be explained by the release of an endogenous (originating from within the body) opiate called endorphin. Endorphins are released upon needle or pressure stimulation of specific points. These endogenous opiates interact at different levels in the central nervous system to inhibit pain perception in higher centers and inhibit pain transmission from the spinal cord. In addition, endorphins control pain by causing blood vessels to dilate, which increases blood flow around joints and muscles, thus increasing nutrient and oxygen delivery to the desired area.

The Chinese have used acupuncture to treat disease for over 4000 years in humans as well as animals. Chinese concepts may seem metaphorical to our Western minds; it’s a totally different view of internal medicine. According to Chinese philosophy, disease is an imbalance of energy in the body. Acupuncture therapy is based on balancing the energy, correcting its flow thereby healing the animal.

Acupuncture is often chosen to complement traditional therapy or provide an alternative form of medical therapy. Appetite stimulation, nausea control, and immune modulation can aid animals with cancer, immune deficiencies, seizure tendencies, and arthritis. Many more conditions in animals can be treated with acupuncture therapy. Remember, these techniques should be regarded as surgical and medical procedures which should be done only by a certified veterinary acupuncturist. Ask your local veterinarian for more information about certified veterinary acupuncture therapy.

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 (719) 394-3937 for more information.
From the Stapleton

S.U.N. News

The independent voice of Stapleton
Brought to you by Stapleton United Neighbors

My Opinion
Communication Key to Public-Private Relationships
by Mike King, President, Stapleton United Neighbors

One of the most successful civic undertakings in the City of Denver is in recent years the Stapleton Public-Private relationship. The use of public-private partnerships to redevelop areas of the City that would otherwise remain as undeveloped blights on the landscape. The public-private partnership typically marries the public sector's integral role in planning, development, public resources and regulatory matters with the private sector's creativity, entrepreneurial spirit and ability to tap capital markets for much-needed risk capital. With a meticulously researched Development Plan outlining an ambitious vision for the transformation of a seven and one half square mile former international airport, Stapleton has the potential to become the jewel of public-private urban redevelopments projects undertaken in the City of Denver, if not the United States.

The Stapleton Development Plan, better known as “The Green Book,” represents an unparalleled collaboration of elected officials, City government staff, volunteer citizens, and the private sector. Published in 1995, the Green Book outlines a carefully crafted vision for Stapleton, including integration of housing and recreation with mixed-use commercial opportunities, home ownership and rental opportunities across the economic spectrum from affordable housing to urban estates, a walkable community with an extensive network of open space and transportation improvements, incorporation of Stapleton into the existing city grid rather than creating a “gated community,” and more.

While many home buyers may not have been aware of the Green Book prior to moving to Stapleton, its core vision and shared values underpin the fabric of Stapleton. This vision and these values dimension that Stapleton is different from many other planned communities and neighborhoods, and create a unique identity for our neighborhood. However, elements of the core Green Book vision have been the subject of recent neighborhood debates surrounding the placement of the proposed Shurgard facility, Recreation Center, and affordable housing units. Like any good nascent marriage, the Stapleton public-private partnership will only succeed with constant communication, and, where there are differences of opinion, robust and ongoing dialogue. SUN has continually worked with Forest City to successfully communicate and understanding around a shared vision and values, SUN and key stakeholders will continue efforts toward ensuring that residents, buyers, brokers, and sales agents have an awareness of the Green Book and access to constant updates on specific elements fulfilling its vision. In addition to offering the Stapleton Vision, the Green Book provides a roadmap for the thirty to forty year development process, and a glimpse at what the future may bring – so have a look today!

To obtain a copy of the Stapleton Development Plan (“The Green Book”), please contact the Stapleton Foundation for Sustainable Urban Communities at 303-468-3223.

SUN and MCA Create New Pool Pass for Residents’ Guests
by Michael Bevilacqua, SUN Board Member

At the outset of pool season, SUN gathered feedback from residents about problems with pool access and requested a meeting with the Master Community Association (MCA). Kevan Burnett, Executive Director for the MCA, attended the meeting and presented the key issues for the MCA going into this season. The MCA was tasked with treating all residents the same and all non-residents the same for pool access. Last year, the MCA provided nanny passes to about 25% of the residences in Stapleton. The data coming back to the MCA is that the nanny passes were frequently used by adults who did not have children with them. There was a feeling by the MCA, which they felt the data supported, that the pass was being abused by residents and simply given out to friends or family. Accordingly, the MCA decided to discontinue the nanny pass.

