Stapleton Hosts Its 2nd Annual Relay for Life August 18th

Residents of the Greater Stapleton neighborhood will convene at Founders’ Green in the East 29th Avenue Town Center on Friday, August 18th at 6pm in a moving celebration of cancer survivorship.

For a second year in a row, the Stapleton event will begin with a victory lap around the two-and-a-half acre town green for cancer survivors. Later, a candlelight (luminaria) ceremony will be held to honor survivors and to remember those who have died of cancer. Relay for Life offers newly diagnosed cancer patients an opportunity to meet others who have survived cancer. It gives the cancer patient in treatment the opportunity to share experiences with others. For long term survivors, the Relay brings recognition that the community cares not only about their experiences, but also about the hope they offer those beginning a journey with cancer. The message is simple: wherever they may be in their journey, cancer survivors have something to celebrate!

Victory Lap Celebrates Survivors

The emotional victory lap honors the courage of all who have defeated cancer. After each person is introduced, all will walk, run or wheelchair the opening lap – unified in victory and

Steve Christian, Jo Young, Shaun Seaholm, and Sarah Rogers, all cancer survivors, will participate in the August 18-19th Relay for Life at Stapleton to Benefit the American Cancer Society. They tell their stories to give hope and support to others who are fighting cancer.

“World’s Largest Art Display”

Cow Parade at Stapleton Makes Art Approachable, Benefits Non-Profits

CowParade makes art something for everyone. Touch the bovines. Pose for a photo.

“Hopefully it will just help people have an awareness of our place in the larger world and the place of creativity,” said Starr Hogan, an artist in the The Daydreamz Project that decorated a cow for Stapleton’s 29th Avenue Town Center. The life-size fiberglass creation is one of 12 in Stapleton July 21 through October 18 for CowParade Denver 2006.

One hundred cows (continued on page 6)

5th Annual Founders’ Day at Stapleton

Max Odden, 1, and his dad Kevin enjoy 4th of July activities at Aviator Pool. Other July 4th/Founders’ Day activities included a pancake breakfast with entertainment by acrobats, the annual parade and concerts on the green. See photos of the day’s activities on page 24.

Children from the Parkside youth summer activities program enjoy touching “MooRine Life,” a cow with fins, on display at Stapleton’s East 29th Ave. Town Center.
SUBMIT YOUR PHOTOS of scenes that portray life at Stapleton for the Front Porch calendar. Email to transport@fineprintco.com.

Left: Aviator Pool at Stapleton

EVERY MONTH

AUGUST

First Saturday
Bluff Lake Birders Bluff Lake Nature Center 7 – 9am
[BluffLakeNatureCenter.org 303.468.3240]

Second Saturday
NE Denver/Park Hill MS Self-Help and Peer Support Group Pauline Robinson Library 10-15, 11-45am
5575 E 33rd Avenue [Paula Sussman 303.813.6691]

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

Every Sunday
Stapleton Farmers Market East 29th Ave. Town Center June - Sept. 8:00am – 12:30pm
[Fortis City 303-382-1800]

Friday, August 4th
*Stapleton Under the Stars Movie The Natural Founders' Green at Dusk
[MDarzins@comcast.net]

September, August 5th
Sand Creek/REI Work Day 8am - noon
[www.sandcreekgreenway.org or 303-468-3262]

Saturday, August 12th
*Stapleton Blood Drive, 11am - 3pm Aviator Pool
[Wild Iris Recreation Services, Inc. 720-529-9911]

Sunday, August 13th
**Stapleton Ice Cream Social 4-6pm Aviator & Puddle Jumper Pools

Wednesday, August 16th
Planning Forum on the Havana Town Center 7-8:30pm Denver School of Science and Technology 2000 Valentina St. Doors open at 6:30pm
[TGleason@StapletonDenver.com]

Friday, August 18th
**Stapleton Under the Stars Movie The National Founders' Green at Dusk
[MDarzins@comcast.net]

Friday, August 18th
**Relay for Life 5pm Friday – 9am Saturday Founders' Green [Melissa Darzins 303-393-1142 mdarzins@comcast.net]

Saturday, August 19th
*Stapleton Under the Stars Movie The Havana Tooele City 7 – 9am [TGleason@StapletonDenver.com]

Saturday, August 19th
National Night Out 6:30 - 8:00pm Founders' Green [Reyes.Trujillo@ci.denver.co.us]

EVERY MONTH

Every Tuesday
AA Open Discussion Meeting Bladium 8.00pm
[Joe Mc at 303.932.7075]

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 PTA 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]

Second Wednesday
S.U.N. Transportation Comm. Meeting 2:30pm Michael Johnson 303-292-7808

Third Thursday
Stapleton Citizens Advisory Board Mtg Stapleton Development Corp (SDC) 7:30 – 9am [SDC 303.393.7700]

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

The Lurie Team Committed To Professional Excellence For All Your Real Estate Needs

Dardano’s One Month Free of Any Leopard

If your pool is not covered with a cover, you are losing a substantial amount of water each day. Our free-form pool cover is made of high-quality materials, designed to last for years. It is easy to install and remove, and it protects your pool from the elements. Call us today to get your free pool cover.

Front Porch

Mark Your CALENDAR 2006 STAPLETON EVENTS

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

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LEFT: Aviator Pool at Stapleton

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Visitors to Stapleton often say they are amazed by the development that they see, particularly if they remember the old airport. I always say that from my point of view, the strength of Stapleton is more than the eye can see. The recent rains have brought new vitality to the growth of the parks, medians and open space. The Denver Fire Station is nearing completion, the medical office building is enclosed and NorthField’s Main Street and Macy’s Department Store are approaching a fall opening. Residents are enjoying the pools, parks, pathways and the tennis courts. Activities in the town center are attracting crowds. They come to relax, shop, work and enjoy movies under the stars.

The Stapleton Foundation continues with the Active Living Partnership of Greater Stapleton (ALPS) program and other healthy living initiatives, strengthening neighborhood schools, addressing transportation programs and neighborhood connections.

All of this is consistent with the Stapleton Development Plan and the principles embodied therein. More important to me is what I observe daily as the community matures. Initially the boards of the Stapleton Foundation and the Stapleton Development Corporation and its Citizens Advisory Board (CAB) and their neighborhood representation were the advocates for the implementation of the principles of the Stapleton Development Plan. There are now residents, businesses, Forest City and service providers who have an interest in the long-term process of developing Stapleton. The roles are in transition and the need for processes to include stakeholders is under study.

The Stapleton Development Corporation will hold a retreat this September to address how communications and participation by the stakeholders can be improved. The leadership of CAB and Stapleton United Neighbors (SUN) are also addressing these matters. Residents who are interested in having their suggestions considered should communicate with the SUN Board at stapletonneighbors@msn.com.

There is a commitment to improving the flow of information so that stakeholders are informed about the nature of future development and the implementation of programs on a timely basis. There is a strong commitment to maintaining the principles of the Plan and for seeing that it is implemented. All of this takes time. For example, the long awaited Central Park will be completed and will open next July and hopefully the Recreation Center will not be far behind. As we go forward together, we appreciate the participation of everyone in meeting the continuing challenges of building this new community.

What we see is important, but let us be sure that there is more than meets the eye.

Dick Anderson is a Stapleton resident and President and CEO of the Stapleton Development Corporation.

Bill Ritter Visits Stapleton

Democratic gubernatorial candidate Bill Ritter visited Stapleton recently and received an update on the progress of Stapleton redevelopment from John Lehigh, chief operating officer for Forest City Stapleton, Inc. Among the topics they discussed were Stapleton’s commitment to environmental quality, economic growth and the need to address a range of transportation issues.

We’d like to hear from you!

Planning Forum on Stapleton’s Havana Town Center

Wednesday, August 16, 7-8:30pm

Denver School of Science and Technology
(Valentia & Montview)

The first phase of the Havana Town Center, located near the intersection of Martin Luther King Boulevard and Havana Street, is scheduled to open in 2008. All interested residents of the Greater Stapleton neighborhood are invited to attend this forum to:

- Receive an update on the basic design and the construction and development schedules; and
- Provide public input on retail, housing, parks, traffic management and other key town center issues through an interactive discussion with the architects and development team.

Doors Open at 6:30 p.m.
Light Refreshments Provided

Sponsored by Stapleton United Neighbors, the Citizens Advisory Board of The Stapleton Development Corporation and Forest City Stapleton, Inc.

Questions? Contact Tom Gleason of Forest City (tgleason@stapletondenver.com)
Planning Underway for Agricultural Charter School at The Urban Farm

By Buffie Berger

Planning has been underway since October, 2005, to establish Denver’s first and only agriculturally based secondary school charter school. A strategic vision of The Urban Farm at Stapleton, Colorado Agricultural and Natural Sciences High School, which is envisioned to open in the fall of 2007, would serve students in grades nine through twelve throughout the Denver Metropolitan area.

Colorado Agricultural and Natural Sciences High School (CANS) is being designed to engage students in an academically challenging and experientially based educational program using agricultural education and the natural sciences as the unifying context. The intent of CANS will be to unlock the potential of each student through a program that provides intellectual stimulation, develops knowledge and skills, and enhances problem solving abilities through the vast educational opportunities available at The Urban Farm.

Donna Garnett, Executive Director of The Urban Farm, offers her perspective: “Colorado Agricultural and Natural Sciences High School will appeal to the student who is already thinking about possible careers in veterinary science, natural resources or other biology and life sciences based careers. We are very excited about the possibilities of guiding youth along a purposeful academic path that will prepare them for post-secondary programs. CANS is a natural extension of the type of learning that children already experience at The Urban Farm in our after school programs. The excitement and enlightenment that comes with interacting with the farm environment as part of their academic program will carry them to academic excellence now and in their future.”

Key features of the school design include: small school (240 students) with small class sizes (average of 15 students) challenging, college preparatory curriculum in all subject areas; a personalized learning approach to help all students be successful; the opportunity to focus intensively on studies in plant sciences, animal sciences or natural resources; a complete high school program that includes the arts, world languages, electives and physical education; and, automatic membership in FFA.

Additional programmatic features include: partnerships with local area universities to take classes for college credit; an advisor system to provide students with a caring and attentive adult who supports their progress; consultation and interaction with local agricultural industries.

