

Front Porch

Distributed to the Greater Stapleton Area

STAPLETON

DENVER, COLORADO

JUNE 2007

New Tree, Students Get Watered



Julie Davis sprays her Westerly Creek classmates who are in a festive mood as they approach the end of the school year. The students planted a tree at the Roberts campus to celebrate

Arbor Day. The Doubletree Hotel sponsored the official "Forest Green Ribbon Tree-bute" in an effort to educate children to "help care for their community."

Stapleton's 2007 Farmers Market to Open on Fathers Day



Steve Ela and Amy Hutton sell produce from Ela Family Farms at last year's Farmers Market at Stapleton.

The first day of the 2007 Farmers Market at Stapleton will be held on Sunday, June 17, from 9am until 1pm at the 29th Ave. Town Center. Since it's Fathers Day, the first 200 dads will get a free hot dog from Biker Jim's Gourmet Dogs! This issue of the Front Porch profiles two of the merchants. See stories on page 13.

Summer Safety

"The day would have been better with a leash and a helmet"

By Kathy Epperson

Stapleton resident Rich Pfeifer has a cautionary tale for our readers and an urgent reminder that residents should obey leash laws and wear a bike helmet. He offered to share information about his accident in the hope that it will help prevent future incidents caused by off-leash dogs.

On the afternoon of April 22nd, Rich was out biking on the path near 29th and Beeler when he spotted a dog off leash. Initially seeing the dog running toward him, Rich slowed down and prepared to use his bike as defense. Upon getting closer, Rich could see the dog was focused on something in the distance and anticipated the dog would cross his path before he reached it. But the dog stopped suddenly, causing Rich to

(continued on page 27)



Rich Pfeifer stands at the still-visible skid marks on the Westerly Creek path where he had his bike accident as a result of an unleashed dog.

Printed with soy-based ink. Paper contains 40% postconsumer waste.





Concert-goers dance at Founders' Green in Stapleton's 29th Ave. Town Center.

Mark Your CALENDAR FOR LOCAL EVENTS



EVERY MONTH

Every Tuesday

AA Open Discussion Meeting
Bladium 7:30pm
[Joe Mc at 303.912.7075]

2nd Tuesday

New Resident Orientation Meeting,
[Call Jenifer Graham at 720-249-5104
for time and location]

3rd Tuesday

Stapleton Business Assoc. 8am
Call for location
[Stapleton Foundation 303.393.7700]

3rd Tuesday

Stapleton Cultural Arts Committee
6 - 7pm Coral Room

4th Tuesday

Stapleton Cultural Arts Committee
6 pm - 7 pm call for location
[Jenifer Graham 720.249.5104]

1st Wednesday

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

2nd Wednesday

(odd numbered months only)
S.U.N. Transportation Meeting
3126 Elmira Ct 6:30 - 8:30pm
[Paul Frohardt stapletonneighbors@msn.com]

EVERY MONTH

3rd Thursday

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

4th Thursday

SUN Board Meeting at 7:00pm
Stapleton Development Corp,
large conference room
7350 E. 29th Ave.
[stapletonneighbors@msn.com]

1st Saturday

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

2nd 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]

JUNE

Friday, June 8

Stapleton Movie Night
Brought to you by Stapleton MCA
& Forest City Stapleton
Akeelah and the Bee
Founders' Green ~ Starts at dark

Saturday, June 9

Stapleton Charity Chase
5k Run, 5k Walk & Family Fun Walk & Stroll
Greenway Park
Registration begins 8am. Races begin 9am.
Contact Judy Megyesy at 303-742-0828
[See story on page 20]

JUNE

Saturday, June 9

Safenight Day of Remembrance
Hiawatha Davis Recreation Center
3334 Holly Street, 4-8pm
East Montclair

Thursday, June 14

"Why I love Stapleton" Video editing
training session at the Stapleton Visitor
Center, 29th Ave. Town Center, 6 - 9pm
www.StapletonDenver.com (on June 9)
or call Allison at 303-382-1800.
**Also on June 16, 9am - noon
and August 7, 6 - 9pm**
[See story on page 8]

Saturday, June 16

Stapleton Summer Concert
Brought to you by Stapleton MCA
& Forest City Stapleton
Hazel Miller
Founders' Green ~ 5-8pm

Saturday, June 16

Park Hill Annual Garden Tour
Tickets at Kings Soopers 28th & Quebec or
Greater Park Hill Office, 2823 Fairfax St.