To solve this issues of access and fairness, SUN has worked with the MCA to develop the Resident Guest Punch Card. Stapleton residents wishing to have guests accompany them to the pool can choose to purchase resident guest pass punch cards, which are available for all Stapleton residents to purchase. Each punch Card allows current Stapleton resident to have guests accompany them to the pool based on the number of visits that they purchase.

Costs for punch cards and non-resident pool admission are shown in the adjacent MCA column. Punch Cards can be purchased at either pool location during all hours of operation except the first and last hour. As the purchases of Punch Cards drive the MCA’s planning for staffing levels and budgeting for the present summer, leftover visits on Punch Cards cannot carry over to future summers. SUN and the MCA believe this approach treats all residents equally and allows for a low cost solution to the Nanny Pass issue and expands the ability of all residents to bring guests for a lower per visit price.

Letters to the Editor

Will Stapleton Be the First Denver Neighborhood to Provide Eco-Pass?

By Michael Bevilacqua, SUN Board Member

EcoPass is an annual, no-restrictions RTD transit pass for use on all regional and local bus routes, the light rail, and also comes with a Guaranteed Ride Home. This program also provides EcoPass commuters a free taxi ride home in case of illness, unexpected schedule change, or family emergency on days when they have used their EcoPass to commute to/from work.

To determine the EcoPass cost for Stapleton, RTD will mail a survey to all homes in the neighborhood. From this survey, RTD will estimate a potential ridership basis to determine our total neighborhood cost: The lower the ridership basis, the lower the EcoPass cost. The estimated cost per household in Stapleton is $6 to $12 a month. The EcoPass is an all or nothing benefit – either every household within Stapleton participates in the program or none does. The results of this survey will not commit Stapleton to participating in the EcoPass program but rather determine the program’s cost.

Joanna F. Johnson, joannaindenver@hotmail.com.
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 and Parkways.

Resident Guest Punch Cards

Stapleton residents wishing to have guests accompany them to the pool can purchase guest punch cards. The first person punch card only allows the resident to purchase punch cards for all Stapleton residents to purchase. Each prepaid punch card pass allows current Stapleton residents to have guests accompany them to the pool equal to the number of visits that they purchase. Residents wishing to bring five (5) or more guests at any one time must contact the pool manager due to daily capacity issues. Each punch card is tied to a specific resident’s account in the pool database. At least one person within the household that purchased the punch card must accompany the resident.

Resident Punch Card Pricing*

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MCA Contact Information

Community Association Office: 7608-1 E 29th Ave.
Phone: 720-794-4448
Website: www.stapletoncommunity.com
Executive Board Inquiries: board@stapletoncommunity.com
Delegate District Inquiries: delegate@stapletoncommunity.com
MCA Assessment Inquiries: admin@stapletoncommunity.com

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Justin Ross says it “seems like yesterday” that he received a phone call in the early spring of 2002 asking him and a few others who were among the first homeowners at Stapleton, to join former Denver Mayor Wellington Webb in a news conference marking the first home to be occupied on the site of Denver’s former international airport. Today, he operates a successful Stapleton-based business, Stapleton Mortgage LLC, and is now the owner of two homes at Stapleton.

“A lot has changed for us during that time,” Justin said. “My wife Marissa and I started our business in September of 2002, had another child in September of 2004 and decided to move out of our first Stapleton home and purchase one of Infinity’s Urban Estate homes on Beeler Street in July of 2005. We kept our first house as an investment property and have had renters in it since the day we moved out.”

Justin says his mortgage company has handled transactions for several of his neighbors and he has many more Stapleton residents as clients on the horizon. As with most of the owners of Stapleton’s businesses, he believes he is able to provide a professional but still personal touch to one of the most important transactions a person is likely to make in their lives.

Editor’s note: To reach Justin M. Ross, owner of Stapleton Mortgage LLC, call 303 399 2154 or email juross@stapletonmortgage.net

Clockwise from top: Justin, Jerika, 12, Maraeya 1, and Marissa Ross at their home.

Mary Straka, 13
I love soccer - so when I’m hot, I go into the backyard and practice moves and stuff with the sprinkler on. Sometimes I’ll also get my sister to come out and we’ll play 1 vs. 1 in the sprinkler.

Alexandra Guy, 13
Have a whipped cream fight and then wash off the stickiness with cold hose water.