Information Sessions about the school begin in August around the Denver Metropolitan area. The current schedule is:

- Tuesday, August 8 MLK Library Aurora 5:00-6:30 p.m.
- Tuesday, August 15 Park Hill Library 6:00-7:30 p.m.
- Wednesday, August 16 Commerce City Branch Library 5:00-6:30 p.m.
- Tuesday, August 22 Green Valley Ranch Rec. Center 6:00-7:30 p.m.
- Thursday, August 24 Odyssey School Stapleton 6:00-7:30 p.m.

For more information about these sessions and the school, please go to www.coloaghigh.org or contact the school at 303/807-8553.

Buffie Berger is a school consultant and designer who may be reached at: oberg@ommnet.net.
By Beth Letzsch, Owner, Primrose School at Stapleton

The first day at school can be a trying experience for both parents and children. Whether your child is 5 months old or 5 years old, the first day of school can bring with it challenges and excitement. It is important to initiate a routine before placing your child into a new environment.

Experts recommend beginning a routine at least a month before school begins to prepare your child for this momentous day. Before saying goodbye to your child at school for the first time, leave them with a grandparent or babysitter for increasingly longer periods of time. Also, about two weeks before classes start, try to make every morning begin at the same time and in the same way; rushing around the house on the first morning of school will only add to the anxiety, so you'll want to be prepared for how long it takes to eat breakfast, brush teeth and get everything packed in a backpack for school. Even if you’ve spent a lazy summer with relaxing mornings, you'll be surprised by how quickly children can adapt to their new schedule.

Include your child in the preparation. Whether it is going to the store to purchase back to school items, setting out the first day's clothing or packing a backpack of a change of clothes and a special "lovey" to ease the jitters will help your child get mentally prepared for the big day.

Preparing first-timers for first day drop-off at school...

Tour the school. To see the classroom, meet the teacher and initiate a routine before placing your child into a new environment.

Shopping for school supplies. Have your child make choices while you shop for school supplies and comment about how your child will likely use many of the items to make creative things while at school.

Encourage your child to bring a favorite book. Sharing a favorite book is a great way to help children become more involved with the other classmates during classroom meeting time.

Give a quick kiss and hug, cheerfully say goodbye and promise to return at a set time that makes sense to a child — after lunch, after their nap, or once their art project is finished.

Show ease with the teacher or caregiver. Children look for cues from parents as to who is a safe and fun person to be around.

Good schools and caregivers make a point to welcome children into a fun, relaxed environment. Look for teacher's name on signs on the playground.

Perhaps the next most important thing to remember is to maintain on-going communication with your child's teacher. At the end of the day, take a moment to talk with your teacher about your child’s day, and learn about what they are learning about, so you can ask questions about it on the way home. This way, you stay connected to your child while showing confidence in their entry into this exciting stage of their life.

Westerly Creek Elementary

August 7: School office opens in both buildings
Walk-in registrations are from 9:00am to 5:00pm.
Register at the Primary Building at East 28th Ave. and Aksar St. for grades ECE through 3, and at the new Bill Roberts Building at Central Park Blvd and Monview Blvd. for grades 4-8. Class assignments will be posted on the front door of both school buildings.

August 8 and 9: Tours of the school from 5:00-7:00pm, in 15 minute intervals. Call 303-322-5877 to sign up.

August 17: Orientation and Lemonade Social
ECE and Half-Day Kindergarten:
3:30-4:00pm, orientation in the Primary Cafeteria
4:00-4:30pm, Lemonade Social on the playground
Full Day Kindergarten:
4:00-4:30, orientation in the Cafeteria
4:30-5:00pm, Lemonade Social on the playground

Grades 1-3:
4:30-5:00pm, orientation in the Cafeteria
5:00-5:30pm, Lemonade Social on the playground

Grades 4-5:
6:00-6:30pm, orientation in the Roberts Cafeteria
6:30-7:00pm, Lemonade Social on playground

Grades 6-8:
6:30-7:00pm, Lemonade Social on playground

August 21: First day of school
Walk-to-School walk to Primary Building starts at Puddle Jumper Pool at 8:30am. Bagels and juice will be available on the playground. A separate Pool-to-School walk to the Roberts Building starts at Puddle Jumper Pool at 7:30am.

Primary building schedule: 9:00am-4:30pm
Bill Roberts building schedule: 8:15am-3:00pm
Look for teacher's name on signs on the playground to line up for class when the first bell rings (5 minutes prior to the start of school).

For more information:
Check out the new Westerly Creek website (www.westerlycreek.dpsk12.org). NOTE: school supply lists can be downloaded from the enrollment page.

The Odyssey School

August 7: Main office opens
August 7 - 22: Staff retreat and teacher institute
August 17: 1:00-4:00pm New family registration
5:00pm New family orientation
6:00pm All school potluck
August 18, 21: 8:00am-4:00pm Registration/classroom setup
August 22: First day of school for grades 1-8
8:10am-3:15pm Monday - Thursday
8:10am-1:00pm Friday
August 23: 4:00-6:00pm Board meeting
August 28: First day of school for Kindergarten
8:00am-1:00pm for the first week
Beginning Tuesday, September 5, Kindergarten hours will be the same as the rest of the school.

For more information:
Call 303-316-3944 for more details or visit www.odysseydenver.org. Located at 8750 E. 28th Ave, sharing the Westerly Creek primary school building.

Denver School of Science and Technology

August 17, 18: 8:00am-6:00pm Registration & picture day
August 28: Freshman orientation from 1:00-3:30pm
August 29: First day of school (grades 9-11)

For more information:
Call 303-320-5570 or visit www.scienceandtech.org.
DSS is located at Valenza St. and Monview Blvd.

Stapleton School Information

Back to School Update

For more information:
Call 303-320-5570 or visit www.scienceandtech.org.
DSS is located at Valenza St. and Monview Blvd.
Eight members of The Daydreamz Project took a month to decorate the cow in twelve colors. "You can’t have a rainbow without all those colors," Hogan said. "This planet wouldn’t exist without all the diversity it has."

The Daydreamz Project is online at www.daydreamzproject.com.

Kim Polomka is used to painting flat surfaces. But the Colorado Springs artist created three cows for Denver’s CowParade, including one aptly named Botanica, on display in Stapleton’s Town Center. "The cows, I think, are a great challenge. It’s a three-dimensional object and to do something like that is a great challenge," Polomka said. "The cow was covered in leaves. This is a little bit of an environmental statement I feel strongly about," referencing his upbringing in Australia.


Susan Dailey covered her cow with a familiar sight. The artist, 51, painted a climber scaling rock formations on the bovine’s back and sides. Climbing Cow is grazing at Stapleton too.

"I guess I was thinking, you know, what are some of the things that are more unique to Colorado?" Dailey said. She took photos of a friend rock climbing near her Fort Collins home to help her visualize painting the climber on her cow. It took 128 hours to create. "I’ve always wanted to be in art, even in high school," Dailey said. "I started mural painting in 1975."

She teaches art classes at the YMCA of the Rockies at Estes Park. More information about Dailey’s work is at www.susankdailey.com.

Twelve cows were unveiled at Stapleton’s East 29th Ave. Town Center on July 22. Twelve cows are grazing all around Denver, located in several locations downtown, in Cherry Creek and at Stapleton as part of the world’s largest public art display. They will be bid on at a charity auction in November and online through December. All proceeds will go to non-profits, with 90 percent benefiting the Denver Zoo, Cherry Creek Arts Festival, Children’s Museum of Denver and Eagle Fund of the Denver Foundation.

The Daydreamz Project, a Denver-based art collective, pieced together more than 14,000 glass beads to create Multicultural Cow, one of the cows onsite at Stapleton. Some of the beads on the rainbow-patterned cow display names of peace activists or words such as peace, unity and diversity in different languages.

"Peace pretty much means the same to all of us no matter where you are…" Hogan said. "Whether you’re looking at a war torn country or an urban area, we could all do a lot better by holding up those principles."
Stapleton resident Kevin Lanoha says his life was changed by his trip in March of this year to some of the poorest countries in West Africa that have been devastated by AIDS and malnutrition. Noting that it was not unusual to see someone seem to “just give up and die along a roadside,” he says he found himself dramatically affected by the experience.

To find people living on the brink of starvation able to take such joy in eating and aspects of life that barely keep them alive was a life changing experience,” he said. “I am determined to return to Africa before I forget the lessons I learned.”

Kevin was drawn to Africa to see firsthand the philanthropic work being done by his parents, who sold a successful construction equipment business in Denver and now spend much of their time on development projects in West Africa. Among the work the couple has done is to build a new school in Niger that is opening this summer. The school will include pre-school through 6th grade, with as many as 60 children per class. Located 30 miles from Niamey, the capital of Niger, the school is surrounded by a wall to keep out dangerous hyenas and nomads that wander the region.

Kevin's parents are also involved in providing medical care in the region. They built a hospital in Burkina Faso and support Beninese AIDS relief programs.

Town Center Dentistry Fundraiser

The Lanoha family’s work in West Africa has found new friends providing financial support here at Stapleton. Dr. Brett Kessler and Dr. Gina Kesler of the Town Center Dentistry in Stapleton’s East 29th Avenue Town Center are dedicating all of the proceeds of a special teeth whitening promotion to help support the philanthropic efforts of the Lanoha family in West Africa. Their goal is to raise $10,000. These funds are going to be matched by corporate sponsors lined up by the Lanohas to total $20,000. The funds raised will be split between purchasing books for the Niger school and AIDS programs in Cotonou, Benin.

Last year, a similar fundraising effort by the Kesslers raised $7,500 for The Leukemia and Lymphoma Society. For more information about the Kessler's fundraising effort contact the Town Center Dentistry by telephone at 303-321-4445 or email at www.makeyoursmilegreat.com.

Kevin and his wife Bridget have two children, William (2) and a new baby boy, Peter, who was born this summer. For more information about his family's West African relief activities, he may be reached at Kevin.Lanoha@qwest.com.
What’s Going On

Classic Car Show at Quebec Square to Raise Funds for Autism

FREE at Sam’s Club in Quebec Square
August 19th from 10am - 2pm

The first annual “Stomp Out Autism Car Show” is sponsored by Stomp Out The Silence of Autism & Disabilities (SOS-AD). The public is invited at no charge; there will be lots of cars, a live DJ, and prizes for car owners and attendees. Car owners can pre-register at www.sos-ad.org for $20.00. All proceeds will help open a Day Care Center for Autistic children and their families. Call 303-935-2822 for more information.