Sunday, June 17

Stapleton Farmers Market Opening Day
29th Ave. Town Center
9am - 1pm
303-442-1837 [See story on pgs 1 & 13]

Saturday, June 23

Stapleton Artwalk and Urban Estate
Home Tour 10am - 4pm
Benefitting Brent's Place
[See story on page 18]

Tuesday, June 26

Feast on the Fax
5-9pm [See story on page 10]
For tickets call Jake Flint, 303.321.3212

JUNE

Wednesday, June 27

Bike To Work Day Event
6:30-9:30 am [See story on page 27]
www.stapletontma.org, 303 468-3231
amalpie@stapletonfoundation.org

Friday, June 29

Stapleton Movie Night
Brought to you by Stapleton MCA
& Forest City Stapleton
Happy Feet
Founders' Green ~ Starts at dark

JULY

Wednesday, July 4

4th of July Festivities
Founders' Green ~ TBA

Friday, July 6

Northfield Summer Concert Series
Main Street, 6-9:30pm
Opening act - Le Boom
Headliner - Opie
More concerts July - Aug [See page 10]

Saturday, July 14

Community-wide garage sale

Sunday, July 15

Stapleton Summer Concert
Brought to you by Stapleton MCA
& Forest City Stapleton
Founders' Green ~ TBA

Friday, July 20

Relay for Life
Founders' Green

Friday, July 27

Stapleton Movie Night - Brought to you
by Stapleton MCA & Forest City Stapleton
Top Gun
Founders' Green ~ Starts at dark

AUGUST

Sunday, August 12

Stapleton Summer Concert
Brought to you by Stapleton MCA
& Forest City Stapleton
Founders' Green ~ TBA

Monday, August 13

Pools go to Fall operation

Friday, August 31

Stapleton Movie Night -
Brought to you by Stapleton MCA
& Forest City Stapleton
Curious George
Founders' Green ~ Starts at dark

SEPTEMBER

Monday, September 3

Pools close for season

Friday, September 7

Sand Creek Greenway Reception
Denver School of Science
and Technology, 5pm
Kate Kramer, kkr@sandcreek
greenway.org 303-468-3263

Saturday, September 8

Tree Planting - Sand Creek Greenway.
Meet at trailhead, west of Havana
on Smith Road. 8 - 11am
Kate Kramer, kkr@sandcreek
greenway.org 303-468-3263

Saturday, September 15

Stapleton Summer Concert
Brought to you by Stapleton MCA
& Forest City Stapleton
DKO
Founders' Green ~ 2-5pm

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PRODUCTION by FinePrint
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Front Porch

www.StapletonFrontPorch.com

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 free paper is distributed during the first week of each month to homes and businesses in Stapleton, Park Hill, Lowry and Green Valley Ranch.

Denver Urban Gardens Helps Stapleton Community Garden Take Root



Chris Adams and his children Ellery, 4 and Wiley, 7 stand at the site of the proposed community garden that he hopes will bring together neighbors from the nearby apartments, multi-family homes and single family homes who would like the opportunity to get acquainted by gardening together.

A community garden is much more than a place to grow food. In fact, people who participate in community gardens stress that “community” (bringing people together) is at least as important as “garden.” To the uninitiated, the words “community garden” probably create a mental image of planting and tending a small plot within a larger garden. And upon further thought, there’s the spreading of topsoil, rototilling, hoeing and weeding. But a conversation with Michael Buchenau, Director of Denver Urban Gardens (DUG) reveals that creating an urban garden is a far more complex process.

How to Create a Community Garden

Before a single seed goes into the ground, the social infrastructure for the garden must be built. Participants must be recruited from all walks of life and may include not only nearby residents, but school, church or youth groups that will donate their produce to local food banks. A leadership steering committee and its roles need to be developed. When a group of people with a diversity of backgrounds, personalities and expectations come together, a plan for how to work together must be in place. Ultimately, growing a healthy community is as important as growing healthy soil.

And, of course, a community garden must have an “infrastructure” that will allow the garden to last through the years. Healthy soil must be built with compost and cover crops, and crusher-fine gravel paths must be laid out to order the garden and make it accessible. Usually a fence is built to establish the garden’s perimeter, and a shed to store tools.

An efficient irrigation system is vital, often requiring a tap into a city water line. A community garden also needs a memorable name and a sign to signify its arrival in the neighborhood. All this effort takes time and effort, planning, money and plenty of sweat from gardeners and volunteers.

Once the basic structure of a garden is established, both physically and socially, and gardening has begun, it is time for the garden to move toward becoming a “place” in its neighborhood. Gardens need spaces for gardeners and visitors to gather and sit in the shade, spaces to process garden waste into compost, raised beds for physically challenged gardeners, and plots to encourage active learning.

A garden needs an inviting entry, maybe a sculpture by a local artist or a colorful mural painted by the children in the garden. The quilt of personalized garden plots, with their unique

crops, herbs, colorful perennials and steppingstones becomes the richest element of all as it fills in the land in the garden. A garden, however, is not a place without its tenders. The people and the memories they create together define the meaning of the garden. Integrating the ideas and concerns of residents is vital to creating a space that reflects its community.

Possible Community Gardens at Stapleton
Stapleton resident Chris Adams learned about Denver Urban Gardens when he attended a “garden party” at the Rocky Mountain Expeditionary School to show off their garden and introduce the attendees to the concept of community (continued on page 14)

ART BY LOCAL ARTISTS.
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STAPLETON ART WALK AND HOME TOUR
Saturday, June 23rd 10:00a.m. – 4:00p.m.

