

Front Porch

Distributed to the Greater Stapleton Area

STAPLETON

DENVER, COLORADO

AUGUST 2006

A Celebration of Life

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



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.

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 *(continued on page 12)*

“World’s Largest Art Display”

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



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.

By John Chambers

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, I, 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.

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Havana
Town
Center

Stapleton
Kickball
Tournament

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Editorials

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Eating
for
Health

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Mark Your CALENDAR

2006 STAPLETON EVENTS

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

Left: Aviator Pool at Stapleton

EVERY MONTH

Every Tuesday

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

Second Tuesday

New Resident Orientation Meeting
[Call Jenifer 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
2393 Alton St. 6:30 - 8:30pm
[Michael Johnson 303-292-7808]

Third Thursday

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

EVERY MONTH

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 Pardue 303.355.6168]

Every Sunday

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

AUGUST

Friday, August 4th

*Stapleton Under the Stars Movie
Chicken Run
Founders' Green at Dusk
Headliner Sponsor: University Family Medicine at Stapleton

AUGUST

Saturday, 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
1-4pm Aviator & Puddle Jumper Pools

Wednesday, August 16th

Planning Forum on the Havana Town Center
7-8:30pm Denver School of Science and Technology 2000 Valentia St.
Doors open at 6:30pm
[TGLEASON@StapletonDenver.com]

Friday, August 18th

*Stapleton Under the Stars Movie
The Natural
Founders' Green at Dusk

Friday, August 18th

**Relay for Life
6pm Friday - 9am Saturday
Founders' Green
[Melissa Darzins 303-393-1142 mdarzins@comcast.net]

Saturday, August 19th

"Stomp Out Autism" Car Show
10am - 2pm Sam's Club parking lot
7805 E. 35th Ave.
www.SOS-AD.org

Saturday, August 19th

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

AUGUST

Monday, August 21st

**Pool to School Walk
7:50am Puddle Jumper Pool to Roberts Building
8:30am Aviator Pool to Primary Building

SEPTEMBER

Saturday, Sept 9th

Citywide Kids Sports & Fitness Day
10am - 2pm Founders' Green
[Kris Wilson 303-373-8710]

Saturday, Sept 16th

SUN Kickball Tournament
[Caroline Wilten 303-394-1346]

Saturday, Sept 30th

Wine Festival
2-6pm Founders' Green
[Master Community Association 720.529.9911]

OCTOBER

Saturday, Oct 14th



Fall Festival
2 - 4pm Founders' Green
[Master Community Association 720.529.9911]

DECEMBER

Sunday, Dec 3rd

Holiday Lighting Festival
[Master Community Association 720.529.9911]

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



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PHOTOGRAPHY: Steve Larson, FinePrint
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Front Porch

www.StapletonDenver.com (select PRESS)

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

More Than the Eye Can See

By Dick Anderson

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



Dick Anderson President and CEO of the Stapleton Development Corporation

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

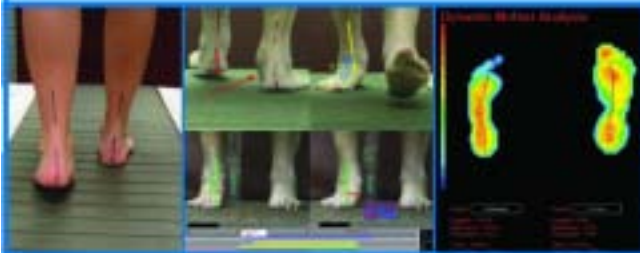


Democratic gubernatorial candidate Bill Ritter visited Stapleton recently and received an update on the progress of Stapleton redevelopment from John Lehigh, chief operating officer for Forest City Stapleton, Inc. Among the topics they discussed were Stapleton's commitment to environmental quality, economic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

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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
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Questions? Contact Tom Gleason of Forest City
(tgleason@stapletondenver.com)



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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 be a springboard 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 and monitors their progress; alternative assessment practices that require students to demonstrate their learning; and, an agricultural apprenticeship to give students real world experience in 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 enberger@comcast.net.

On-line Safety Information for Colorado Parents

A coalition of major Colorado community leaders, including Attorney General John Suthers, have united in their concern about online safety for Colorado families. As supporters of education and resources for families, they have launched a statewide, proactive effort to educate

Colorado’s parents about online safety.

As part of the initiative, the Qwest Certification Challenge calls for 10,000 Colorado parents to become Online Safety Certified by the end of the year. The first 100 schools to get at least 20 percent of parents participating will receive a \$250 grant. Parents become “certified” in online safety through their completion of the Safer Surfer section in the Online Safety Classroom at www.IncredibleInternet.com. They’ll learn how to protect their children online, about social networking sites, keeping their computers safe and protecting their identities online.



Photo courtesy of Online Safety Classroom program

Left: Children hold certificates showing their family is Online Safety Certified.

Job Opening – Paraprofessional Teacher

The Odyssey School at Stapleton has an opening for a Paraprofessional to work in our Kindergarten classroom, primarily with a student with cerebral palsy. Some personal care required. Opening is for 6 hours per day throughout the entire school year, beginning on August 10. Interested candidates should send or fax a letter of interest and resume c/o Nelson Chase, The Odyssey School, 8750 E. 28th Ave, Denver, CO 80238; Fax (303) 316-4016. Email: Nelson_Chase@dpsk12.org

An Emotional Education

“Emotional Intelligence Essential to Success and Happiness”

By Diana Thompson

What is an emotional education? The education of skills to recognize, identify and manage emotions. It is the education in conflict resolution, social skills and personal awareness.

Why is it important? Consider the value of optimism, resilience, confidence and good judgment. These have intangible worth and cannot be measured by grades on paper. However, these skills are not taught in school, and as parents we hope they will be a by-product of positive early experiences.

Teachers attending a recent educators conference agreed that a child’s ability to self-regulate emotions is critical for learning and success in school. A healthy emotional foundation is essential for good grades, but it may also be the critical ingredient for the highest levels of success in the office, on the ball field and at home.

Daniel Goleman, Author of “Emotional Intelligence, Why It Can Matter More Than I.Q.”

suggests emotional intelligence plays an essential role in success and happiness.

Where do we begin? Parents today are blessed with a multitude of resources to promote solid emotional competence, from parenting courses to books. Denver Public Library and the newly relocated Tattered Cover have a treasure trove of creative resources. The Children’s Museum of Denver also offers a dedicated parent resource center with a wealth of information. An essential ingredient in developing skills is to provide children with age appropriate tools that reach beyond brain research and theory.

A child’s emotional personality has a profound affect on behavior, decisions, relationships, self-esteem and success in academics.

Children need skills to face the journey into adulthood with confidence. While planning for your child’s education, remember the critical and intangible skills that can make the biggest difference. Remember the emotional education which can only be measured by the degree of happiness.