According to the Autism Society of America, autism is the fastest growing developmental disability in the U.S. today. During the 1990s the U.S. population increased 13%, disabilities in general increased 16%, and autism increased 172%. Autism affects 1 to 1 1/2 million Americans and it occurs in one in 250 births. Autism is a developmental disability that impacts normal development of the brain in the areas of social interaction and communication skills. The cause of autism is not known; racial, ethnic and social boundaries such as family income, education and lifestyle do not affect the chance of autism’s occurrence. Children typically show clear signs of the disorder between the ages of 18 and 24 months and though it is rare to be completely cured of autism, most children who are diagnosed with autism improve once they are treated.

3rd Annual Stapleton Kickball Tournament

All levels of players are welcome in the Kickball Tournament. There will be a limit of sixteen adult teams–up to 20 people per team. Team fees are $100/per team; individuals are $10/per person. The fees will help offset costs for the event. To register, please go to www.civic canopy.org/goto/SUN_Kickball and complete the registration form or contact Shelby Samuelsen at shelbden@hotmail.com. The registration deadline is September 9, 2006.

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

Québec Square Family Dentistry
Prett Clair, D.D.S.
505 East 29th Avenue Suite 304 • Denver, CO 80210

New In Quebec Square!

Gentle, Personal, Health-Centered Care in Your Neighborhood
High Quality, Innovative Care
Maximize Comfort and Ease
Bright, Modern Office with the Latest Technology
Educating Patients to Take an Active Role in Their Oral Health

New Patients Welcome
303-322-2001

Québec Square Farmer’s Market
StapletonDenver.com
JOIN A “Relay for Life” TEAM Today!
To join a team or form a team visit: http://www.kintera.org/faf/home/default.asp?event=141957
Numerous teams are accepting members from the public.
NOTE to Stapleton’s middle and high school age residents: Join the “Kids With Hope” Team to meet your neighbors and help the Relay for Life meet its goal. For more information email: carey_abraham@yahoo.com

The Urban Farm Family Fun Days
August 19th and September 16 11a.m. – 2p.m
Join us for lots of fun farm activities.
$5.00/child admission
$5.00 pony rides and cart rides
info@theurbanfarm.org
Proceeds pay for The Urban Farm’s participation in the county fair

August 8 at 6:30pm
Relay for Life
Night at the Movies
Aunt Bully, Tickets $5/person
Harkins Theatre has donated an auditorium “Relay For Life Night at the Movies.” 100% of ticket sale proceeds will go to The American Cancer Society Relay For Life of Stapleton. Relay For Life teams are selling the tickets and will also be selling goodie bags and snacks before the movie.

August 18th - August 19th
Relay for Life
– Opening Ceremony Aug 18, 6-7pm
– Closing Ceremony Aug 19, 8-9am
– Women for Will Power Team invites Stapleton residents to their BBQ cookout on the Green before the Stapleton Under the Stars movie.
– Other activities, including musical guests, children’s games and crafts, the luminaria ceremony and the survivor lap will also occur throughout the evening. Nominal fees will apply for some activities, with all proceeds benefiting the American Cancer Society.

October 10th,
Macy’s pre-opening shopping day to benefit Relay For Life
Tickets $10
The new Macy’s department store, coming to Northfield this Fall, will host a pre-opening shopping day to benefit Relay For Life with special discounts and promotions in the store all day. 100% of ticket sale proceeds will go to The American Cancer Society Relay For Life of Stapleton.

The Urban Farm Family Fun Days
August 19th and September 16 11a.m. – 2p.m
Join us for lots of fun farm activities.
$5.00/child admission
$5.00 pony rides and cart rides
info@theurbanfarm.org
Proceeds pay for The Urban Farm’s participation in the county fair

STAPLETON EVENTS THIS SUMMER
Stapleton welcomes a new monthly event to Founders’ Green: Sweet William Market on the Green!
Sweet William Market on the Green is an open-air market, reminiscent of one you’d discover in Europe, featuring vintage and antique treasures, art, retro finds, and charming seasonal decor.
The market opens at 9 a.m. on the last Saturday of each month. Here are this year’s dates!
SATURDAY, AUGUST 26
SATURDAY, SEPTEMBER 30
SATURDAY, OCTOBER 28
See you at the Market!

Welcome back to the third season of Stapleton Under the Stars, Stapleton’s own outdoor free movie series!
Movies are screened at Founders’ Green in the East 29th Avenue Town Center on Friday nights beginning at dusk.
The 2006 series schedule is:
FRIDAY, AUGUST 4 – Chicken Run
FRIDAY, AUGUST 18 – The Natural

Come view the Stapleton herd:
12 Beautiful Bovines can be seen at the East 29th Avenue Town Center and Founders’ Green

JULY 21 – OCTOBER 18
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Steps to Successful Marketing

By Marni Rachich

Testing and measuring. Most people hate it. That’s because it’s possible you’ll realize you are spending money without seeing any returns, which isn’t fun, but it is necessary. Testing is simply figuring out what works and what doesn’t. Here are six steps to effective testing:

1. Ask people how they heard about you.

If you don’t know what’s working and what’s not, you can’t possibly make informed decisions and you’ll never know which ads to invest in. You may keep running an ad that never brings a sale, and accidentally kill a good one.

Customers usually come from many sources, making it impossible to judge an ad’s effectiveness on sales alone. You need to find out for sure. Create a tally sheet, including the ways someone could hear about you — newspaper ads, referrals, walk-by traffic, etc.

Everyone time someone buys from you, ask “By the way, where did you hear about my business?” Make the relevant mark on your tally sheet and ensure every team member does the same. After two weeks, tally up.

Modify and increase. If your ad is getting a poor response (i.e. it’s not at least paying for itself), stop using it. Then modify and improve it.

Review past ads and examine a couple that worked well. What gave them their edge? What are your competitors doing that you can learn from?

Go through this process with each marketing piece… Kill, examine, modify… Remember: the true test is whether it pays for itself. If it doesn’t you lose $600 and make $1300 in profit, it’s a keeper.

Next, think of how to use each successful strategy on a larger scale. If fliers work, distribute twice as many. That should double the sales. If it’s a print ad, run it in more papers.

Test and measure (the revised strategies).

After just two weeks, you’ll probably notice the ‘larger scale’ working strategies are paying out nicely and you don’t even miss the old duds. If not, return to the original size.

Check conversion.

Often times in a business poor marketing is not the problem – inadequate sales techniques are. Many businesses have ample leads, but struggle to convert them into sales.

Be honest with yourself – what is your conversion rate? Is it possible to increase this, even a little? It almost always is. It’s a common reason other than price to buy from you. What if the salesperson at the more expensive shop was a bit friendlier? What if their product had a guarantee? These ‘what ifs’ add up.

Consolidate.

Work for a month on converting existing leads. A better conversion technique, plus more leads from bigger scale successful marketing strategies, should give your business a boost.

Branch out.

Next, pull out those modified strategies. Add one at a time, and track the results meticulously. Compare results with cost, and judge each strategy.

If so, add it to your repertoire. If not, try again – with a different headline, medium, etc. Develop a collection of marketing strategies that work, and discard the weak.

And there you go! Marni Rachich is a Stapleton resident and local Action International Business Coach. She may be reached at 303.399.0438 or marnirachich@action-international.com.
District 2 “Top Cops” Announced for May and June

The Top Cop Citizens Committee for Denver Police District 2 that serves the Greater Stapleton Neighborhood has selected its “Top Cops” for May and June of 2006.

Officer Zach Phillips
Officer Zach Phillips received the May award for his “back to basics” approach to combating burglaries through efforts that have included foot patrols that enabled him to work more closely with the community. Those efforts have earned him applause from area residents and business owners.

Officer Ambrose Slaughter
Officer Ambrose Slaughter was honored by the Citizens Committee for the month of June. Officer Slaughter has worked closely with residents along E. 17th Avenue to address their concerns about speeding and its potential threat to pedestrians in the area. He has written over 50 traffic citations in the area, the majority of which were for speeding. Officer Slaughter has also worked closely with business owners on East Colfax to reduce crime in that area of the city.

The Top Cop Citizens Committee welcomes from the public nominations of Denver Police Officers in District 2 who have provided extraordinary service to our community, whether it is in fighting crime or coming to the aid of people in need. Please send nominations to Denver Police Officer District 2, Commander Rhonda S. Jones at jonesrhocl.denver.co.us.

School & Social Action on Tap for Temple Micah

Registration is being accepted for the 2006-2007 session of Temple Micah’s religious school, offering a Reform Jewish program for children age 4 through bar or bat mitzvah. Classes will meet Sunday mornings, starting Sept. 10 at the Denver Campus for Jewish Education, 2450 S. Wabash St. For enrollment, contact Carla Klein, newly appointed educator, 303-388-4239 ext. 2, school@micahdenver.org.

A Children’s Book Collection now through Sept. 8 and a Blood Drive on Sunday morning, Aug. 6 — both promoted by Temple Micah through its Social Action Committee — seek willing donors.

The synagogue invites potential contributors to help replensh a low blood supply at Bonfils Blood Center, to meet the urgency for such “gifts of life.” To schedule appointments on Aug. 6, send inquiries to socialaction@micahdenver.org or leave a message for Howard Belon at the temple office, 303-388-4239. This Blood Drive is a community event jointly sponsored by Temple Micah and Park Hill Congregational Church, which share space at 2600 Leyden St. where the event is set to occur.

New or gently used books for youngsters age 6 months to 9 years also are being collected by Temple Micah as part of a “Reach Out & Read Colorado!” project of the National Pediatric Literacy Program, to provide books in waiting and exam rooms of clinics where children of low-income families receive health care. Bring book donations to Temple Micah’s Shabbat-in-the-Park service at 5:30 p.m. Friday, Sept. 8, at Stapleton Green, 24th Avenue and Spruce St. Bring a picnic, too, for after the service. Or children’s books can be dropped off at Temple Micah during scheduled office hours — 1:00-3:00 p.m. weekdays (except Thursdays and holidays) — and at weekend services at the temple.