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Mosquito Control Program Underway

Tony Stilwell from Colorado Mosquito Control, Inc., informed members of the Stapleton community at the SUN Forum on May 15th about the steps his agency is taking to control mosquito populations in the area. The primary aim of the Environmental Mosquito Management Program (EMM) is to locate and destroy the mosquito larvae before they hatch and become adults.

EMM uses a non-genetically altered bacteria to kill the larvae; this bacteria is not harmful to humans, dogs or other pets. Destroying the larvae is critical to controlling the mosquito population as adult mosquitoes may travel up to 3-10 miles once hatched, and there is little the EMM program can do at that point.

Tony emphasized the importance of controlling the mosquito population as one of the local mosquitoes, the Culex, is a known carrier of the West Nile Virus. Usually this type of mosquito is found later in the season when sites start to dry up. "This year, however, we have been finding increased numbers early on," says Tony. "Due to the rain we have had, residents need to be very aware of containers that might hold water on their property."

Tony also explained that mosquitoes are opportunistic. While EMM is able to target known ponds or flood control areas, mosquitoes will also seek smaller areas of standing water such as water collecting in low areas during construction, fountains or bird baths in our yards, or even a stray soda can. Residents can do their part to control the problem by making sure there is no standing water in their yards and employing the services of local mosquito-control services.

Colorado Mosquito Control also invites citizens to report any particular problem areas by calling 303-558-8730. Find more detailed information at www.comosquitocontrol.com.

RTD Bus Route 43 Now Serves Northfield Stapleton

On May 6, 2007, Route 43-MLK Blvd/Gateway began expanded bus service to the Northfield Stapleton area in addition to locations in Aurora, Montbello, East Denver and Five Points.

Route 43 will operate seven days a week with frequent service throughout the day – including morning and afternoon rush hours. Employees, employers and shoppers will be able to take Route 43 to the 30th & Downing Light Rail Station, then catch the D Line to Downtown Denver. From there, folks can connect with light rail lines serving the Central Platte Valley, Littleton, Aurora and the Denver Tech Center and more.

Route 43 also connects with skyRide bus service to DIA at the Airport Blvd. & 40th Ave. park-n-ride and with a number of other bus routes serving the metro area at the Stapleton Transfer Station and the Montbello park-n-ride.

So check it out by going to a movie or having dinner at the Shops at Northfield.

You can see the new route map and schedule by going to www.stapleontma.org



Parents Developing Local Resource Guide for Special Needs Children

By Jennifer Tisdale

A new Special Needs Committee has been formed in the Denver Stapleton neighborhood. The committee was started by members of the Westerly Creek PTA and it focuses on assisting parents with special needs children. We are not the experts, but are willing to find the people, services and resources that would benefit children with special needs. By enlisting the help of our community, including parents, teachers, students, outside experts, and other schools, we should be able to make our local schools both successful and well-rounded for all students.

Currently, the committee is developing a Parent Resource Guide that will serve as an information resource in the community. The Guide will include pertinent information on local contacts in specialized areas, the Individualized Education Program (IEP) process and other procedures so children obtain the programs and services they need to maximize their overall potential. We are working with parents, our local schools, DPS and relevant associations to find these people, processes and procedures.

Over the next several months, we have three events "in the works." Our hope is to raise awareness and increase community involvement in supporting our efforts. First, we are organizing a resource book drive and the donated books will be available at the parent library in the Bill Roberts building. We are also in the process of planning a golf tournament for the summer. During the fall, our committee will be hosting a series of expert speakers that will give presentations on key subject areas such as learning differences, speech and language instruction and other relevant education topics.

The committee meets the fourth Tuesday of every month at a member's house. This committee is a collaborative effort between both Westerly Creek and Bill Roberts. Currently, we have thirteen members, parents and professionals, who all are passionate about helping out these children and increasing community support. If you would like to join our committee or be on our email distribution list, participate in one of the events, or have any ideas or questions for the Special Needs Committee, please contact Jennifer Tisdale at Jennifer_tisdale@hotmail.com or 303.780.7964.

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<p>KB Gallery Alcott 2559 Wabash St Close to parks, pools, and schools! 1,631 sq ft. 3 Bedrooms</p>	<p>KB Wellington 2765 Central Park Blvd Private yard for outdoor living! 1,726 sq ft. 3 Bedrooms + Loft</p>	<p>McStain Emerson 7902 E 29th Ave Walk to restaurants, shops and Central Park 1,642 sq ft. 3 Bedrooms</p>
<p>Filmore Mansion Home 7777 E 23rd Ave #403 Faces GreenwayPark. Close to Everything! 1,493 sq ft. 2 Bedrooms + Loft</p>		

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RE/MAX CITY HORIZONS @ STAPLETON

Central Northeast Denver Education Questionnaire

Denver Public Schools wants to know what education programs families and residents in central northeast Denver find valuable and may like offered in their area schools. The results will help shape future school planning. DPS has partnered with the Stapleton Foundation on this project.