Mary Straka, 13
To get out of the heat, we moved to Stapleton -- from Phoenix! Otherwise we take jeep off-road trips to the mountains.

Joni Vastola
One way we got out of the heat is moving to a cool neighborhood like Stapleton!

Above left to right:
Emily Straka, 11
That’s simple — anything that has to do with water! For example, eating ice cream, having water balloon fights, running in the sprinkler, or putting a washcloth over my face.

Clarissa Guy, 10
Have ice cream or swim.

Left:
Jim Vastola
To get out of the heat, we moved to Stapleton — from Phoenix!

Joni Vastola
One way we got out of the heat is moving to a cool neighborhood like Stapleton!
Sarah Gieringer, owner of Lollilocks Kids’ Salon in Quebec Square, has been in business for a year. She has donated 465 inches of hair to Locks of Love, an organization that makes hair pieces for kids with medical hair loss. Each donation consists of a 10 inch braid of hair. She has given 46 donations. During the weekend of June 10-11 she donated $2 from each haircut to Locks of Love.

Approximately 60 employees of Forest City Stapleton, Inc. turned out on the company’s third annual “Community Day” to lay new sod on the ball field and make other landscape improvements at Ashley Elementary School at Montview Boulevard and Syracuse. Among the companies donating materials and assistance were CoCAL, Colorado Total Maintenance, Kelley Trucking, and Swingle Tree Company. Food for the hungry volunteers was provided by Satchel’s Market and Our Family Barbecue.. Nearly 5,000 Forest City employees across the nation spent the day working for the betterment of their communities.
Cow parades are happening at the same
time all over the place, and the event itself has really grown
in popularity the last four years," said Jeannie McFarland
Johnson, media and marketing director for Creative
Strategies Group.
The group is producing the parade locally through
Connecticut-based CowParade Holdings Corporation.
Cow parades began in 1998 in Zurich and have appeared
in more than 25 cities. The events now take place in more
than seven countries, including Greece, Mexico and
Argentina before Norway, Brazil and Denver host their
own this summer.
"CowParade Denver comes during the perfect time of
the Denver summer tourism season," June to September,
said Meredith Arndt, spokesperson with the Denver Metro
Conventions and Visitors Bureau. Denver’s CowParade is
expected to draw about a million visitors, McFarland
Johnson said. Chicago’s herd brought more than two
million onlookers in 1999, generating about $3.5 million
for charity.
"As the ‘herd sponsor’ of CowParade Denver, we know
that these great artsy cows will be one more way to get
people to visit Stapleton, and see the great community that
exists here," said JuliAnne Murphy, marketing director for
Forest City Stapleton. “We anticipate many people will
come here to see CowParade, and recognize that this great
community, with its walkable living, great town center, and
close proximity to parks and schools, is where they want to
live.
A Denver auction November 10 will feature about 50
cows, while the other half of the herd will be auctioned
online through December.
“One hundred percent of proceeds from that auction
will be given back to non-profits,” McFarland Johnson said.
The Denver Zoo, Cherry Creek Arts Festival, Children’s
Museum of Denver and Eagle Fund of the Denver
Foundation will receive 90 percent of the contributions.
CowParade sponsors have designated other charities to
receive the rest.
McStain Neighborhoods, one of Stapleton’s home
builders, is also a Cow Patron Sponsor, and hired an artist
to paint the homebuilder’s signature green leaf across
the fiberglass model.
“When he’s [the cow’s] fully staged he will have
spilled green milk bottles,” McStain’s art director
Katie Metzler said, representing
the company’s focus on building
environmentally sound homes. The
cow’s Stapleton pasture is at 8601
E. 29th Ave.

(continued from page 1)

“Jacques Mootau”

“Cowlumbus”

“Cow With Altitude”

in front of the builder’s single-family model home.
“McStain always makes it a mission to give back to
the community,” Metzler said. The builder’s $7,500
sponsorship goes toward charity.
Close to 100 artists will receive $1,000 for each
cow they mold or paint into their own creation.
“Every cow does have to resemble a cow in some
fashion.” McFarland Johnson said.
More information is online at
Stapleton will welcome its herd of CowParade
cows to the community in late July. Stay tuned to
StapletonDenver.com and StapletonOnline.com for
more information.
John Chambers joined Forest City Enterprises, Inc. in
May. John recently relocated from Indiana, where he was
a business reporter at the Terre Haute Tribune-Star. He
graduated with a journalism degree from Eastern Illinois
University.