Recommended books include:
Emotional Intelligence by Daniel Goleman, Bantam Books, NY 1995

Emotionally Intelligent Parenting: How to Raise a Self-Disciplined, Responsible, Socially Skilled Child by Maurice J. Phd Elias, Steven E. Psyd Tobias, Brian S. Phd Friedlander, Daniel Goleman, Three Rivers Press 2000

Playful Parenting by Lawrence J. Cohen, Ballantine Books, NY 2001

Baby Hearts by Acredolo & Goodwyn, Bantam Books, NY 2005

Diana Thompson is the director of Dramatic Adventures, Inc.™, a local theatre enrichment company focused on teaching life skills. Programs include: FAIRYTALES AND FEELINGS™ for preschoolers, and Friday night drop-off classes for children ages 7-13. For information on classes call, (303) 377-0785 or visit www.dramaticadventures.com. Diana served on the early Stapleton Education Advisory Board through her non-profit Performing Art Works and partnered with Forest City to provide a summer workshop for neighboring Smith Renaissance.

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

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.

Reading preparatory books together is another way to help ease separation anxiety. One of our favorites for preschool and kindergarten children is "I Love You All Day Long" by Francesca Rusackas (available at Amazon.com). In this heart-warming story, a little pig worries about heading off to school for the day, when his mother reassures him that her love for him goes everywhere he goes. Craftily weaving many of the fun events and common accidents that happen at school, this book offers a reassuring promise from parent to child, with an ending that all children look forward to hearing.

Here are other tips to help your child get ready for school:

Tour the school. To see the classroom, meet the teacher and play on the playground. Later, you can talk about what you both saw and refer to your child's teacher by name.

Set the Stage. During the car ride or walk to school, talk to your child about school to help visualize what the day's activities are likely to be.

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 with, so make sure you smile when you enter the room and talk for a moment with your child's teacher.

Good schools and caregivers make a point to welcome children into a fun, relaxed environment. Look for interest centers to be laid out for early morning drop-offs to ease the home-to-school transition. This immediately allows children to become involved in an activity that looks inviting and fun and is another important way to help establish a routine.

Perhaps the most significant 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.

Beth Letzsch is the owner of Primrose School at Stapleton, a nationally accredited early learning school for children between the ages of six weeks through private, full day kindergarten, and school age care for children from 4

through 11 years old. For more information about their educational programming, log on to www.myprimroseschool.com/stapleton, or call 303.322.7200.

Stapleton School Information

Back to School Update



School supplies are in stock at Quebec Square and families are checking off the items on their lists. The Westerly Creek website has supply lists posted on their enrollment page at www.westerlycreek.dpsk12.org

Westerly Creek Elementary

August 7: School office opens in both buildings

Walk-in registrations are from 9:00am to 3:00pm. Register at the Primary Building at East 28th Ave. and Akron St. for grades ECE through 3, and at the new Bill Roberts Building at Central Park Blvd and Montview 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, orientation in the Roberts Cafeteria

7:00-7:30pm, Lemonade Social on playground

August 21: First day of school!

Pool-to-School walk to Primary Building starts at Aviator 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 7:50am.

Primary building schedule: 9:00am-3:45pm

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 - 21: 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

8:10am-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 & pictures

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. DSST is located at Valentia St. and Montview Blvd.

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Cow Parade Comes to Stapleton



Twelve cows were unveiled at Stapleton's East 29th Ave. Town Center on July 22.

(continued from page 1) 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

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.

Polomka, 55, started working with acrylics, watercolors, jewelry and murals in 1971.

More information about his artwork is at www.kimpolomka.com.

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 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.



Colorado Springs artist Kim Polomka created three cows for the Cow Parade. Botanica, in the town center at Stapleton, is covered in leaves which the artist says is an environmental statement relating to his upbringing in Australia.

CowParade is organized through Connecticut-based CowParade Holdings Corporation. The event began in 1998 in Zurich and has been in more than 25 cities, all using the same fiberglass molds.

Other CowParade artists with cows in Stapleton will be featured in the Front Porch during September and October. Visit www.StapletonDenver.com or www.StapletonOnline.com for more CowParade updates.

Photo courtesy of DayDreamz Project



Artist Susan Dailey of Ft. Collins with Climbing Cow, which shows a rock climber scaling a rock background on the cow. The artist took photos of a friend rock climbing near her home to help her visualize the climber on her cow.

Denver Foundation.

The Daydreamz Project, a Denver-based art collective, pieced together more than 14,000 glass beads to create Moolticultural 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."



The Daydreamz Project, a Denver-based art collective, pieced together more than 14,000 glass beads to create Moolticultural Cow, one of the cows onsite at Stapleton.



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Stapleton Resident Promotes African Relief Project

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



Left to right: Marcia Lanoha, dentists Laura Brenner and Brett and Gina Kessler of Town Center Dentistry, and Kevin Lanoha smile to advertise their teeth whitening promotion, the proceeds of which will buy books for a recently completed elementary school in Niger. Sitting in front is Josue Akowanou from Cotonou, Benin who helps raise funds for an AIDS project.

wall to keep out dangerous hyenas and nomads that wonder 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 Kessler of the Town Center

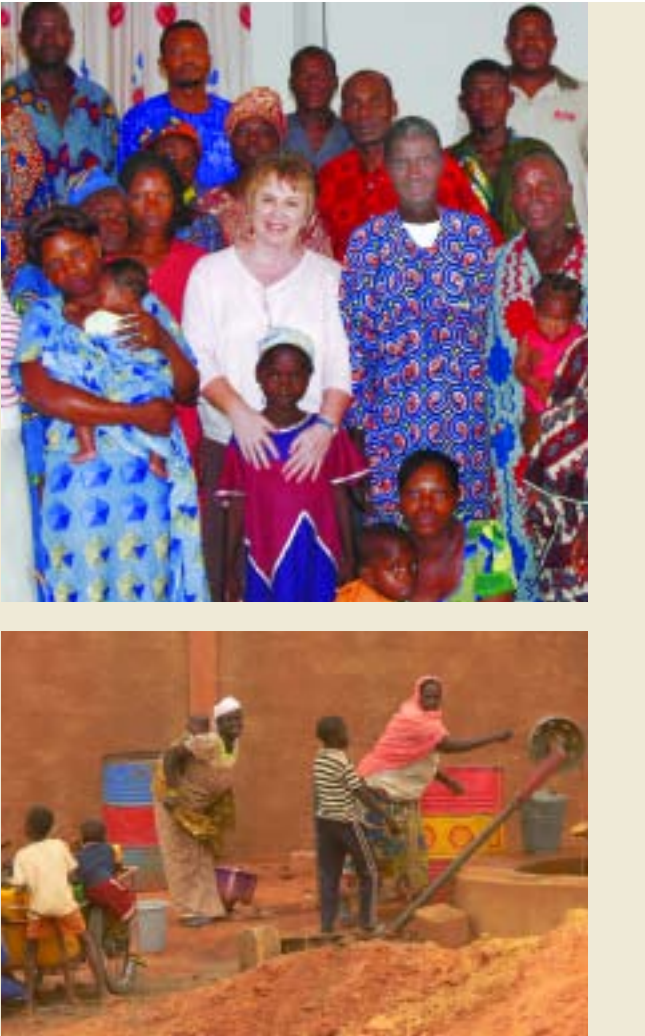
Dentistry in Stapleton’s East 29th Avenue Town Center are dedicating all of the proceeds of a special teeth whitening promotion to help support the philanthropic efforts of the Lanoha family in West Africa. Their goal is to raise \$10,000. These funds are going to be matched by corporate sponsors lined 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.