This survey takes five-ten minutes to complete. It is anonymous. PLEASE, ONE QUESTIONNAIRE PER FAMILY. Contact information is optional and will be separated from your answers. Demographic information is collected only for diversity

1. What are the ages of the children living in your home?
1 _____ 4 _____ 7 _____ 10 _____
2 _____ 5 _____ 8 _____ 11-13 _____
3 _____ 6 _____ 9 _____ 14-18 _____

2. Please circle your neighborhood/zip code: North/Northeast Park Hill, 80207; South Park Hill/East Montclair, 80220; Stapleton, 80238; Lowry; Other _____

3. If your children attend DPS, which school(s):

4. If no, where do they attend? _____

5. Briefly explain concerns about nearby schools or DPS that keep you from enrolling or reenrolling your child in DPS.

6. What characteristics make “a good school” or are factors in choosing a school? Please rank your preferences 1,2,3,4 etc. Use same number rank multiple times if appropriate.
____ a. Successful school program (i.e. traditional, Expeditionary Learning, arts)
____ b. School with a variety of electives (performing/visual arts, foreign language, P.E.)
____ c. School leadership (principal)
____ d. Quality of teachers
____ e. Extra academic support and tutoring
____ f. Quality special needs services (gifted and talented, special ed.)
____ g. High CSAP scores (state standards tests)
____ h. Parent involvement
____ i. Socio-economic and/or racial diversity
____ j. Student achievement
____ k. Before/after school programs (arts, sports, academic clubs, Kaleidoscope Corner)
____ l. Quality facilities
____ m. Convenient location
____ n. Size (small or large)
____ o. Other: _____

7. Below are different school models and educational approaches. Rank your preferences 1,2,3,4 etc. Use the same number rank multiple times if appropriate.
____ a. A school that focuses on the fundamentals of reading, writing, math and science;
____ b. A school with classes in two languages so that all students become bilingual;
____ c. A school with academic rigor, focus on the arts (i.e. Denver School of the Arts);
____ d. A school that serves the diverse needs of gifted and talented children;
____ e. A school with a rigorous and structured academic program that is standardized across the country and world (i.e. International Baccalaureate);
____ f. A school that offers “hands on,” in-depth, experiential learning opportunities and community projects (i.e. Odyssey Charter School);
____ g. A school with multi-age classes, much learning is self-directed (i.e. Montessori);
____ h. A school that specifically strives for a racially & economically mixed enrollment, with strong academic focus, and celebrates diversity through its curriculum;
____ i. A K-5, K-8, high school or a feeder system of schools covering K-12 that offers core subjects with an emphasis on science and technology;
____ j. A high school that focuses on all students going to college;
____ k. Other: _____

8. DPS guarantees students a spot in their neighborhood school. That assignment method can fill up a school & eliminate it as a “choice” option for children outside that neighborhood. With that kind of trade off for choice, is it important to you to have a guaranteed spot in a neighborhood school?
Very important _____ Somewhat important _____
Not very important _____ Unsure _____

9. How would you react if DPS eliminated both enrollment boundaries & a guaranteed spot in your

neighborhood school and made all schools “choice schools,” requiring all students to choose a school because of its program or other factors?
Positively _____ Somewhat positively _____
Somewhat negatively _____ Opposed _____
Not strongly either way _____

10. OR what would you think of a cluster of schools in a geographic area, such as central northeast Denver, where your child would have a guaranteed spot after making a choice?
Very good idea _____ Good _____
Not strongly either way _____ Not good at all _____

Demographic questions

11. What is the highest level of education by the adults in your home? Please indicate the number of adults at each level.
Less than high school _____ Some college _____
College degree _____ High school/GED _____
Assoc./Tech degree _____ Some post grad work _____
Post graduate degree _____

12. What is your household income?
\$15,000 and below _____ \$25K-\$35K _____
\$55K-\$75K _____ \$100K-\$150K _____
\$15K-\$25K _____ \$35K-\$55K _____
\$75K-\$100K _____ \$150K-and above _____

13. What is your race or ethnicity? (Check all that apply)
White/Anglo _____ Asian/Pacific Islander _____
Black/African American _____ Native American _____
Hispanic/Latino _____ Other _____
Prefer not to answer _____

Additional comments: _____

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Colorado Science + Technology Park at Fitzsimons

Partnership Developing Herb-Based Drug for Menopause Symptoms

By Mitzi Schindler

For thousands of years, Chinese medicines have been used successfully to treat a wide variety of ailments. Today, scientists at BioNovo, in Emeryville, Calif., and in Aurora, Colo., at the Colorado Science + Technology Park at Fitzsimons, are using Chinese herbs to develop drugs to improve women's health and fight cancer.

The company is currently in phase 2 clinical trials with MF101, a drug containing a combination of 22 herbs, designed to provide relief from menopausal symptoms such as hot flashes, night sweats and osteoporosis. These symptoms have been shown to seriously and adversely affect a woman's quality of life.