Temple Micah is hosting adult-oriented Friday services at Bluff Lake Nature Center at 6:00 p.m. July 21 and City Park at 6:00 p.m. Aug. 18 on the steps of the Denver Museum of Nature and Science near the fountain. Prospective members can get a head start on fall High Holy Days and a meaningful new year by getting acquainted this summer with Temple Micah! Contact Elaine Lee at 303-388-4239, e-mail office@micahdenver.org or view Temple Micah’s website at http://www.micahdenver.org.

Johnson & Wales University

Building Community Through Service

By Bette Mashowski

One of the most powerful things I have seen since I arrived in Denver more than a year ago has been the incredible influence communities mobilized to make change can have. When I first arrived at Johnson & Wales University, I was eager to find opportunities to become active as a community member within the University and beyond. With its focus on leadership and service, I knew Johnson & Wales would be a great place for me to contribute as a volunteer side-by-side with students, faculty, staff, and the Johnson & Wales neighborhood.

Summer is a great time to remember the power of community, and here at J&W we are taking every opportunity to work with our neighbors to make a difference. In just one of many events and projects scheduled, the 2006 Johnson & Wales University team is anxious to mark its fourth year of participation at the American Cancer Society’s Stapleton Relay for Life.

We are looking forward to the time to walk the track, often at the darkest hours of the night, sharing stories and memories of those impacted by this terrible disease. I’m sure cancer has touched many of your lives. In getting to know the staff here at Johnson & Wales University, I am amazed at how many are affected. Kayce O’Brien has participated with the J&W team each year we’ve been involved. I asked her why she was so committed, and she said, “I participate because several members of my family have had cancer, two of which lost that battle. I don’t want to have to explain cancer to my kids someday – that’s why I walk – that’s why I fight for a cure!”

As J&W staff and faculty walk as a team, I hope to see some of our neighbors on the track with us, as we work together to overcome cancer. It is a great pleasure to work with partners that truly care about their community – caring I see change lives here at Johnson & Wales University and in our Stapleton neighborhood.

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

American Cancer Society’s Stapleton Relay for Life

By Bette Mashowski

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Relay Celebrates Survivors, Honors Those Lost to Cancer

(continued from page 1) in hope. The atmosphere of Relay for Life is one of camaraderie and celebration, providing an opportunity for cancer survivors to pass the torch of hope on to those still battling cancer or those who might be touched by cancer in the future.

Luminaria Memorial
A special Luminaria ceremony will be held during the Relay for Life to remember those lost to cancer and honor those who have survived or are still fighting the disease. Luminaria bags with candles will be lit around the Founders’ Green on the night of the Relay for Life of Stapleton to honor these individuals. Anyone desiring to purchase a Luminaria may do so by contacting Keri Farmelo by email at knfarmelo@msn.com or telephone 303-282-8077. Luminaria bags/candles are available for a suggested donation of $10.00. The purchaser may decorate the bag with the person’s name they are honoring or remembering. All funds raised through the sales of Luminaria support the programs and services of The American Cancer Society.

“it will be beautiful and meaningful to see all the bags illuminated around the Founders’ Green. We hope to sell enough to light the entire Relay track,” said Luminaria chair and Stapleton resident Keri Farmelo.

Cancer survivors of all ages, their caregivers, and friends are invited to make one lap around the track during Stapleton’s Relay for Life Survivor’s ceremony. For more information about participating as a survivor please contact Jo Young at twoyoung@comcast.net or Tina Turner by email at turner@pearcom.com or telephone at 303-882-4499.

Survivors Tell Their Stories to Support Those Fighting Cancer

Steve Christian
When Steve Christian’s friends and neighbors at Stapleton learned that he was undergoing treatments for prostate cancer, they sprung quickly into action. Parents of children who attend Ebert Elementary with Steve and Sarah Christian’s daughter, Lauren, and son, Will, made a month of meals for the family. Neighbors also pitched in providing another two weeks of meals specially prepared by a catering service. Steve is an analyst in child welfare policy for the National Conference of State Legislatures with an office at Lowry. Sarah is a landscape architect whose work has been featured in The Stapleton Front Porch. The couple moved to Stapleton about three years ago.

Steve vows to take better care of his health and recently returned to working out. He also vows to make sure others learn from his experience and be mindful of the need to receive regular health exams.

Steve Christian may be reached at schristian51@msn.com

Jo Young
Almost 6 years ago Jo Young was diagnosed with oral cancer. The Front Porch recently conducted an interview in which she described her experience:

What is the most important thing you want people to know that came out of your experience as a cancer patient and survivor?

I want people to know that there is wonderful care and treatment available at the Anschutz Cancer Center here in Denver. I never hesitate to espouse on the type of treatment and care that I received. Also, I am always willing to share my experiences about the severity of the disease, the treatments, with people and to let them know that cancer doesn’t always mean a death sentence. Yes, it is a life altering experience that you would not want anyone to have to endure, but the fact is that all of us will know someone that will be affected by cancer. I also want to make people aware that the purpose of Relay for Life is to support research, programs and education for all types of cancer and to make people more aware of those services.

What carried you through the most difficult times?

I really appreciated the support and care that I received from my family and friends. Someone was always there to take me to treatments, visit during my treatments, provided me with books, movies, food and a smiling face and positive attitude. Most importantly I had a strong will to survive and a positive attitude that sometimes subsided, but then my family would bolster my

Community Yard Sale Day Individuals & Relay for Life Profited

Community activities to support Relay for Life are listed on page 9

spirits and get me back in the positive groove.

How has this experience changed your outlook or philosophy on life?

You certainly learn the value of things that you take for granted everyday and know that at any given moment those things most precious to you might be there for only a short while.

I believe that we should live each day to the fullest and value the love and closeness that you feel for your family. Take a moment to enjoy your surroundings and remember life is precious.

What, if anything, surprised you the most by your experience?

Due to having my mouth exposed to radiation and resulting in damage to tissue, I lost my sense of taste. I underwent a study for patients undergoing this type of radiation with a taste and smell disorder (there really is that type of researcher!). I was amazed to me to see the gradual loss of all taste during my treatments. It was truly amazing to take a bite of something and not to have the taste! Fortunately, I have regained a good amount of my taste sense.

What are you doing now?

I am still in my sales career, selling contract office furniture. My employer was very supportive of me during my 4 month absence from work and was also part of the group of friends that were always there to cheer me on during my treatment. I continue to enjoy a close relationship with both of my daughters, son-in-law, grandchildren and numerous household pets that all live here in Stapleton. I have a positive attitude and plan to be around for many years to come!

Jo Young may be reached at twoyoung@comcast.net.

Shaun Seaholm
Shaun Seaholm, currently a teacher at East High School, was diagnosed with Chronic Myelogenous Leukemia in 1991 at the age of 23. During a routine physical, his doctor was alerted by a high white blood count. After several months, it was concluded that he had the rare form of blood cancer that originates in the bone marrow. The first oncologist indicated that his only chance for survival was to get a bone marrow transplant but there was no exact match in his family. After doing a considerable amount of research, Shaun’s mother found a trial at the University of Colorado Health Science Center that involved an experimental chemotherapy called interferon. The medication worked almost immediately putting him into hemoglobin remission. After six months on the medication he had a major cytogenetic response, which he was able to maintain until 2002. In 2002 Shaun had a minor cytogenetic relapse, but fortunately researchers had developed a new drug (Gleevec) that was now available with less side-effects and greater response rate for patients. The new drug was effective and today Shaun remains in remission with a complete cytogenetic response.

“Cancer can be a gift,” Shaun says. “I believe it has made me a better person, and I have really been able to see life and health as a gift. Cancer has helped me to become a spiritual person who values family, friends and experiences rather than material possessions. Sometime I lose sight of these values, but it does not take much to remind me of the value of life.”

“Over the years I have really made an effort to try to enjoy everyday,” he continues. “I am a teacher at East High School, which is a job that does not offer a lot of material wealth, but still gives me happy and gives me the summers free to spend with my wonderful wife and beautiful two year old daughter while also lending time to see the world. Traveling has become my passion and I try to stay healthy mentally and physically by exercising, studying yoga, and Buddhist philosophy. I try to eat fairly healthy including a lot of fruits and vegetables in my diet, but I also have my indulgences, of caffeine in the mornings and a little beer and wine on the weekends.”

Shaun Seaholm is available by email at seaholm@yahoo.com.
In and Around Stapleton

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The opportunity to add a little flavor and pizzazz to your life is sometimes easier than we think. To help connect our community with these opportunities is a continuation of our new Hidden Resources feature. This month we profile three people — a chef, a dance instructor, and a children’s art teacher – who contribute to the rich array of hidden resources in the greater Stapleton area.

Renu Kansal, Bollywood West Dance Classes

Stapleton resident Renu Kansal teaches Indian-fusion dance classes in her own program called Bollywood West. For those screeching their heads over the term Bollywood, first a primer. Bollywood is the name given to the Hindi-language film industry in India and is a huge pop-culture force there. These films are usually long musical extravaganzas, with songs and dances, love interests, comedy and dare-devil thrills. The name Bollywood comes from combining the city name Bombay (now known as Mumbai) with — you guessed it — Hollywood. Bollywood has all the same Hollywood star-crazy buzz, only with Indian flair and color.

Out of this film industry has come a modern form of Indian dance. Combining classical Indian dance with folk dancing plus Latino, Arabic and Western dance styles, Bollywood dancing carries strong theatrical expression. When Renu teaches her Bollywood dance classes, she teaches not only the movements, but also the stories and cultural elements behind them. “In India, dance and song are so much a part of every day life — in celebrations, weddings, holidays,” she explains. “I find that my role isn’t just teaching dance; my students are so deeply interested in more than the movie, but all facets of the environment which comprise Bollywood culture.”

Renu recently moved with her husband Sonu to Denver from New York City, where she danced with New York’s first Bollywood dance company and performed at huge events and festivals. Her role as teacher and company manager has fully prepared her in starting this Bollywood West program, currently located at a shared dance studio at Broadway and Alameda. With several students from Stapleton, she is exploring expanding her classes in a neighborhood

Hidden Resources In and Around Stapleton

By Kathy Epperson

Renu Kansal, Bollywood West Dance Classes

Kendra Kiburt, PassionFood Personal Chef Service

For those struggling to incorporate fresh foods and home-cooked meals as an ingredient to healthy living, chef Kendra Kiburt offers some must-have services. Through her company PassionFood Personal Chef Service, Kendra not only teaches cooking classes in clients’ homes but also is available for hire as a personal chef. A native of San Diego, Kendra tried her hand in the theater in New York but says, “I quickly decided that cooking for people was more gratifying and made me happier than constantly competing, auditioning and usually being rejected for jobs in the acting circuit.” She and husband Steven Cole Hughes, who is also an actor, moved to Denver where Kendra studied at the Cook Street School of Fine Cooking and also obtained her credentials with the United States Professional Chef Association.