Photos of Africa by Kevin Lanoha

Scenes from Africa

Below: Proceeds from the fundraiser will buy books for this recently completed elementary school located in the desert outside Niamey, Niger.

Top right: Marcia Lanoha, seen here with two supporters of the AIDS relief program and AIDS patients in Cotonou, Benin.
Bottom right: Mothers and children access water from the new well that not only supplied water to make bricks to build the new school, but also supplies water for the whole community.



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Dr. Walsh provides leading-edge medical care for the entire family, including newborn, child health, and women’s health care. The offices of Exempla Family Medicine at Stapleton are conveniently located in the Stapleton Plaza Office Building, 3401 Quebec, Suite 1015. Come visit us or call 303-467-8900 today for an appointment. Making a difference in our neighbors’ lives — that’s Exempla Family Medicine at Stapleton.

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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.civicanopy.org/goto/SUN_Kickball and complete the registration form or contact Shelby Samuelson at shelbden@hotmail.com. The registration deadline is September 9, 2006.

3rd Annual Stapleton KickBall Tournament



Classic Car Show at Quebec Square to Raise Funds for Autism



Donating classic cars for viewing at the “Stomp out the Silence of Autism” fundraiser are Dr. Brad Bailey (left) with his red 1962 Corvette; Stapleton resident, Brad Phillips, who has a black 1969 Mercedes 300 SEL 6.3; and Jacquie Owen, also from Stapleton, with her yellow 1926 Ford Roadster. Proceeds will help fund a day care center for autistic children.

**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.

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Relay For Life Events at Stapleton

JOIN A "Relay for Life" TEAM Today!

To join a team or form a team visit: <http://www.kintera.org/faf/home/default.asp?ievent=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 it's goal. For more information email: carey_abraham@yahoo.com

August 8 at 6:30pm

Relay For Life Night at the Movies Aunt Bully, Tickets \$5/person

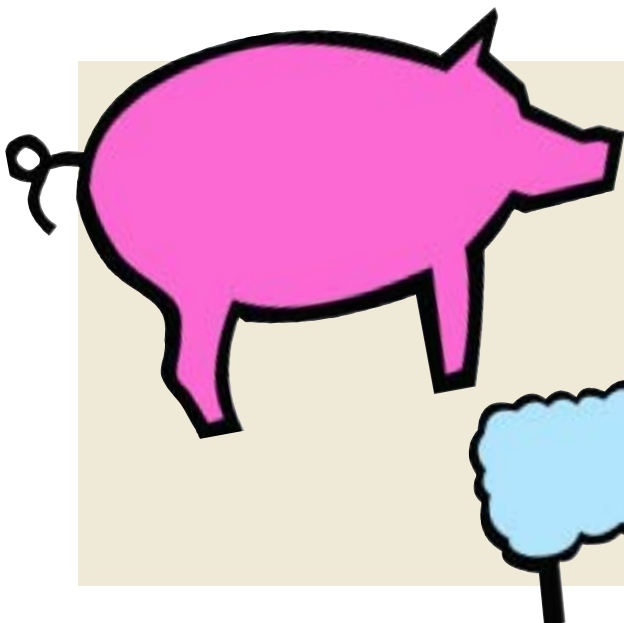
Harkins Theatre has donated an auditorium "Relay For Life Night at the Movies." 100% of ticket sale proceeds will go to The American Cancer Society Relay For Life of Stapleton. Relay For Life teams are selling the tickets and will also be selling goodie bags and snacks before the movie.

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



Every Sunday: 8:30am – 12:30pm
JUNE – SEPTEMBER
East 29th Avenue Town Center



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

Don't miss it!

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The Club Card offers great discounts at these Stapleton merchants:

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Offer: 20% off of any one product with purchase of any service.
Location: Quebec Square

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

Bladium Sports Club
Offer: \$75 for initiation fees.

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

Executive Tans
Offer: 20% off select lotion with purchase of a session.
Location: Quebec Square

Fantastic Sams
Offer: 10% off all services and professional products. Free haircut with color service.
Location: East 29th Avenue Town Center

GNC at Quebec Square
Offer: \$5 off a purchase of \$30 or more.
Location: Quebec Square

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

Phoenix Yoga Studio
Offer: One month unlimited, first timers \$79.
Stapleton residents.
Location: East 29th Avenue Town Center

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

Stapleton Health and Wellness, LLC.
Offer: Every resident will get their first yoga class for free.

Stranz Beauty Supply/Salon
Offer: 10% off all services and professional products
Location: Quebec Square

SERVICES

Allstate Insurance, Brad Phillips & Associates
Offer: A \$5 gift card to your choice of Starbucks or Thomas Bros Coffee and Chai with any FREE, no hassle quote on home and auto, or health, business or life insurance.

SERVICES (cont')

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

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

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

Environmentally Friendly Cleaners
Offer: 20% off of all DRY CLEANING (Quebec Square location only).
Location: Quebec Square

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

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

New Avenues Real Estate Office
Offer: \$100.00 gift certificate toward select Stapleton merchants.
Location: East 29th Avenue Town Center

RE/MAX City Horizons, The Kearns Team, LLC
Offer: \$500 towards closing costs and extra discounts on Home Sale costs when you buy at Stapleton.

Renaissance Denver Hotel
Offer: Special room rate, savings up to 33%. Offer valid though 12/30/05.

Stapleton Home Services
Offer: Free Estimates For Maid Service, Carpet Cleaning & Window Washing.

SERVICES (cont')

Stapleton Realty, LLC
Offer: Free move-out house cleaning (\$250.00 value) when you sell your home with Stapleton Realty PLUS discounted commissions.

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

Town Center Apartments
Offer: Receive \$100.00 off of your move-in costs when you lease at Town Center Apartments
Location: East 29th Avenue Town Center

UPS Store
Offer: 50% off black and white copies.
Location: Quebec Square

US Bank
Offer: .25% discount on ANY fixed rate loan.
Location: East 29th Avenue Town Center – in King Soopers

U-Shampooch Self Service Dog Wash & Pet Boutique
Offer: Free treat with any bath.
Location: East 29th Avenue Town Center

MISC. RETAIL

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

Baby Power
Offer: \$10 off of class session fee.
Location: Quebec Square

Cat's Music Together at the Bladium
Offer: \$5 off tuition for each registered child in your family.

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

Grape Leaf
Offer: 5% off liquor and wine purchases
Location: East 29th Avenue Town Center

Graham Taylor Photography
Offer: 15% off listed Wedding Package or 50% off portrait sitting fee.

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

RETAIL (cont')

Miss Talulah's
Offer: 10% off all lighting products.
Location: East 29th Avenue Town Center

V2K Window Fashions
Offer: 10% off of orders of \$100 or more.