Before 2002, symptoms of menopause were generally treated with hormone therapy, usually in the form of estrogen or estrogen combined with progesterone. However, data from the Women's Health Initiative Estrogen Plus Progestin Trial that same year, found that hormone therapy activated the estrogen receptor alpha (ERa), increasing risk for heart attack, stroke, pulmonary embolism, deep venous thrombosis, dementia, and breast and uterine cancers.

In animal studies, MF101 did not activate the estrogen receptor alpha (ERa); instead targeting the estrogen receptor beta (ERb), which actually blocks the growth-promoting effects on cancer cells. In additional studies, MF101 is demonstrating potential as a promising alternative to hormone therapy, and has been found to be safe and well tolerated.

BioNovo is also developing drugs for the treatment of breast and pancreatic cancer. In all, the company has five drugs in development for cancer and menopause that are expected to be in clinical trials by the end of 2007.

Biotech companies like BioNovo are thriving at the Colorado Science + Technology Park at Fitzsimons, being developed by Forest City in partnership with the Fitzsimons Redevelopment Authority. Companies run the scientific gamut from one that is developing therapies for cardiovascular diseases, to another that has developed education software for professional, graduate, and undergraduate anatomy programs.

But in today's scientific world, BioNovo and other biotech companies are not working in isolated environments. Of the 19 companies at the Colorado Science + Technology Park at Fitzsimons' Bioscience Park Center, 14 have affilia-

tions with the University of Colorado at Denver and Health Sciences Center – right across Montview Blvd. at the Anschutz Medical Campus.

BioNovo has partnered with the Nutrition Center Mass Spectrometry Core Facility at the University of Colorado at Denver and Health Sciences Center (UCDHSC), and with Uwe Christians, MD, PhD, director of the facility and director of UCDHSC's Department of Anesthesiology Clinical Research and Development. In addition to his appointment as a professor in the UCDHSC School of Medicine's Department of Anesthesiology, Christians, as a consultant, serves as BioNovo's director of Pharmacology and Laboratory Services and manages the BioNovo facility at Fitzsimons. He specializes in the preclinical development, phase 1 clinical development and strategies to elucidate molecular mechanisms in how the drugs produce their desired effects.

"The way science is working has changed," said Christians. "It's all about collaborations to develop new ideas and strategies. Working in both academia and biotech allows me to have the best of both worlds: Academia's focus on science, creativity and publication, and biotech's focus on science, regulatory compliance and the use of tools that the university might not have access to."




Uwe Christians, MD, PhD, director of the BioNovo facility at Fitzsimons and director of UCDHSC's Department of Anesthesiology Clinical Research and Development, tastes some of the anise that is being analyzed in his lab.

These collaborations are providing a successful path from the scientist's laboratory bench to the patient's bedside – or in the case of MF101, the patients' 'good side.'

On the biotech side, BioNovo approaches drug discovery and development by first selecting a plant extract with a history of effectiveness and then analyzes the compound to identify its mechanism of action and pharmaceutical applicability. This is where Christians and the lab at the university step in.

Through the analytical powers of mass spectrometry, Christians is not only able to profile the composition of the herbs used in drug development, he is also able to simultaneously explain multiple critical properties of a compound. He identifies their mechanisms of action using a combination of biochemical and protein profiling – and he identifies the characteristic interactions of a drug

(continued on page 17)



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Jim 'N Nick's Bar-B-Q (Fall '07)

Mike Jimenez Named District Two Community Resource Officer



Technician Mike Jimenez has been named the new Community Resource Officer for Denver Police District Two, which serves Stapleton and many of the surrounding neighborhoods in Northeast Denver. He will join Technician Reyes Trujillo, replacing Officer Mike Rappe who recently left District Two to take over the Volunteers in Policing Program operating out of Denver Police Headquarters in Downtown Denver. Technician Jimenez formerly ran that same program.

A Denver native and graduate of Aurora's Overland High School, Technician Jimenez formerly served as a Community Resource Officer in Denver Police District 5, which serves Northfield and neighborhoods to the east. Mike joined the Denver Police Department in 2001. He spends his free time practicing martial arts and also enjoys outdoor activities that include camping and riding mountain bikes. He and his wife Tasha have a daughter Lilli.

Technician Mike Jimenez will serve Stapleton and many of the surrounding neighborhoods in Northeast Denver.

Why I Love Stapleton Calling All Stapleton Enthusiasts

Forest City Stapleton is launching a contest for residents to tell us why they love living at Stapleton. Maybe it's the 1,100 acres of open space. Or the great dog parks for Spot. Or how it's central to everywhere you want to be. Whatever the reason, we want to hear about it.

We can't tell you all of the details yet (It's a secret. Shhhh....) but the contest officially launches on **June 8** before "Akeelah and the Bee" at Founders' Green (the first movie in our summer series). Be sure to attend the movie that night to learn more! Can't make it? You can get the official scoop at (www.StapletonDenver.com) on June 9. The contest will have cool prizes and fun incentives, as well as educational sessions available on how to get involved, so be sure to keep an eye out!

Information of Interest from the SUN Forum...