Taught in the traditional French and Italian styles of cooking, Kendra is a big fan of Tuscan fare. “It’s so light and healthy, and gives them back precious time with their families,” Kendra says. “All they have to do is spend 5 minutes re-heating and plating. I even do the grocery shopping and all the clean up. I feel so good when I finish a day of cooking in someone’s home.”

To share her passion for fresh and flavorful food, Kendra also teaches cooking classes. Most classes are taught in her clients’ homes, with a maximum of ten students. While she teaches a range of clients all over the city, most are young moms or couples and their friends getting together for a fun night of learning and food and wine. “I believe that if you’re eating thoughtfully and moderately, you can have almost anything you want and still remain in top health,” she says. “And since food is life, if your food is beautiful, you’ll be beautiful and your life will be too!”

For information about her chef services, contact Kendra at 303-298-1381 or www.passionfoodpc.com.

Jody Rigby, Front Door Studio, Children’s Art Classes

A love of art runs in the family of Stapleton resident Jody Rigby. A graphic design major, Jody worked with her husband Wayne in their own graphic design studio until their daughter Sedona was born. Jody and her husband shared this passion with their daughter, who is now 12 years old and a Stagecraft Design major at the Denver School of the Arts. As Sedona grew, Jody began teaching children’s art classes in their previous home in Evergreen and is now offering her Front Door Studio children’s art classes in her basement studio here in Stapleton. New classes start the week of September 12 for children ages 5 and up.

Jody takes the art experience beyond just crafts by teaching perspective, values, and color through a variety of mediums and techniques. In addition to learning drawing, painting, pastels, charcoal and sculpture, children also learn (continued on page 15)
Participants of the program are also strongly encouraged to register with America on the Move at www.americanonthe Move.org or by phone at 1.800.807.0077 for an opportunity to keep track of their participation and physical activity. Please use registration number RPA5447.

For more information on the Passport to Healthy Living program or to request a schedule of activities by mail please contact Alisha Brown of The Stapleton Foundation at 303.468.3222.
KOOL 105 Celebrates National Ice Cream Month at Cold Stone Creamery

On July 19th Cold Stone offered free samples of the new ice cream shakes and smoothies as well as the chance to win fun prizes at the Kool 105 table. They also held a Shake It Up Dance contest. Contestants record their most original shake in it up dance moves in a one-minute video and then submit it online at www.coldstonecreamy.com for a chance to win $15,000 and free ice cream shakes and smoothies for life.

Hidden Resources

(continued from page 13) about different artists and create pictures in those particular styles. “Children have such great creative ideas and this is a studio that will show them how to create what they see in their mind,” Jody says. “I never touch their work directly. Demonstrating on another sheet of paper, I create what they see in their mind,” Jody says. “I never touch their work directly. Demonstrating on another sheet of paper, I show them something and then the student translates it to their own picture.”

As a child, Jody remembers the time spent with her own mother drawing and painting. “I remember getting lost in my own painting and feeling that ‘here’ is where I belong,” Jody recalls. She hopes to recreate this creative experience for her own students in her basement studio, currently being outfitted as a studio that will show them how to create what they see in their mind. “Children have such great creativity inside of them and as children we start to give our- selves rules,” Jody says. “In my class I will never say ‘That does not look like a dog. This is how you draw it.’ I will teach how to draw, but my only concern is if they are happy with their own drawing. Only the artist knows what he/she is trying to say, and we must respect the artist in all of us.”

Classes — limited to about 8 students each — will be offered Tuesdays, Wednesdays, and Thursdays from 4:00-5:30pm and Thursdays from 1:00-2:30pm for any home-school children in the area. Payment is made monthly at a rate of $15 per class, with a small materials fee for some special projects. For more information, contact Jody by email at jody@frontdoorstudio.biz or by phone at 720-941-1107.
The Stapleton community is fortunate to have in its own backyard such an asset as The Urban Farm. Located near Smith Road and Havana, The Urban Farm offers year-round classes, workshops and field trips designed to give an agricultural and environmental education to urban children and youth. While sustainability is one of the founding principles of Stapleton, that term can be quite broad and nebulous. The Urban Farm puts action behind this principle by teaching applied animal and plant science to urban children through hands-on, experiential learning programs and by ensuring that kids will be good stewards of the environment for generations to come.

Central to The Urban Farm’s mission is building a community in which children and youth can pursue a healthy lifestyle and where values such as respect for people, animals and the environment are reinforced.

With programs including 4H, farm-school partnerships, equestrian riding, storybook farm, and a children’s garden, The Urban Farm offers many ways for kids to participate and learn. In addition to being open to the public every Saturday morning from 10:00am until 1:00pm, The Urban Farm also hosts birthday parties a year with very little public presence into a program providing direct programming for approximately 3,000 children a year and with a highly visible public presence. The Urban Farm now features a 20,000 square foot indoor teaching barn, a 20,000 square foot Children’s Garden with a greenhouse, 24 horse paddocks, many small livestock enclosures and a 5000 square foot administration and office building adjacent to the Farm site.

Children from all sectors of the metro area participate in programs, but The Urban Farm focuses its outreach on those children and families who live in neighborhoods within close proximity to Stapleton.

The Urban Farm at Stapleton Is On A Mission

What is the role of an ‘urban farm’ for people living in a modern city environment?

The purpose of The Urban Farm is to improve the lives of children living in high risk, urbanized neighborhoods by helping to create a sense of positive self-regard and self-reliance, a strong work ethic, and hope. An underlying value of The Urban Farm is that urban children and youth will be exposed to the positive values of farm life — respect for the environment, appreciation for animals and plants, team spirit and the satisfaction of hard work leading to a job well done. A side effect of The Urban Farm is that kids find a sense of belonging and independence, in short, a sense of community.

Children from all manner of circumstances find a “level playing field” at The Farm. A visitor to The Urban Farm once remarked, “At first I thought you were trying to give kids a glimpse of farm life, now I see that you are trying to give kids a life.” The Urban Farm is a place where children can quietly grow up.

The Urban Farm is many things to many people. We make it possible for people to have a sense of the country in the city. Children whose families cannot otherwise afford to own a horse and all the land that is necessary to keep that animal, can still pursue their passion for horse in equal (and some, and bovine, etc). Children can learn about where food comes from (besides in a package from the grocery store). City kids can learn about the impact of their actions on our community’s efforts to conserve, preserve open space, and protect wildlife.

While at the same time ensuring quality, clean nutritional production of food. The Urban Farm has been an influential and outspoken proponent in the development of multi-use trails throughout the Stapleton and surrounding communities.

Equestrian classes at The Urban Farm include jumping for experienced riders and beginning riding and care of horses for young children. Above, Zoe Austerman takes a jump while riding Macara. Below, Amber Arlt helps Amanda Marsh groom a horse.

What sort of lifelong lessons or influence do you believe children get from working with animals and agriculture?

Since The Urban Farm began, the vast majority of kids continue to return year after year. National studies on the factors that inculcate children and youth against the pressures of the 21st century show that children who continue to return year after year.

Do you have programs for children of all ages? What are some simple ways for parents to come check out The Urban Farm with their kids?

We provide structured programs for children 4-18 years of age. Younger children can participate with their parents in Saturday visiting days and on Family Fun Days.

The best way for families to get a quick introduction to The Urban Farm is to visit on Saturdays between 10:00am and 1:00pm. For a hands-on opportunity to learn about The Urban Farm and even get a pony ride, families should attend the scheduled Family Fun Days. The events are fundraisers for The Urban Farm’s 4-H club. Admission is $5 per person; pony rides are an additional $5.

How is The Urban Farm funded?

About 40% of our revenues come from class fees and field trips. In addition, we get some funding from private foundations and through SCD. We do not get any government funding, nor do the build in Stapleton contribute financially to The Urban Farm. We are dependent upon personal and corporate contributions for more than $100,000 of our annual budget. Without financial donations from our community, we simply cannot operate.

As The Urban Farm has been designated as a Denver Enterprise Zone organization, and as such there are major advantages to any individual businesses that make donations. Contributors get the standard use of inurement on IRS and state tax returns, but also get an additional direct 25% tax credit on Colorado state taxes up to $500 per donation at $1,000 or more. In-kind donations of securities, land and goods valued at $1,000 or more receive a 12.5% state tax credit.

For more information about The Urban Farm, visit online at www.theurbanfarm.org or call 303-807-9152. The Urban Farm is located at 12020 Smith Road, Denver, CO 80221. A more direct route from the Stapleton neighborhood will be available by the end of the summer, with Martin Luther King Blvd, connecting directly to Havana near The Urban Farm.
Mayor Hickenlooper Unveils Greenprint Denver Initiative

During his third annual State of the City Address on Wednesday, July 12th, Mayor John Hickenlooper focused on issues of sustainability while unveiling the ambitious agenda of the City’s Greenprint Denver initiative.

“Denver is almost unique in the nation by having Blueprint Denver – a comprehensive planning document that protects and enhances our neighborhood’s assets,” Hickenlooper during his remarks. “In the same vein, Greenprint Denver will allow us to expand that comprehensive planning approach to our relationship with energy and the environment.”

The Greenprint Denver action agenda centers around energy and emissions, green building and industry, urban design and transportation, water and the environment, and waste reduction. “By focusing on areas that offer opportunities for local government innovation and regional cooperation, the plan we are unveiling focuses on what we can do today,” Hickenlooper said during the State of the City Address. “Even if there’s a two percent chance that 95 percent of the world’s top climate scientists are right about the dire consequences of global warming – we run the risk of being the first generation in history to leave the next generation a problem for which there is no solution. We must have a sense of urgency to seize the low-hanging fruit that is no solution. We must have a sense of urgency to seize the low-hanging fruit that is no solution. We must have a sense of urgency to seize the low-hanging fruit that is no solution. We must have a sense of urgency to seize the low-hanging fruit that is no solution. We must have a sense of urgency to seize the low-hanging fruit that is no solution.”