RESTAURANTS

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

Character's Sports Bar & Grill (at the Doubletree Denver)
Offer: 10% discount on all food and beverage.

Cold Stone Creamery®
Offer: \$1.00 off "Love It," or "Got to Have It" creations.
\$3.00 off cake order.
Location: East 29th Avenue Town Center

Copper Canyon Grill & Bar at the Renaissance Hotel
Offer: 15% discount on all food and beverage.

Coral Room
Offer: Free dessert with the purchase of an entrée.
Location: East 29th Avenue Town Center

Doubletree Denver Café
Offer: 10% discount on all food and beverage.

Inta Juice
Offer: 10% off of any item.
Location: Quebec Square

Kyle's Saloon and Eatery
Offer: FREE salad with dine-in pizza or calzone order.

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

Panera Bread
Offer: \$1 off Sandwich, Salad or You Pick Two.
Location: Quebec Square

Radisson Hotel, Quebec's Bistro
Offer: 15% off food menu items.

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

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

Knowledge from Neighbors
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...

Ask people how they heard about you.



Marni Rachich

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.

Every 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 an ad costs you \$600 and makes \$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. A customer needs a reason other than price to buy from you. What if the salesperson at the more expensive shop were 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 one.

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 weeds.

And there you go!

Marni Rachich is a Stapleton resident and local Action International Business Coach. She may be reached at 303.399.0458 or marnirachich@action-international.com.

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Purchase your Club Card at the Visitor Center, 7480 E. 29th Avenue, 303-355-9600. Present your Resident Pool ID/Stapleton Club Card for discounts at these businesses. Visit www.StapletonDenver.com for participating merchants and program information. Offers may change monthly.

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



Above: May Top Cop, Zach Phillips:
Below: June Top Cop, Ambrose Slaughter



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 District 2 Commander Rhonda S. Jones at jonesrh@ci.denver.co.us.

Johnson & Wales University

Building Community Through Service



Bette Matkowski, President, Johnson & Wales

By Bette Matkowski

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! It’s shocking and sad that so many people at J&W have felt the effects of cancer, but it’s truly a warming moment to be a part of a team and share the experience in the fight for a cure.”

As J&W staff and faculty walk as 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 Matkowski is President of Johnson & Wales University, located at the corner of Montview Boulevard and Quebec Street, just west of Stapleton. For more information, visit www.jwu.edu.

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 replenish 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 Greenway Picnic Area, near 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 headstart 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>.



“WE KNOW LIFE KEEPS YOU BUSY ENOUGH, THAT’S WHY WE HAVE OPTIONS TO MAKE PAYING YOUR ENERGY BILL EASIER.”

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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 bfarmelo@aol.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 tturner@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 treatment for prostate cancer, they sprang 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.

"I was overwhelmed," Steve says. "They all knew how much I like to cook for our family and understood I would not be able to do that for awhile."

Steve is anxious to repay the favor by giving out this advice: "men over 50 should be screened for cancer on a regular basis." Steve's mother, a smoker, had passed away from lung cancer, and his father's life was taken by colon



Keri Farmelo (left) and Paddy O'Rourke display examples of luminaria that will be lit during the Relay for Life in memory of those lost to cancer and honor those who have survived or are still fighting the disease. Luminaria are available for a suggested donation of \$10 each.

cancer. A nonsmoker, he was not concerned as much about lung cancer, but he was concerned about colon cancer.

Instead, a visit to the doctor in February of this year led to the diagnosis of prostate cancer. He underwent surgery in April and is awaiting a test in August to check on the success of his treatment.

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

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 expound 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 and 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 wish no one would 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 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 each day 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 that 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 doctor (yes, there really is that type of researcher!). It was amazing 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, granddaughters 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

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 of tests 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 biotherapy called interferon. The medication worked almost immediately putting him into hemological 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 it makes 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 sseahol@yahoo.com.

Community Yard Sale Day Individuals & Relay for Life Profited



The Community Yard Sale on the Green on July 15th, combined with individual sales that donated to Relay for Life, raised over \$2,200 for the American Cancer Society. Above: Katy Mauser from California, who was visiting a Stapleton friend appropriately found, "What to Expect the First Year."

Hidden Resources In and Around Stapleton



Renu Kansal, Bollywood West Dance Classes

By Kathy Epperson

The opportunity to add a little flavor and pizzazz to our lives 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 scratching 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. “Bollywood is so much more than films and dances, 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



Kendra Kohrt, PassionFood Personal Chef Service

with their daughters, couples... it really does reach everyone!”

With a mixed-race heritage and many relatives living in India, Renu has benefited from the Bollywood film and dance phenomenon as a cultural bridge with her own family. “My first encounter with Bollywood was many years ago, as I was planning to visit India,” Renu recounts. “I hadn’t been in 25 years, and in that time I’d never met many of my cousins. I was trying to learn more Hindi and watching a lot of Bollywood films to help pick up better conversational skills. I immediately fell in love with the dance sequences; it was amazing to see movies where people looked like me, and the fact that they all danced? Well, that was just the icing on the cake!” That preparation not only created an immediate connection with her relatives, but the start of a passion Renu now shares with others here in Denver.

For information on Bollywood West classes, contact Renu at 303-389-9832 or info@bollywoodwest.com or visit www.bollywoodwest.com.

Kendra Kohrt, PassionFood Personal Chef Service

For those struggling to incorporate fresh foods and home-cooked meals as an ingredient to healthy living, chef Kendra Kohrt 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 compared to what most people initially think of when Italian or French is mentioned,” she

explains. “In Tuscany they tend to use olive oil in place of butter, the spit and grill in place of stewing or braising and lots of grains and vegetables and eggs. That tends to make for bold flavors without a lot of the fat and density.”

While physical fitness is a nice bonus of these classes, the emphasis is on the fun and cultural exploration. “The classes are all ‘beginning level’ because the style is new to everyone,” Renu says. “Some students love to dance and this is just another offering they want to sample. I have both male and female students, groups of girlfriends, mothers

explains. “In Tuscany they tend to use olive oil in place of butter, the spit and grill in place of stewing or braising and lots of grains and vegetables and eggs. That tends to make for bold flavors without a lot of the fat and density.”

As a personal chef, Kendra comes to the homes of her clients — usually busy couples or parents – once, twice or four times a month to cook a variety of meals for them in one day. After designing a menu for clients based on their likes and dislikes, she prepares the meals and packages up and freezes individual servings in recyclable paperboard containers along with reheating instructions for later consumption. “My clients love my service because it saves them from fast food and take-out, keeps their meals delicious 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 Rigsby, Front Door Studio, Children’s Art Classes

A love of art runs in the family of Stapleton resident Jody Rigsby. A graphic design major, Jody worked with her



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

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)

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Active Living in Greater Stapleton

By Alisha Brown

Residents in and around Stapleton took advantage of a free karate session hosted by Mike Giles Karate as a part of the Passport to Healthy Living program. Partakers were introduced to techniques that ranged from traditional Kung Fu karate to more practical, contemporary self-defense strategies. A major lesson to participants in the session was to avoid violence at all cost by listening and protecting their comfort zones. However, they were also taught to effectively defend themselves, if under attack. The Mike Giles Family Karate Studio is located in the 29th Avenue Town Center at Stapleton. A free consultation session is offered to all first time visitors. Call 303.377.KICK for more information.