City Councilman Michael Hancock (right) explained a potential new funding source for infrastructure and public facilities at Stapleton: the City of Denver's new bond program that is expected to be presented to the voters in November 2007. Several facilities, including the I-70 Interchange, the Stapleton Recreation Center and a Denver Public Library at Stapleton have been recommended by a Citizens Committee to Mayor Hickenlooper for inclusion in that bond program. Councilman Hancock urges area residents to email his office and that of Mayor Hickenlooper to voice their support for or concerns about these proposed bonds (michael.hancock@ci.denver.co.us and mile.highmayor@ci.denver.co.us). He also suggested voters might want to attend the community hearings on what will be included in these bonds. Details on those hearing will be printed in the Front Porch when they become available.



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There's a mocha latté with your name on it right down the block.
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MODELS OPEN JUNE 9TH. COME TAKE A TOUR.

MODA

Introducing the quite stylish (and very laid back) MODA Lofts by Infinity. Located in the heart of Stapleton Town Center, close to many tempting things. Models open June 9th, and a limited number of homes will be available for move-in this summer. So stop by for a tour, and experience Moda's high-end Euro-style interior finishes.

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Stapleton Front Porch

Saturday, June 16th – 10am to 4pm

Park Hill Garden Tour

Greater Park Hill Community, Inc. (GPHC), has sponsored resident Garden Tours since 2001. The tour was founded to encourage residents to explore a wider range of this large neighborhood. Sites are usually clustered for visitor convenience – several are located east of Monaco Pkwy.

This year, 10 resident gardeners will visit with guests in their beautiful outdoor retreats. Xeric plantings, water features, roses, fruit trees, perennials and annuals tumble forth to create

living and very personal compositions. “Formal” as well as imaginative artwork is increasingly a part of the gardeners’ expressions. Some artists will display their work, too.

Ticket/maps for adults are \$8 in advance, \$10 on Saturday, June 16 from 10am - 4pm. Seniors (65+) are always \$5. In addition to Park Hill & Robinson public libraries, tickets can be purchased at the GPHC office, 2823 Fairfax, open 9am - 3pm, Monday - Thursday, and at all front range King Soopers stores (add a \$1 service fee). Phone 303-377-6828 for more specifics.



Every Friday night in July & August from 6pm to 9:30pm

Northfield Stapleton Summer Concert Series on Main Street

Date	Opening Act	Headliner
July 6th	Le Boom	Opie
July 13th	Flobots	Jakarta
July 20th	Judge Roughneck	Dotsero
July 27th	Bop Skizzum	Wendy Woo
August 3rd	Mary Louise Lee	Hazel Miller
August 10th	Jubal	Nina Storey
August 17th	Martini Shot	Nacho Men Classic
August 24th	Railbenders	Conjunto Colores
August 31st	The Trampolines	Chris Daniels

East Colfax Ave – Tuesday, June 26th

Feast on the Fax

The FAX Partnership is proud to announce the Second Annual Feast on The FAX, to be held Tuesday, June 26th, from 5 to 9 pm.

The event offers a mouthwatering night of food and fun on The FAX. The goal of the event is to bring together neighbors from the five great historic neighborhoods bordering East Colfax – Greater Park Hill, Bellevue-Hale, Mayfair, Historic Montclair, and East Montclair – along with the new neighbors at Lowry and Stapleton – for one memorable night to celebrate this truly vibrant stretch of Denver’s historic Main Street.

Join this self directed tour to savor delicious samples from the host restaurants: Solera, Matam Fez, The Cork House, The Elm, Se or Rita’s, Joe’s West of Memphis BBQ, Se or Pepe’s, Dominican, Bruno’s and much more!

All hosts will provide samples of their food along with drink specials.

Transportation via buses will be provided. The “Feast” part of this event is intended to take place by getting small samples of food from each of the various restaurants over the course of the evening.

Those who missed this event last year won’t want to miss it again this year. It was a special evening with well over 500 people strolling up and down The FAX sampling wonderful food and having fun. Please join the FAX Partnership in our efforts to make The FAX a more inviting place to shop and enjoy a great meal.

Tickets are \$20 in advance – call Jake Flint at 303-321-3212 or e-mail rjflint@qwest.net or on-line at www.FeastOnTheFax.com or at King Soopers. Day of event tickets are \$25 and will be available at host restaurants. For more information please call Jake Flint at 303-321-3212 or visit www.FeastOnTheFax.com.