The Greenprint Denver Action Agenda for 2006 charts the city’s course over the next five years and will position the city as a regional leader in green issues. “This plan provides the opportunity for local government innovation and regional cooperation, the plan we are unveiling focuses on what we can do today,” Hickenlooper said during the State of the City Address. “Even if there’s a two percent chance that 95 percent of the world’s top climate scientists are right about the dire consequences of global warming – we run the risk of being the first generation in history to leave the next generation a problem for which there is no solution. We must have a sense of urgency to seize the low-hanging fruit that is no solution. We must have a sense of urgency to seize the low-hanging fruit that is no solution. We must have a sense of urgency to seize the low-hanging fruit that is no solution. We must have a sense of urgency to seize the low-hanging fruit that is no solution. We must have a sense of urgency to seize the low-hanging fruit that is no solution.”

**4. Construct solar and methane power systems**

- Increase the incentives for energy efficient affordable housing to $1,250,000 within five years. Increase the funding and job opportunities for energy efficiency improvements for low-income residents.
- Require that all new city buildings and major renovations be certified under the LEED Silver rating of the U.S. Green Building Council and meet EPA Energy Star Guidelines.
- Expand the City’s “Green Fleet” to operate all diesel vehicles entirely on biodiesel (B20) by 2007, and ensure new light duty vehicles (excluding patrol cars), when replaced, will be hybrids or the highest fuel efficiency vehicles available.
- Decrease reliance on automobiles through public transit use and access, and promote transit-oriented development, as well as bike and pedestrian enhancements. Model the way with a 10% increase in City employee transit ridership in the next year, and increase by 20% the new development located within 1/2 mile of existing transit stations by 2011.
- Significantly improve water quality in the South Platte River by 2011 through a combination of activities, including maintenance and repair of sanitary and storm sewers; education and outreach; and enhanced data collection, analysis and tracking.
- Actively pursue emerging opportunities for sustainable economic development, among them: a.) Partner with Metro Denver Economic Development Corporation to advance high performance building and energy efficiency in the private sector; b.) Realize Brownfields redevelopment on 35 acres in Denver; c.) Position Denver as a regional center for balanced and renewable energy and green industries by creating 100 new training and job opportunities in these areas for metro Denver residents by 2011. For more information on details of the plan, or to read the full text of the Mayor’s State of the City Address, visit www.greenprintdenver.org.

**Recipes from the Stapleton Farmers Market**

**The height of the fruit and vegetable season is starting soon at the Stapleton Farmers Market! This month we had the market managers, Chris and Michele Burke of Burke Organic Farm, share some of their favorite, easy summer recipes for fresh summer produce.**

**Burrata Organic Farm Pasta**

4 cups basil
4 cloves garlic
1 cup walnuts
1 cup extra virgin olive oil
1 cup freshly grated Parmesan cheese
Salt

Combine basil, garlic, walnuts and olive oil in a blender or food processor until mixture is creamy. Gently mix in cheese and add salt to taste.

**Sun-Cooked Pasta Sauce**

2 pounds ripe tomatoes, peeled and halved
1/2 cup chopped garlic
1/2 cup finely chopped red onion
2 tablespoons minced fresh parsley
2 tablespoons extra virgin olive oil
1/4 teaspoon salt
1/4 teaspoon black pepper
1 cup pasta, cooked

Remove tomato seeds by gently squeezing them and chop into 1/2-inch pieces. Combine the tomatoes, basil, red onion, parsley, olive oil, salt and pepper in a bowl and stir to combine. Cover the bowl with a single layer of cheesecloth and place in a sunny window. Marinade for 4 to 5 hours and then toss the sauce with cooked pasta to serve.

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

**Help Clean Our Summer Air!**

Denver’s ozone season runs from June through August. During this time of year you may see Ozone Action Alerts issued by the Colorado Department of Public Health when meteorologists expect weather conditions to lead to increased ground-level ozone concentrations in the metropolitan Denver and Front Range region. To help take care of our summer air, follow the tips below.

**On the road:**

- Use an earth-friendly lawn mower
- Reduce Denver per capita greenhouse gas emissions by 10% below 1990 levels by 2011. Work in partnership with regional mayors, universities, and the business community to develop and implement effective strategies for adaptation to and amelioration of global climate change.
- Plant a million new trees in our parks, natural areas and on private property as part of a 20-year regional initiative to increase Denver’s tree canopy from six percent to a total of 18% tree cover.
- Increase Denver’s residential recycling by 50% in the next year and reduce total landfilled household waste by 50% (150,000 tons) over the 2004 baseline by 2011.
- Construct solar and methane power systems capable of powering/heating the equivalent of over 2500 homes, and generating revenues to help support other Greenprint Denver programs, by 2007.

Avoid using two-stroke gasoline powered yard equipment such as weed trimmers since they emit a disproportionate share of air pollution.

**On the road:**

- Winterize your car, stop when the nozzle clicks off. Do not overfill or drip fuel. Fuel creates ozone-causing vapors as it evaporates.
- Refuel in the evening so that fuel vapors will not have a chance to “cook” into ozone.
- Keep your car tuned up and your tires well inflated to increase mileage and reduce the need from refueling.
- Avoid idling your car unnecessarily.

**Around the house:**

- Avoid solvent-based products, which have pollution causing vapors. Use water-based paint, stain and sealants.
- If you must use a solvent-based product, avoid using it on ozone action alert days or use it in the evening.
- Plan major painting, striping, and refinishing projects for spring and fall to avoid summer heat and sun which react with vapors to create ozone pollution.
- For more tips on how to reduce your emissions, visit www.ozoneaware.org.

**High-Efficiency Clothes Washers**

If you are in the market for a new clothes washer, buying a high-efficiency model can save lots of water. Denver Water is offering a $200 rebate in 2006 to homeowners who purchase a qualifying high-efficiency clothes washer between January 1 and December 31, 2006. In order to qualify for the rebate, you must purchase a model on Denver Water’s 2006 Residential Washer Rebate Model List. For complete information on Denver Water’s Residential Clothes Washer Rebate program, visit www.water.denver.co.gov.

If you do get a new washer, be sure to recycle your old one. Denver Recycles/Solid Waste Management collects and recycles appliances such as clothes washers through its Large Item Pick-up program. Appliances are collected on an appointment basis. Call 720-865-6900 weekdays between 7:30 a.m. and 4 p.m. to schedule for environmentally safe disposal. For details, visit www.denvergov.org/11P.

For more information on water saving tips regardless of what kind of clothes washer you have, see the August issue of New Leaf at www.stapletondenver.com/sustainability/newleaf.
The Dangers of Hot Weather for Dogs

This is the time of year that veterinarians receive some common complaints: "he’s drinking more" or "he seems a little lethargic." Our hot, dry weather is usually to blame. Not only does the heat impact our dogs’ well being during the hot summer days, it is the complete lack of moisture in the air that contributes to dehydration. The solution is really quite simple.

First, keep intensive exercise limited to the early and late parts of the day. This includes any ball chasing and long walks. If you decide you need to take a long hike, then make sure you feed some water mixed with Pedialyte or Gatorade (they seem to like Fruit Punch best) before, during, and after your hike. Also, make sure that you feed a good meal afterwards, so that like any athlete, your dog can get the fuel for recovery that he or she so badly needs after exercising.

Finally, a rest day afterwards will complete the recovery cycle.

Second, Gatorade and Pedialyte should be a regular staple (mixed 50:50 with water) on any hot, dry day. A little in the morning, some in the afternoon, and a little in the evening. 12-16 ounces of Gatorade or Pedialyte for the day should suffice, unless you and your dog engage in some strenuous exercise, in which case I would feed 24-32 ounces, again mixed 50:50 with water.

Beware of heat stroke. This is a potentially life threatening emergency. This may appear as excessive panting, collapse, vomiting, dizziness, excessive salivation, diarrhoea, or even seizures. Heat stroke can occur from simple exposure to an excessive heat in a hot environment. First aid for this is to lower your dog’s body temperature. Remove him or her from the heat and stop all exercise. Cooling can be accomplished with a fan, shade, or cool water soak. Cool compresses will be most effective if placed in the arteries or inner thigh. BEWARE: you can potentially cool your dog too quickly. Do NOT immerse your dog into an ice bath. If you have a rectal thermometer (and you willing and able to use it), stop cooling when the temperature reaches 103.0°F. Finally, get to a veterinarian as soon as possible. Do not delay. Make sure that you have the number of an after hour clinic with you when you go on your hike.

Above all else, have a great summer and enjoy ball playing, Frisbee chasing, hiking, and especially some swimming. Simple precautions as described above will ensure a safe and happy summer.

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

Cherry Creek Wellness Center

The Cherry Creek Wellness Center (CCWC) has opened a physical therapy office in the Radison Office Building at 3401 Quebec Street (Suite 3100) across from Stapleton’s Quebec Square Retail Center.

Nicole Dority, Cherry Creek Wellness Center

Cherry Creek Wellness Center prides itself on hiring the "highest quality, committed manual physical therapists available." All physical therapists on staff are trained in three key areas. The first is neuromuscular massage therapy that enables the therapists to treat the soft tissue components of a patient’s dysfunction. The second is in "core stabilization/intrinsic muscle re-education" (which includes Pilates based exercise) to retrain each patient’s muscular system to work correctly and efficiently to avoid compensation patterns and abnormal movement patterns that often lead to pain and dysfunction. And the third area is orthopedic manual physical therapy that enables a therapist to identify and effectively treat the underlying, complex biomechanical causes of a patient’s symptoms.

"All of our therapists are committed to providing the highest quality of care and understanding for their patients needs," said Nicole Dority of Cherry Creek Wellness Center. "The therapists spend 45 minutes to one hour with each patient in order to gain a more complete awareness of the individual, the dysfunction, and the desired outcome. Care is provided by therapists, not aides." CCWC also offers a “personal wellness program” that consists of evaluating a client’s flexibility, strength, posture, and workout routine, then developing a plan that will allow the client to minimize their risk of injury or dysfunction.

For an appointment, please call 303.588.8188. For additional information, visit the CCWC website at: www.cherrycreekwellnesscenter.com.