The Passport to Healthy Living program is a series of free educational health and exercise activities that are taking place throughout the summer. Classes, neighborhood events and community workshops are being offered to residents in



Mike Giles Karate offered a free karate session as part of the Passport to Healthy Living program, a series of free educational health and exercise activities that are taking place throughout the summer.

the Northeast Park Hill, Greater Park Hill, East Montclair, Original Aurora and Stapleton neighborhoods to encourage routine healthy living habits.

Karate, Funky Fitness, Yoga, Pilates, Healthy Recipes and Stress Management are a few of the types of classes offered free of charge through the program. The goal of the program is to increase awareness among residents on how exercise and healthier eating choices can improve their health and decrease the risk of chronic illness such as heart disease, diabetes and cancer. It is also to highlight the opportunities for routine healthy living options available to residents in or near their own community.

Participants of the program are also strongly encouraged to register with America on the Move at www.americaonthemove.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.

Project YES Unveils Artwork in Town Center

On Friday, July 7th, the Project YES (Youth Envisioning Social Change) Art in the Community Program at Stapleton culminated in the unveiling of six tile mosaics on landscaping stools surrounding the fountain area in the 29th Avenue Town Center. During the three-week long program the students, ranging in age from 8 to 13, focused on sustainability by designing and creating six ceramic tile mosaics depicting the water cycle.

The Project YES curriculum is designed to help participants gain skills in collaboration, communication, conflict resolution, critical thinking and event planning. With the support of a professional artist, participating youth also gain expertise in a particular artistic medium — in this case, mosaics. An important element of the program this summer at Stapleton was the educational focus on the water cycle. Nina Fernandez, age 13, said “Right on that first day we all started working on understanding the water cycle. I was reminded how much we use water, and that we need to save it...this made me more careful about how much water I used.”

Nicholas Kukucka, age 13, described the process of developing art for the community: “We used what we knew about mosaics and the water cycle to begin carefully planning the designs we would display on the benches. We started by walking down here to the fountain to scout out the area. We looked at the colors and forms of art already displayed in the area so that our work wouldn’t clash with the



Project YES participants view one of six tile mosaics on stools in the 29th Avenue Town Center. Students participated in a three week long project creating mosaics depicting the water cycle.

surrounding environment. In the end we decided to go with a plan that mapped out a message about the water cycle and conserving water.”

In addition to producing art for the community, the youth learned a lot about the concept of community. Nina Fernandez said, “It finally came to the day when we all had to make the mosaics and this was the day I realized that Project YES was not only an art program, but also a way to work on community. Old friendships were made even better, and new ones were built, by all working together to accomplish this goal.”

Youth artists participating in the program were: Alexis Bankston, Alice Chou, Mateo Correa, Mia Fernandez, Nina Fernandez, Monice Johnson, Madison Kukucka, Nicholas Kukucka, Thomas Kukucka, Nathan Linkhart, Harrison Mahlke, Max Mahlke, Dakota Nolan, Ty Nolan, Caleb Schwing, Jeff Schwing, Anya Taylor, Bradleigh Turner and Cheyenne Williamson.

Next time you are at the fountain in the 29th Avenue Town Center, be sure to admire the Project YES artwork.

For more information, please visit the Project YES website at www.project-yes.org.

Birdhouse Auction Raises \$1,745 for Westerly Creek PTA



Thanks to all who made the birdhouse auction a great success. \$1,745 in proceeds were raised for the Westerly Creek Elementary PTA. Also, thank you to all of the homebuilders who designed and constructed these beautiful birdhouses. Six of these houses will soon be placed in community parks throughout Stapleton. Look for them while you are enjoying Stapleton’s parks and open space.



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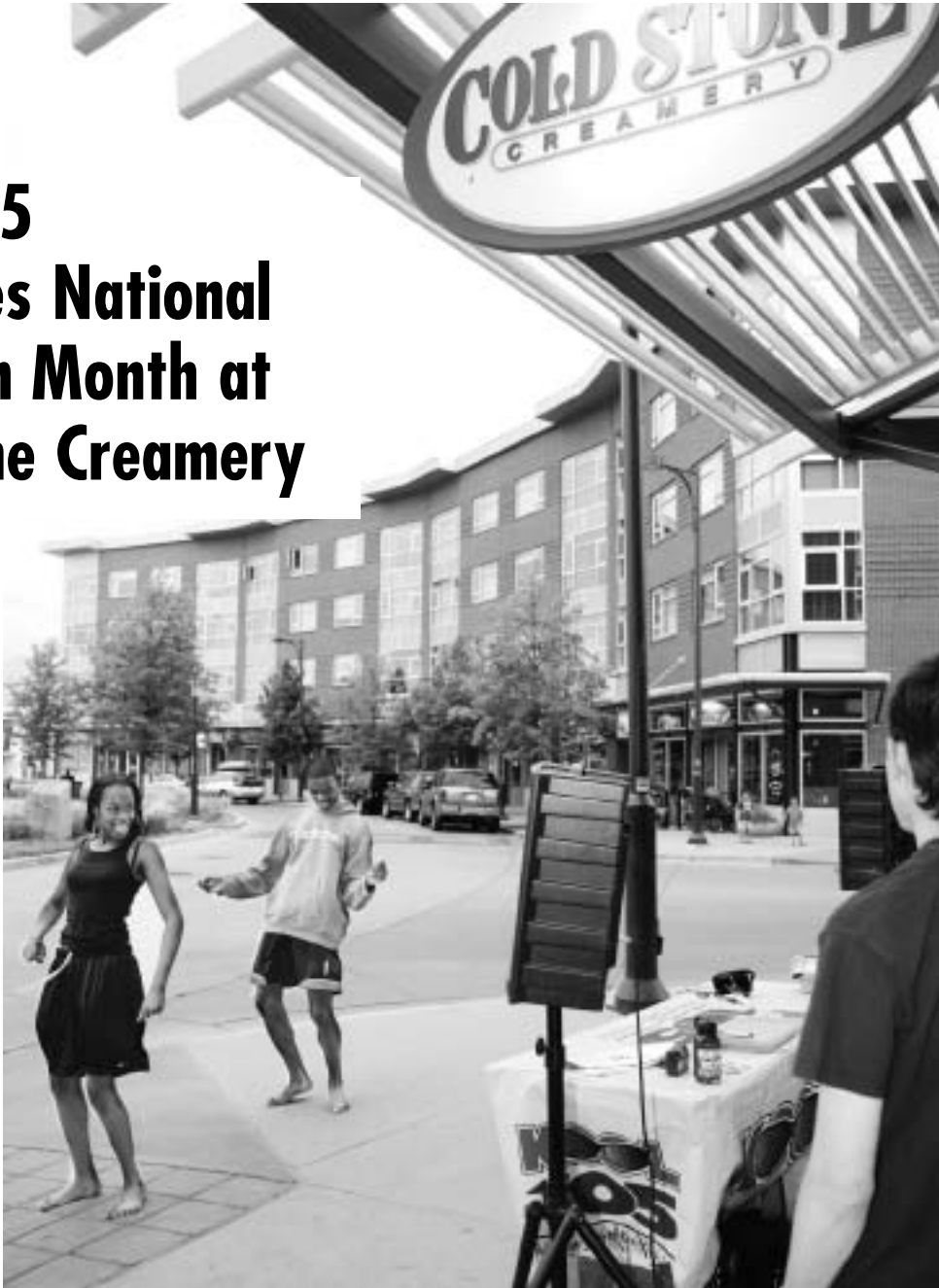