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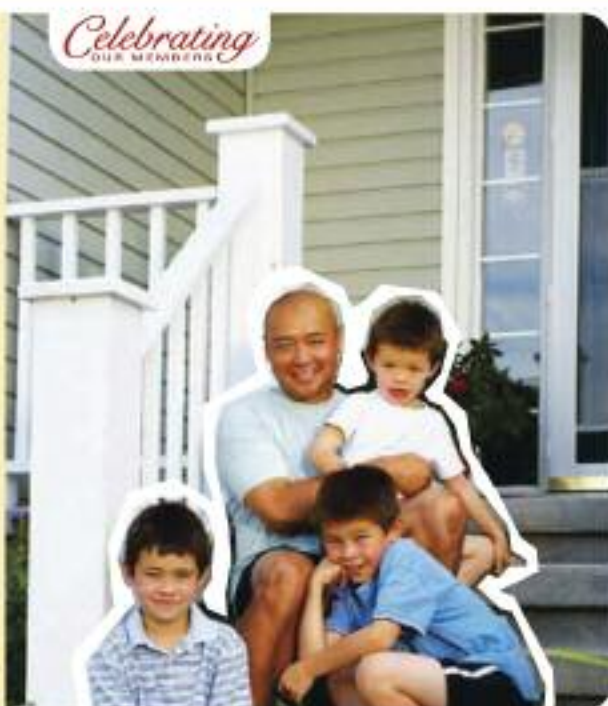
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Saturday, June 9th, Primrose School
Family Health Day/Spring Fling Carnival

Primrose school in Stapleton is sponsoring this charitable fundraiser for a new playground at the new Ronald McDonald House under construction near the health care facilities at Fitzsimons. The event will be at Primrose in Stapleton (25th and Syracuse) from 10am - 2pm. There will be carnival and midway games, jumping castles, obstacle courses, dunk tank, Ronald McDonald (live!), celebrity photos, and more. The entire community is invited to attend. Tickets will be sold at the door for \$10 per person, which covers all carnival and midway games. Food and beverages, as well as a silent auction of prized gift baskets will also be held.



Saturday, June 23
Pub Crawl Fundraiser for East HS

Angels on Colfax presents a pub crawl to benefit the East High Angel Foundation on June 23 from 5-10pm at participating Colfax bars. Bars include, but are not limited to Goosetown, Mezcal, Atomic Cowboy, Rock Bar and Ps Lounge. The price is \$25 (\$35 day of event). Come out, have a good time and help support the many programs provided to East High School by the East High Angel Foundation. Learn more about the foundation and its programs, reconnect with other alumni, meet parents and staff connected with East today. The registration fee includes drink specials, appetizers and party favors. The first 100 registrants will receive a t-shirt and pint glass. For more information contact John Carranza at jmcarranza@comcast.net



Thursday June 21 – 6pm
Relay for Life Fundraiser
at Harkins Theater

Gather your family and join your neighbors for a summer night out at Harkins Theater Thursday, June 21 at 6pm. Harkins Theater in Northfield has donated a theater to the American Cancer Society Relay for Life of Stapleton with 100% of tickets sales benefiting the American Cancer Society. But, you have to buy the \$5 tickets in advance and they are only good for this special benefit. Supplies are limited, and are sure to sell out quickly!

The movie will be a family-friendly animated film. To purchase tickets contact a Relay for Life Team Member, Judy Bloom Harris at 303-333-1213 or Tammy Morran at tmorran@dardanorealty.com or 303-507-7110. Don't forget to bring cash. Relay for Life of Stapleton teams will be selling kids' goodie bags, drinks and snacks – all benefiting this worthy cause. For more information, go to www.acsevents.org/relay/co/Stapleton.


Saturday, June 9th – 11am to 4pm at Westerly Creek School
Spring Fling: A Celebration of Cultures!

Colorado Heritage Camps, Inc. will present Spring Fling: A Celebration of Cultures! on Saturday, June 9th from 11am until 4pm (rain or shine) at Westerly Creek Elementary School (8800 E. 28th Ave., Denver, CO 80238). This 4th annual family event, a fundraiser for Colorado Heritage Camps, a 501(c)(3) non-profit organization, will include activities such as cultural arts and crafts projects for kids as well as entertainment from many cultures—from lively Indian, Cambodian and Latin American dances, to African drumming, a Chinese lion dance and traditional Korean music to name but a few. The Spring Fling will also feature a silent auction and international marketplace, both offering a variety of unique treasures from many different cultures. Attendees may sample delicious foods from around the globe at our

international food court. Many other family activities will be offered including a petting zoo, pony rides, clowns, bouncing castle, cake walk, carnival games, face painting, Mehndi (henna art) and more! Admission is free. Tickets may be purchased for \$0.50 each for food and activities. The entertainment is free. Colorado Heritage Camps serves as a post-adoption resource for adoptive children and their families. Now in its 16th year of operation, CHC sponsors ten heritage camps: African/Caribbean, Cambodian, Chinese (2 camps), Indian/Nepalese, Filipino, Korean, Latin American, Russian/Eastern European/Central Asian and Vietnamese. Please join us at this fun-filled event to support this worthwhile organization! For more information contact mdelanoy@comcast.net.

Good news!

RTD's Route 43 now serves Northfield Stapleton for bus trips to work, shopping, dining and entertainment.



- Route 43 operates seven days a week with frequent service throughout the day.
- Connect with RTD light rail at the 30th & Downing Station
- Connect with skyRide bus service to DIA at the Airport Blvd. & 40th Ave. park-n-Ride
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For more information, call 303.299.6000 or log on to RTD-Denver.