Sport Clips at Quebec Square

Why would Sport Clips offer a free haircut in the month of August to anyone who brings in a coupon from the Stapleton Front Porch? Cathy Bryant of Sport Clips says the answer is simple: “We want to be the local barbershop in the Stapleton neighborhood and give back to our community! We are really ‘into’ Stapleton!”

Keith and Cathy Bryant took over as co-owners of Sport Clips in the summer of 2005. Their goal was to give Sport Clips “a modern neighborhood barbershop look” with televisions turned to sports coverage at every station. Sport Clips prides itself on having stylists who know how to cut men’s and boys’ hair but also meet the needs of women who are “looking for a great haircut.”

For an appointment, please call 303.399.8200. For additional information, visit Sport Clips website at: www.sportclips.com.

With generous support from Cathy Bryant, owner of Sport Clips
Back to School Supplies

"Wow, it's August already, and some kids can't wait to get back to school, while others can't believe the summer went by so fast. Parents are divided as well, some of us can't wait to get back to our organized school days, after school activities and dinner/8 p.m. bedtimes. While others of us, are so happy to have a break from all the rush, rush, time-scheduled, drop off the kids, pick up the kids, help the kids with homework, make dinner, put the kids to bed daily routines. One thing we would all agree on, when school time comes, we want our kids to have the supplies they need to succeed.

So we all receive "the list" and we feverously shop for the correct school supplies, or we just pick up a few basic things like a brand new backpack. But did you know your child needs more than just those pencils, papers and glue sticks to be really prepared for school? To really succeed in their school venture, they will need mental focus, discipline, self-control, courtesy and good manners, perseverance, bully-proofing skills, and the ability to be aware of their surroundings?

We call these skills "mental self-defense skills." These skills will help your child feel good about themselves, when they are attempting to make new friends and give them non-violent conflict resolution techniques to draw from in times of bullying. A polite, well-mannered, respectful child will gain so much more from their school experience, because they will be the one recognized for their outstanding achievements (every proud parent's dream).

As lot of people pass by martial arts schools and see the students inside kicking and punching and using traditional martial arts weapons, but what they don't see are the mental self-defense tools each student is receiving. Our students learn how to respect themselves and others, by using respectful words such as, "please, thank you, and you're mental self defense tools each student is receiving. Our students learn how to respect parent's dream). Because they will be the one recognized for their outstanding achievements (every proud parent's dream).

As parents and teachers, raising our children to be capable, loving and respectful individuals is just one of our goals. Unfortunately we can’t be with our kids to protect them 24-7, or help them make those tough decisions they are sometimes faced with. So find a place like a martial arts school to help you give your children the right supplies to succeed this school year. Arm them with mental self-defense.

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

Instant Imprints at Quebec Square

Bob and Lyn Reinert, owners of the Instant Imprints franchise in Quebec Square, are not new to Stapleton, but they are constantly looking for new ways to serve the residents and businesses of Stapleton. They have a particular interest in helping Stapleton's many small, home businesses with their marketing materials that involve embroidery, screen printing, banners and signs and other promotional, specialty items such as logos on hats and shirts. The Reinerts can help their customers design just the right look for those materials.

“Our competitive advantage is the quality of our customer service,” says Bob, a former engineer with Storage Tech in Boulder. “We put a friendly, personal face on our service and we stand behind our product.”

Among the Reinerts' local customers are Kyle's Salon and Eatery at 97th and Ulster and Flight Training International in the Radisson Office Building across from Quebec Square. They have also done work for the Westminster Creek Parent Teacher Association and the American Cancer Society.

“Many of our customers are Stapleton residents,” Bob notes. “As their neighbor, we take great pride in providing them with absolutely the best customer service.”

Instant Imprints is located at 7705 East 35th Avenue next to PetsMart in Quebec Square. Plenty of free parking is available. Call 303-780-7838 for more information or email stapleton@instantimprints.com.

Holly Lange, Abundantly Clear

It was a galvanizing moment recently when I found out my Home Work column had inspired Stapleton resident Holly Lange, a self-confessed "newspaper skimmer," to start her own home-based business. "In the spring of 2005, when I was looking for work, I came across your article on Kirsten Stein [Get Your Act Together, home organization],"

Lyn and Bob Reinert, owners of Instant Imprints

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Family Kicks

By Mike and Karen Giles

Mike Giles Family Karate

Home Work

By Kathy Epperson

ESS

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SUN News

What’s going on with the Havana Town Center?
SUN/CAB Planning Forum
Wednesday, August 16, 7-8:30 pm
Denver School of Science and Technology
2000 Valmont Street (at Meadview Blvd)

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

by Michael Johnson
Vice President, Stapleton United Neighbors

Mark your calendar for this important planning forum regarding the Havana Town Center. What do you like about the existing Town Center at 29th and Quebec? What don’t you like about the existing town center? What businesses should be targeted for the Havana Town Center? These and many, many more questions will be the subject of this community public forum. Although it is hoped that the first businesses will open as early as mid-2009, the plans for the Havana Town Center are, at this point, mostly conceptual (with the exception of the street network which has been largely constructed). This is your opportunity to be heard before the foundations are built!

The forum will begin with a presentation by Forest City and its architects of the conceptual design for the Havana Town Center, followed by Forest City’s analysis on the market forces that will drive (or limit) development of the Town Center area. We’ll ask your ideas on what you like and don’t like about the existing Town Center at 29th and Quebec and what you’d like to see at the new Havana Town Center. To the extent that time permits, Forest City will respond to your ideas and questions based on their knowledge of the real estate market, the physical limitations on the site and budget considerations. In the event that time runs out, Forest City will provide answers in a writing that will be posted on the Stapleton website and distributed to everyone who signs up at the forum.

The forum, which is co-sponsored by Stapleton United Neighbors and the Stapleton Development Corporation’s Citizens Advisory Board, is the result of efforts by the co-sponsors and Forest City to find the best time, place, and manner to disseminate information and obtain public input during the design process with respect to ongoing development issues, including retail business opportunities, transportation and connectivity (both within Stapleton and between Stapleton and surrounding neighborhoods), the integration of office space and urban–market style market and affordable housing into our neighborhood, and other challenges. Please do join us for this exciting opportunity for community input into the design of one of our most vital public spaces.

Third Annual Stapleton Kickball Tournament
Saturday, September 16, 2006
Westery Creek Elementary/ Odyssey School Playing Fields
9:00 am – 1:00 pm

WHAT IS KICKBALL? For many, kickball brings back fond memories of elementary school gym class. But for those unfamiliar with this non-Olympic sport, kickball set up similar to baseball, but with a bat, players kick the ball. The ball is a little bigger and harder than a soccer ball. There are bases, 1st, 2nd, 3rd and home and other than a few differences, the rules are much like that of baseball.

WHAT IS THE THIRD ANNUAL STAPLETON KICKBALL TOURNAMENT? It is a fun fall event organized by Stapleton United Neighbors (SUN). It is sponsored by SUN, Active Living of Greater Stapleton (ALGS) and many Stapleton businesses. There will be a competitive adult kickball tournament and fun, loosely organized kid tournament. It is a great opportunity to have fun, see friends, meet neighbors, and enjoy a great outdoor activity.

Last year, we had over 250 people take part. Come play or watch, but be sure to bring your skills of kicking, catching, throwing, running, cheering, laughter and neighborly goodwill.

Start organizing your teams! Team registration information:
You are welcome to sign up as teams, small groups or individuals & all levels of players are welcome. Teams will be formed from small groups and individuals. Limit of sixteen adult teams—up to 20 people per team. There will be a team & individual registration fees this year. Teams (up to 20 people) are $100/per team & individuals are $10/per person. The fee will help offset costs for the event.

Registration deadline: September 9, 2006. To register, please go to www.civiccenter.org/goto/SUN_Kickball & complete registration form or contact Shelby Samuelsen at shelbsden@hotmail.com.

Denver Adopts New Form of Voting
by Mark Melinger, SUN Board Member

As Election Day 2006 draws closer, Stapleton residents may be wondering where to go to cast their ballots. Denver residents will have more choices this year than ever before on how or where to vote. In April, the Denver Election Commission unanimously approved a switch to a “vote center” system in Denver. On Election Day, any registered Denver voter will be able to vote at any of 47 vote centers across the city. The closest vote center for most Stapleton residents will be the Westerly Creek Elementary School at 8880 E. 25th Avenue. A list of the other 46 vote center locations, and eventually a list of early voting locations, can be found on the City and County of Denver website at www.DenverGov.org/elections.

With this transition from a system with 292 different precinct polling locations to one relying on 47 vote centers will come substantially increased numbers of voters at each location. Voters who fear Election Day lines will again have the option of voting early or voting from home. Absentee ballots can be requested by any Colorado voter by filling out the Absentee Ballot Request form found at www.Votercolorado.com. Early voting locations will announced on the City and County of Denver website. Key election 2006 dates include the following:

August 4 - Last Day To Vote Early In Primary Election August 8 - Primary Election Day October 27 - Last Day To Apply To Have An Absentee Ballot Mailed To You November 3 - Last Day To Vote Early In General Election November 7 - General Election Day

To Send Letters to the Editor
The Front Porch will publish Letters to the Editor as space allows. We reserve the right to edit length. Please mail your letters to Tom Gleason, editor, The Front Porch, Forest City Stapleton, Inc., 7551 E. 29th Ave., Denver, CO 80238 or email: TCGleason@StapletonDenver.com

Denver Adopts New Form of Voting

From the Stapleton
**Views on the Street**

What have you found is most challenging about being a parent?

Maxine & Rob Dexter with Sophia, 2 1/2 yrs.

Maxine: “Trying to maintain a satisfying balance between being a good parent and doing a good job at work.”

Rob: “Trying not to swear around Sophia when I’m in the car with her.”

Alex Kwan

(children are Alexi, 11 mos.; Kole, 3 yrs.; and Packs, 5 yrs.)

“Finding a balance between letting kids make their own decisions and guiding them as a parent.”

Kenzo & Irene Kawanabe with daughters Aya 10 mos. & Mika 3

“It is often difficult keeping up with our children. They seem to have an endless supply of energy to play, think, eat, laugh, and cry. But, it’s worth every sleepless minute.”

Christie Thurstone

(child is Tatun, 11 mos.)

“I understand my husband’s problems, but I’m not about to go home and nag him. We’ve got a baby now and it’s what’s important.”