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KOOL 105 Celebrates National Ice Cream Month at Cold Stone Creamery

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. They also held a Shake It Updance contest. Contestants record their most original shakin' it up dance moves in a one-minute video and then submit it online at www.coldstonecreamery.com for a chance to win \$15,000 and free ice cream shakes and smoothies for life.



Community Notes

by Diane Deeter
Stapleton Community Manager



New Customer Service System for Denver Residents

Need to schedule a building inspection? Want to know how to apply for a marriage license? Have a pothole to report? Now the City and County of Denver has an easy way for local residents and businesses to get information on any non-emergency City service: Simply dial 3-1-1.

Denver's 3-1-1 customer service agents are available daily, seven days a week, from 6:00 a.m. to 11:00 p.m. with limited coverage on holidays. Denverites can also access the 3-1-1 system by visiting www.denvergov.org, e-mailing 311@ci.denver.co.us, faxing 720-913-8490, or by walking into the 3-1-1 Call Center to speak to an agent in person at the Webb Municipal Building, 201 W. Colfax. 9-1-1 is still the number to call for emergencies.

Recycle Bins

We know most of the time Denver Recycles is really good about picking up items that have fallen out. But in the event they have overlooked items or the wind has taken items out of the bins, remember to pick them up. Help do your part to keep the neighborhood clean.

Greater Stapleton Area

Stapleton was designed to be inclusive not an exclusive gated community. Take advantage of this quality by discovering the many fine eateries and restaurants located throughout the Greater Stapleton area.

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- Satchel's Market – 5021 E 28th Ave 303.355.2137
- Steve Snappin Dogs – 3525 E Colfax at Monroe 303.333.7627
- Tables ~ 2267 Kearney Street 303.388.0299
- The Elm ~ 5001 E Colfax Ave 303.336.5763

If you have favorite restaurants you would like to share with your neighbors, please e-mail Jenifer Graham jgraham@stapletondenver.com or me, Diane Deeter, at communitymanager@stapletondenver.com

Cultural Arts Committee

If you would like to help in the planning of cultural events (i.e. Theatre in the Park, Art education and Music) please call 720.249.5104 or e-mail Jenifer Graham at jgraham@stapletondenver.com.

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 will 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 with work space for art, wash tub for clean-up, dry-erase board and lots of art supplies. “I believe all children and adults have

creativity inside of them and as children we start to give ourselves 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-schooled 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.



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The Urban Farm at Stapleton Is On A Mission

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 and offers summer camps and many other convenient ways to get involved. An interview with Donna Garnett, Executive Director, follows.

When was The Urban Farm started and how has it evolved?

The Urban Farm, originally known as Embracing Horses, began as a horsemanship education program in the summer of 1993, when the two founders (Donna Garnett and Khadija Haynes) started a small after-school program at a private farm for fifteen inner-city children. The program was designed to provide at-risk children with a farm experience they could never otherwise have and to teach them a thing or two about horses.

In May of 1998, the program moved to Stapleton and adopted a broader mission – to provide agricultural and environmental education to urban children and youth. That first summer was a challenge as The Farm site had no roads, no electricity, no running water and no buildings. A dedicated staff, group of motivated children, hundreds of volunteers, and an impassioned Board of Directors have transformed The Urban Farm’s 23 acres into an education center with modest but utilitarian facilities that are home to more than 250 farm animals.

Since that time, The Urban Farm has exploded from a small program serving a few hundred children 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 education 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.



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 Moonie. Below, Amber Aldridge helps Amanda Marsh groom a horse.



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 passionate love affair with equine (and swine, 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 water, 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.

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 inoculate children and youth against the pressures of the 21st century show that connectedness to a positive social group, relationships with caring adults who have expectations of youngsters, exposure to role models who demonstrate goal setting and planning toward successful acquisition of those goals are critical resilience factors. The Urban Farm offers these connections and relationships in a myriad of ways that are the natural byproducts of children and adults working, learning, and growing together.

Of course, if you talk to the kids and their parents about the lessons learned, they would give a more personalized accounting of how The Urban Farm affects them. The sense of community and belonging is something that almost everyone remarks on. Kids always talk about the relationships with the animals as being crucial. Many talk about the deep caring relationships they develop with the staff. One young man shared that the adults at TUF are like second moms – “you kick our butts when our moms aren’t around!” I think that was a compliment.

We have found that The Urban Farm provides a launching pad for our kids into science fields. The Farm has been particularly successful at directing girls and youth of color into science-related fields – biology, natural resources, veterinary science, zoology, etc.

Finally, the relationships that the kids develop with each other are long-lasting and powerful. Those friendships transcend racial, cultural, and socioeconomic barriers. Even as kids grow up and leave the relative safety of home, The Urban Farm remains as a touchstone for them as they go to college, move away, join the military, and start families of their own.

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 fieldtrips. In addition, we get some funding from private foundations and through SCFD. We do not get any government funding, nor do the homebuilders 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 of 2005, The Urban Farm has been designated as a Denver Enterprise Zone organization, and as such there are major advantages to individuals and businesses that make donations. Contributors get the

standard use of itemization on IRS and state tax returns, but also get an additional direct 25% tax credit on Colorado state taxes owed for donations of \$500.00 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 303-307-9332. The Urban Farm is located at 10200 Smith Road, Denver, CO 80239. Note: 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.

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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

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Sustainability at Stapleton

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

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 neighborhoods," said 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 plan 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 saves taxpayer money, preserves the environment and creates economic opportunity."

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 the global effort to meet the needs of the present without compromising the needs of the future. Highlights of the plan are listed below.

Through city leadership and partnerships Denver will:

1. 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.
2. 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.
3. Increase Denver's residential recycling by 50% in the next year and reduce total landfilled household waste by 30% (130,000 tons) over the 2004 baseline by 2011.
4. Construct solar and methane power

plants capable of powering/heating the equivalent of over 2500 homes, and generating revenues to help support other Greenprint Denver programs, by 2007.

Photo by Bernard Grant



Mayor Hickenlooper announces a "Greenprint" for Denver.