Jen and Cat Seward

(children are Jack, age 5 and Ella, age 2)

“Trying to see the world through their eyes. Trying to remember what it was like when I was a child. It’s all just an adventure.”

Andy Knudtsen with Drew 14 months (also Katherine, 4 yrs.)

“Trying to find excuses for not going to Chuck E Cheese.”

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Select PRESS (at the top of the page)
Editors Note: With the departure of Annie Brown as the Front Porch Food Columnist, the paper will now be rotating several local food experts for that column. Featured this month is a column by Stapleton resident Elizabeth Yarnell.

Elizabeth Yarnell brings more to the table than just recipes to make good food: she’s a Certified Nutritional Consultant who actually invented a unique way to make easy and convenient dinners. Her revolutionary technique of layering whole foods into a cast iron Dutch oven and then baking at a very high heat for under an hour was awarded a U.S. patent last year.

“People ask me why I would bother applying for a patent on a cooking method,” Elizabeth laughs, “and my standard answer is: how often do you invent something worthy of a patent? For me, this is probably it.”

Elizabeth didn’t set out to invent anything new. “After I was diagnosed with Multiple Sclerosis in 1999, I began to study the connection between diet and health. I realized that the best way I could help my body cope with this disease was to feed it the nutritional elements it needed to function properly,” she explains. “After seven years of research, I still believe the best way to do this is eating through whole, unprocessed foods.”

Now the challenge was to figure out how to prepare healthy food that was appealing and, most importantly, didn’t require hours in the kitchen to prepare, or even worse, hours of clean-up afterward. She and her husband, Ed, began experimenting with an impromptu get-togethers to planned celebrations of friends and family. The meals she had enjoyed during her stay in St. Christopher’s had hit on something when a houseguest asked Elizabeth to teach her how to cook the meals she had enjoyed during her stay. An instructional designer and journalist for over a decade, Elizabeth decided to write down a guide to her style of cooking and distribute it to family and friends. Her enthusiastic response committed her to expanding and refining the technique over the next six years.

That passion inspired her to teach regular cooking classes at The Seasoned Chef Cooking School in Park Hill since 2002, and publish a cookbook introducing her cooking method. Released just before Christmas last year, Glorious One-Pot Meals: A new quick & healthy approach to Dutch oven cooking spent 6 weeks on the Denver Post Local Bestseller list. It is heading into its third reprint this fall.

Following their marriage, Elizabeth and Ed spent years renovating an old Victorian cottage in City Park West. They moved to Stapleton in 2005 with their two children: Jeremy, 3 1/2, and Lilia, 1 1/2. Besides her cooking classes, Elizabeth regularly demonstrates her unique cooking method at a variety of venues and events. To see her upcoming schedule and learn more about the Glorious One-Pot Meals method or cookbook, visit www.GloriousOnePotMeals.com.

Happy Cooking – The Return of Slaw

By Elizabeth Yarnell

Eating for Health

Eating for Health

One of the things I like best about it is that everyone from my epicurean friends to my toddlers scarf it down, which makes it a great way to get kids to eat raw veggies. It is my quick stand-by contribution to almost every gathering, and I often double the recipe to ensure leftovers for my family to snack on afterward.

For the dressing:

1/4 cup vegetable oil
1/3 cup sugar
1/2 cup apple cider vinegar

For the slaw:

1/2 cup chopped apples
1/3 cup orange juice
1/3 cup chopped celery
1/2 cup chopped red bell pepper
2 tbsp. olive oil

Mix all ingredients together in a large bowl.

For the dressing:

3/4 cup vegetable oil
1/3 cup sugar
3/4 cup apple cider vinegar

For the slaw:

1 pkg. (16 oz) broccoli slaw
1/2 cup sugar
1/3 cup apple cider vinegar

Mix all ingredients together and set aside.

Mix oil, vinegar, sugar, & 
1/3 cup apple cider vinegar

Ramen Coleslaw

1 pkg. chicken flavored Ramen
dry noodle soup
1 pkg. (16 oz) celeste mix
3/4 cup sliced almonds
1/4 tsp. chili powder
1/4 tsp. Sambal chili
dash of cayenne pepper

Grate noodles, uncooked, broken up.
Mix all ingredients together in
a large bowl.

Toss well. Store in a refrigerator.

Spicy Asian Slaw

1 head of cabbage, shredded
or cut into thin strips
1/4 cup mayonnaise
1/4 cup soy sauce

Nutritionally, the vitamins, minerals and other nutrients in raw vegetables are more intact and more accessible to your body than they are when the vegetables are cooked. A healthy diet should include at least some raw vegetables along with cooked ones. Slaw is a great way to accomplish this.

Here are a couple of my favorite slaw recipes that are perfect for everything from impromptu get-togethers to planned celebrations of friends and family. The broccoli slaw recipe came from my mother-in-law, though I know she didn’t create it originally. It is a guaranteed crowd-pleasing salad that is a snap to make.

Broccoli Slaw

1 pkg. (16 oz) broccoli slaw
dried noodles
2 tbsp. apple cider vinegar
1 tbsp. sugar
1/2 tsp. Sambal chili
1/2 tsp. chili powder

Mix all ingredients together in
a large bowl.

Toss well. Store in a refrigerator.

Crowd-Pleasing

Glorious One-Pot Meals has become an industry leader in agriculture and food science. With over 40 years of experience, we are committed to providing the highest quality products to our customers around the world. Our team of experts uses the latest technology and expertise to develop innovative solutions that meet the needs of our customers. From crops to consumers, we work hard to ensure that every step of the process is as efficient as possible.

Our commitment to innovation and excellence is reflected in everything we do. We strive to exceed expectations by delivering superior products that are safe, healthy, and sustainable. Whether you’re looking for new crops or improved conventional varieties, we have the expertise and resources to help you succeed.

For more information about our services or to learn more about how we can help your business grow, please contact us today. We look forward to working with you soon.

Sincerely,

[Signature]

Glorious One-Pot Meals

www.GloriousOnePotMeals.com

Call us for details and FREE market analysis of your home

Elizabeth Yarnell is a Certified Nutritional Consultant and the inventor and author of Glorious One-Pot Meals. A new quick & healthy approach to Dutch oven cooking. She and her husband are Stapleton residents and the parent of two toddlers. Elizabeth can be reached at eyarnell@stapleton.net.
After Sheree and Todd Totten finished their basement, they wanted to do "something fun" in the new playroom for their two boys, Gavin, 4, and Cole, 20 months. A friend had given them the book Stapleton International Airport: The First Fifty Years (by Jeff Miller, Pruett Publishing Company, 1983). They found particularly interesting the portion of the book that described how Denver was having trouble maintaining its position in the main line of transportation, which was either heading north through Cheyenne, WY or south through Santa Fe, NM. Miller wrote, "The Rocky Mountains formed a great land barrier that effectively isolated Denver from direct routes to the West Coast. Major trails established during the mid- to late-1800s, therefore, ran either north or south of Denver to traverse the less rugged mountains. Following the Civil War, the transcontinental railroad also bypassed Denver, threatening the city's potential as a major transportation center." Denver Municipal Airport was constructed in an effort to attract a new and vital means of transportation. "Many saw the building of the airport as a way of insuring Denver's future growth and prosperity." The airport opened in 1929 and eventually became known as Stapleton. Reading the history and looking at old photos gave them the idea to do some sort of tribute to the early airport in their newly finished playroom. Todd and Sherree had both flown in and out of Stapleton at least a dozen times and they lived just a couple of miles away from the airport when it closed in 1995. And now they live on 29th Ave., in almost the same location as the early east/west runway. Added to that, their boys love airplanes, so aviation décor in the playroom seemed the perfect solution.

Their first thought was to frame and hang some early photos. But a cartoon from their book called "On the Air Map at Last" was what really captured their imagination. The cartoon appeared in the Rocky Mountain News on October 17, 1929, the day Denver Municipal Airport opened. The cartoon inspired them to turn it into a mural that would connect the past with the present in their home.

Sheree and her au pair from Poland, Daria Halikowska, just decided to do it one day. Neither of them had ever attempted a mural before, so they used an overhead projector to transfer the image to the wall. It took all day but, when it was finished, "We just couldn't stop staring at it," says Sherree. They had created just what they wanted, something fun to look at in the playroom that also had meaning in their lives. Over time they plan to add more aviation touches to the room—framing some old photos and maybe hanging some items from the aircraft salvage place (next to Kyle's Saloon). Maybe even some track lighting that has bi-plane and zeppelin fixtures. "One day," Sherree sighs. "Right now the focus is the back yard!"

In addition to decorating their basement with the historic Stapleton mural, Sheree and Todd Totten have installed their own product, custom window well décor, and they run their business, "Windowell Expressions" from their home. For more information about their basement renovation project email sheret@safeco.com or call 303-333-4628.

American Business Awards Winner
John Laing Homes Named Best Overall Company

John Laing Homes, "America's Best Builder" according to Builder magazine, recently took home top honors in the prestigious 2006 American Business Awards (ABA) for "Best Overall Company." The company had qualified as a finalist in three categories, including Best Overall Company, Best Customer Service Organization and Best Sales Organization.

The winning entry highlighted the achievements of John Laing Homes in the last year, including a number one ranking in overall customer satisfaction by J.D. Power & Associates and two other independent nationwide market research surveys, phenomenal business growth, consistently high employee satisfaction ratings, and support for more than 100 philanthropic organizations, including hundreds of thousands of dollars and countless hours of volunteer time.

"At John Laing Homes, we measure ourselves against the best of the business world, not just the best in the homebuilding industry," said John Laing Homes' chief executive officer Larry Webb. "To do this, we believe in creating an environment that helps our people do their best, and this award represents the effort, excellence, and values that all our employees bring to John Laing Homes, our customers, and our community every day."

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4th of July – Founders’ Day at Stapleton

Above: Acrobats entertained the crowd at the pancake breakfast.

Right: The Fourth of July parade route started at Founders’ Green and went down E. 29th Avenue to Central Park Boulevard and back to the Green. With about 1,000 people on foot, on bikes and in strollers, the parade participants stretched out over several blocks.

Below: Pancakes, sausages and drinks were served by local firefighters to a sell-out crowd of about 400 people at the 4th of July breakfast.


Below: Concert-goers dance to the music at the 4th of July concert on the Green.