5. Increase the incentives for energy efficient affordable housing to \$1,250,000 within five years. Increase the funding available for energy efficiency improvements for low-income residences.
6. 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.
7. 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.
8. 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.
9. 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.
10. 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 1000 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.

Burke Organic Farm Pesto

- 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 basil
 - 1/2 cup finely chopped red onion
 - 2 tablespoons minced fresh parsley
 - 2 tablespoons olive oil
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper
 - 1 pound 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. Marinate 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.

In your yard:

Use an earth-friendly lawn mower such as an electric or battery-powered mower, a non-motorized push mower, or a new gasoline-powered mower.

Maintain your mower to help it run cleaner. Change the air filter, oil and spark plugs at least once each season and keep the underside of the mower free of grass build-up.

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

On the road:

When refueling 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, stripping 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 entire 2006 Residential 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 Pickup 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/LIP.

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/.

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Keeping Pets Healthy

by Steve Rubin, D.V.M.
Banfield The Pet Hospital

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, diarrhea, or even seizures. Heat stroke can occur from simple exposure to heat or excessive exercise 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 armpit 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 your 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 hours 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.



Teachable Moments

by Tom Downey

Trains Can Be An Educational Tool

There’s just something about trains. Kids from 8 months to 80 years old are drawn to them. Trains are archetypal and metaphorical in so many ways: toy trains, The Little Engine that Could, a train of thought, a wedding train, the gravy train, a whistle stop tour, the train is leaving the station, etc. They are also quite educational. They are the perfect symbol for order and sequence.

A little child will have more fun counting train cars, 1, 2, 3 . . . or A, B, C, than they will just counting out loud. A child’s interest in trains can provide all sorts of meaningful learning opportunities. Being stuck in the car at a railroad crossing can quickly become a parent pressure point. Why not take advantage of this fun learning opportunity in quick and easy ways? Offer up a spontaneous guessing game. What is in each railroad car? What might boxcars contain? What might tanker cars hold? Where is the train going? Ask your child to name the colors of the cars. Encourage your child to count the cars. Keep counting the cars to see how far your child can count up to. Encourage them as they learn newer and higher numbers with each try.

Even in normal driving, kids can get excited trying to spot trains, name the colors or find the engine or the caboose. In the kitchen, create a train creation together with cereal and food boxes (train cars), bottle caps (wheels) and cooked or uncooked spaghetti (track). While you’re creating, talk about the important parts of a train (track, engine, cars). Add buildings using other small containers and discuss how trains might serve your community. These activities foster creative and critical thinking, spatial relations and math.

Parents have a hundred of these “teachable moment” opportunities everyday with their kids. Some are obvious, and some take a bit of explanation. These Born Learning techniques are being promoted through public service announcements and at www.bornlearning.org.

The Children’s Museum of Denver is dedicated to creating a community where children and their grownups learn through play. If children are enjoying the activity, they are engaged. If the activity is educational, they will learn. Because trains are both fun and educational, we have just opened two new interactive exhibits. Let’s Play Railway is a traveling exhibit on loan from the Betty Brinn Children’s Museum in Milwaukee, Wis. It will be open here through Oct. 15. Click Clack Train Track is a permanent exhibit, where kids and parents can create their own train designs. Please look for more ideas in future articles or ask us about Born Learning at the Children’s Museum.

Tom Downey is the Executive Director of the Children’s Museum of Denver, tomd@cmdenver.org. He lives in Stapleton with his wife, Lori Fox and two daughters, Cate and Ella.

STAPLETON BUSIN

Cherry Creek Wellness Center

The Cherry Creek Wellness Center (CCWC) has opened a physical therapy office in the Radisson 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 303-388-8188. 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.”



Cathy Bryant, owner of SportClips

Sport Clips features an “MVP” signature service that includes a haircut, shampoo, steam towel and neck and shoulder massage affordably priced at \$20 with free neck trims in between visits. The shop is located around the corner from Panera Bread with plenty of free parking and is open seven days a week (Mondays through Fridays from 9 a.m. to 8 p.m., Saturdays from 9 a.m. to 6 p.m. and Sundays from 10 a.m. to 5 p.m.). No appointments are necessary. Call 303.399.8200 for more information.



Family Kicks

By Mike and Karen Giles
Mike Giles Family Karate

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 welcome." They learn how to be responsible by doing their homework first and then going out to play.

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.

Home Work

by Kathy Epperson



Holly Lange, Abundantly Clear

It was a gratifying 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],"



Holly Lange's one year old home business, Abundantly Clear, provides home organization and staging services.

she recalls. "I called her and joined her for a social event with local organizers and quickly learned this was what I wanted to do." At this event, Holly also learned about home staging and interior 'redesign' and added this as an important component to her now one year old company called Abundantly Clear.

Prior to starting her company, Holly had been working in the entertainment industry in Los Angeles for 11 years. When she and her husband Addison moved to Denver to be closer to family, Holly found her experience was too specialized to find a good fit. "I needed to find something that suited my skills but would also be a challenge," she says, "and I couldn't find it working for someone else."

After taking certification classes in home staging and studying various organization methods, Holly now serves on the board of the Colorado chapter of the National Association of Professional Organizers (NAPO). She credits finding the right career fit for her rapid success and steady business. It's only now, looking back on her penchant while growing up for sorting and organizing spaces and belongings, that she recognizes the seed of her new career. "Whenever I heard stories of people starting a hobby or some other skill early on, I always wished I had developed a passion at a young age," she muses. "It turns out I did – but didn't know it!"

When first starting to work with a new client, Holly goes to their house and talks with them about how they are using their space and the challenges they have. Her services range from one-day consultations that allow the client to proceed on their own to larger-scale projects that are done over the course of several visits.

For clients who are in the process of moving, Holly finds organization and home staging a natural combination. "When staging a home, less is more, and I often request or help the homeowners declutter before I stage," she says. "It's so important to simplify things in a home so that people focus on what they are actually there to buy – the house!"

While happy at the early success she's had running her new business, Holly admits she is learning new things all the time – including how to keep her new work from overtaking her personal and family time. "Some days I start at 5:00am and don't stop until 11:00 at night," she says. "I eventually learned not to book two labor-intensive jobs in one day. Whenever I did that I kept forgetting to eat! I called it the small-business diet."

At the root of Holly's passion for her new work is the philosophy that one can live in a state of abundance without wanting for anything. "Simplify your life, keep only what you love, and you will never feel like you are doing without," she advises. "That's why I decided to name my company Abundantly Clear."

For inquiries about her services, contact Holly at 303-322-5327 or by email at holly@abundantlycleardesign.com. Visit her online at www.abundantlycleardesign.com.

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

ESSES

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



Lyn and Bob Reinert, owners of Instant Imprints

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

Saloon and Eatery at 39th and Ulster and Flight Training International in the Radisson Office Building across from Quebec Square. They have also done work for the Westerly 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 7505 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.

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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 Valentia Street (at Montview 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 would you like to see different at the new 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 2008, 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 you for 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-style market rate 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.

To Send Letters to the Editor

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

Third Annual Stapleton Kickball Tournament

Saturday, September 16, 2006
**Westerly 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. However, instead of hitting the ball 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 (ALPS) 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.civiccanopy.org/goto/SUN_Kickball & complete registration form or contact Shelby Samuels at shelbden@hotmail.com.

Denver Adopts New Form of Voting

by Mark Mehringer, 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 Westerly Creek Elementary School at 8800 E. 28th 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.GoVoteColorado.com. Early voting locations will be 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 10 - Last Day To Register To Vote For General Election
- October 23 - Early Voting Begins For General Election
- 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

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M.C.A. News



The Stapleton Master Community Association (MCA) is responsible for the operation, maintenance, programming and improvements of identified common elements located within the Stapleton community including: Community Pools, Town Greens, Neighborhood Parks, Pedestrian Paths and Parkways.

Transportation Survey

The Stapleton MCA along with the Stapleton Transit Management Authority (TMA) and Denver RTD are trying to learn more about Stapleton residents' transportation habits and needs. Please fill out the mailed survey and return it by the deadline date in the envelope provided. All completed surveys received by the deadline will be entered into a drawing for a "Stapleton Cruiser Bike."

The Stapleton MCA Executive Board will use the information collected through this survey to better understand the community's overall transit needs and determine future funding initiatives aimed at community transportation.

To obtain additional copies of the survey or to read more about how the Neighborhood Eco Pass program works, please log on to www.stapletoncommunity.com and follow the links to "transit." To learn more about current and future planed transit programs for Stapleton please log on to www.stapletontma.org.

MCA Contact Information
Community Association Office:
7608-1 East 29th Ave.
Phone.....720-974-4248
Fax.....720-974-4448
Website: www.stapletoncommunity.com

Executive Board Inquiries
board@stapletoncommunity.com

Delegate District Inquires
delegates@stapletoncommunity.com

MCA Assessment Inquiries
MSI Inc.....303-420-4433
Home Owners.....Ext 4163
Builders.....Ext 4112

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

Community Pools:
Aviator Pool: 8054 E. 28th Ave
Phone: 720-941-3414
Hours: MWF Noon – 8:00 pm
T / Th Noon – 7:00 pm
Sat * 11:00 am – 6:00 pm
Sun 11:00 am – 8:00 pm
Puddle Jumper Pool: 2401 N. Xenia St.
Phone: 303-393-0018
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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."



Views on the Street
What have you found is most challenging about being a parent?



Alex Kwan
(children are Alessi, 11 mos.; Kobe, 3 yrs.; and Paola, 5 yrs.)
"Finding a balance between letting kids make their own decisions and guiding them as a parent."



Christie Thurstone
(child is Tatum Elizabeth, 11 mos.)
"Understanding my schedule was no longer my own. It's not about me anymore and it's not about my husband. We've got a baby now and she's what's important."



Andy Knudtsen with Drew 14 months (also Katherine, 4 yrs.)
"Trying to find excuses for not going to Chuck E Cheese."



Jen and Chet 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 to be a kid. Trying to be a kid with them. It's all just an adventure."

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Stapleton Resident Gets Patent for Innovative Cooking Method

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 any-



Elizabeth Yarnell shows her cookbook, *Glorious One-Pot Meals*, that contains the recipes she developed using her patented cooking method in a cast iron Dutch oven.

with a cast iron Dutch oven they had received as a wedding gift. They knew they 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. Their 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. If you are a Stapleton resident interested in purchasing a cookbook or a Dutch oven directly from Elizabeth, contact her at Elizabeth@GloriousOnePotMeals.com or at 303-830-COOK for a special Stapleton neighbor discount.

Carwash for Kassidy



Bridget Lindley holds Kassidy, 6, while her brother Devin helps wash cars at a benefit that raised nearly \$3,000 to help Kassidy's family pay her medical expenses. Kyle Jewett (right) and her husband Gary Campbell (not shown) of Kyle's Saloon and Eatery sponsored the event. Checks may be sent to "Caring for Kassidy, UMB Bank, 1700 Broadway, Denver 80202. Note Stapleton Fundraiser on the memo line of the check.

thing. "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 through eating whole, unprocessed foods."

Now the challenge was to figure out how to prepare healthy food that was appetizing 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

Eating for Health

By Elizabeth Yarnell

Happy Cooking – The Return of Slaw

One of my favorite parts of summer is the return of slaw.

There is something about summer barbecues, potlucks, picnics, and patio dining that calls for a good, flavorful slaw. Not to say that the ubiquitous mayonnaise-carrot-and-cabbage coleslaw can't be enjoyed in the dead of winter, but the hot weather brings out the variety in slaws and makes eating raw vegetables fun in addictive medleys of flavor and crunch.

Nutritionally, the vitamins, minerals and other nutrients in raw vegetables are more intact and more accessible to your body than 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. 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.

Crowd-Pleasing Broccoli Slaw

1 pkg. (16 oz) broccoli slaw
shredded carrots
2-4 chopped scallions
1 cup sunflower seeds
1 cup sliced almonds
2 pkgs. Raman Oriental noodles, uncooked, broken up.
Mix all ingredients together in a large bowl.

For the dressing:
3/4 cup vegetable oil
1/3 cup sugar
1/3 cup apple cider vinegar
2 pkgs. oriental seasoning from Raman noodle pkg.
Mix dressing well. Toss with salad within 1/2 hour of eating, but it tastes fine the next day too.

Ramen Coleslaw

1 pkg chicken flavored Ramen
dry noodle soup
1 pkg. (16 oz) coleslaw mix
3/4 cup slivered almonds
1 or 2 bunches scallions
Toast sesame seeds & almonds on a baking sheet at 300 degrees for 10 to 12 minutes until light brown. While they are cooling, chop scallions & break up noodles.

For the dressing:
1/3 cup vegetable oil
1/4 cup cider vinegar
2 Tbs. sugar
1 pkg. chicken seasoning from raman noodle pkg.
Mix oil, vinegar, sugar, & flavoring from soup mix. Mix and set aside.
Toss 15 minutes before serving.

Spicy Asian Slaw

1 head of cabbage, shredded or cut into thin strips
1/4 cup mayonnaise
1/4-1/2 tsp. Sambal chili paste, Tabasco, or any other hot sauce
Mix the mayonnaise and the chili paste together first and then add to the cabbage and distribute evenly. It is easy to add more chili paste at this point, so be sure to start lightly and taste test as you go along.

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 parents of two toddlers. Elizabeth can be reached at eyarnell@comcast.net.

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Home Décor A Basement With History

Sheree Totten shows the cartoon that inspired her to put an aviation theme mural in her basement playroom; her son Gavin (4) plays at the table.

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, Sherree and Todd Totten have

installed their own product, custom window well décor, and they run their business, “Window Expressions” from their home. For more information about their basement renovation project email shetot@safeco.com or call 303-333-4628.

Front Porch Home Décor Page

To feature your home or refer a neighbor, email frontporch@fineprintco.com

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: “Boogie Machine” entertained concert-goers on the Green in the early evening.



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



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