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KELLER WILLIAMS

How Are Improvements Funded at Stapleton?

By Dick Anderson

Historically, infrastructure for the redevelopment of Stapleton has been divided into two funding categories: "Trunk" (Regional) infrastructure funded by bonds issued by the Denver Urban Renewal Authority (DURA) and "In tract" (Local) infrastructure funded by loans to Stapleton's Park Creek Metropolitan District from master developer Forest City and bonds issued by the District. The bonds are repaid from property taxes collected by Stapleton's other metropolitan district, the Westerly Creek Metropolitan District. In 2000, these improvements were estimated to require over \$700 million of funding roughly divided equally between the two categories of infrastructure. Not surprisingly, inflation has caused the cost of these requirements to grow.

Now, for the first time, there is a third potential funding source for specific infrastructure at Stapleton: the City of Denver's bond program that is expected to be presented to the voters in November of this year. Several facilities, including the I-70 Interchange, the Stapleton Recreation Center and a Denver Public Library at Stapleton have been recommended by a Citizens Committee to Mayor Hickenlooper for inclusion in that bond program, although it is important to note that these recommendations are only proposed at this time and have not yet been given final approval to be included in the bond proposal. Even if all three projects are included in the final bond proposal and the citizens of Denver approve the sale of the bonds, additional funding will still be necessary for each of the projects.

Funding Trunk or Regional Infrastructure

Trunk improvements include major arterials like Martin Luther King Boulevard, Quebec Street, Central Park Boulevard, a portion of the I-70 Interchange (the balance of which must be addressed by other funding sources) as well as major utility lines and regional parks including Greenway, Westerly Creek and Central Park and the Recreation Center. The Parks Program alone accounts for over \$120 million dollars of the total Trunk program. To the extent the November Bond issue passes and includes funds for the Interchange and the Recreation Center, the development of these important facilities will be accelerated.

Regional infrastructure at Stapleton is funded by bonds issued by DURA and retired through Tax Incremental Revenues produced by the growth of sales and property tax revenues

over and above the original base created by new development within the Stapleton Urban Renewal Area. Continued growth of these revenue sources are critical to achieving revenue flows that will permit retirement of existing debt and the issuance of additional DURA bonds necessary to fund remaining programs. In addition, Forest City pays \$15,000 per acre over and above the appraised price for every acre they purchase from the Stapleton Development Corporation. The \$15,000 per acre flat fee can only be utilized for the development of the regional parks. Ultimately this source of funds from Forest City is projected to exceed \$44 million dollars.

(continued to page 17)

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FirstBank	Doubletree Denver Café
LolliLocks Kid Salon	Inta Juice
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New Avenues Real Estate	Noodles and Company
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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. Offers may change monthly.

Stapleton Farmers Market To Open June 17

This year at the Stapleton Farmers Market visitors will find a wide selection of fresh fruit and vegetables as well as bedding plants for a garden, freshly prepared food to eat at the market, specialty gourmet products, western slope wine, natural meats, and fabulous flower bouquets. Many small food and agricultural businesses get their start at

farmers markets since selling at markets is a great way to incubate a new business with relatively little overhead expense. Below are profiles of two long-time market entrepreneurs who grew their businesses through Colorado Fresh Markets. Join us on Sunday, June 17th to see the mix of over 20 vendors offering a great variety of fresh market products!

Bavarian Sausage Express “A Taste of Europe Without the Cost of Flying There”

By Kathy Epperson

Bringing a bit of an old world touch to the Stapleton Farmers Market are Leann and Herbert Wegscheider of Bavarian Sausage Express. A small, family-operated business that offers sausages hand crafted by a 4th generation master sausage maker from Austria using only authentic European recipes, Leann and Herbert are proud of the quality of their products. “We trim our own meats, discarding the trimming — unlike most other sausage makers who use those trimmings in their sausages,” Leann says. “We use only fancy pork, USDA choice beef, with grade A natural casings. Our chicken is Red Bird. They are all low sodium, low fat, with no MSG, no additives or fillers.”

Now in their 16th year of business, Leann and Herbert originally started with a gourmet bratwurst stand at University Hospital. They were voted the “Best Stand-Up Lunch” by Colorado Business magazine. “We decided to venture out to farmers markets because the stand had no room to grow, and we wanted somewhere our customers could find us without laying out the big dollars to a retail outlet store,” Leann recounts.

They sell only through local area farmers markets, plus deliver locally and ship nationally. A new website will eventually allow for online purchases as well. Leann and Herbert hope to have their 16-year old son Hans eventually take over the business as his own.

“We have built a very loyal following, espe-



The Bavarian Sausage stand is visible among the awnings at the Stapleton Farmers Market

cially among those who have been to Europe and have experienced the difference in sausages there,” Leann says. “We offer authentic sausages with the taste of being in Europe without the expense of flying there!” In addition to sausages, they also offer a selection of Tyrolean mustards as well as sauerkraut and other products. For more information, call 303-680-1829 or visit online at www.sausageheadquarters.com.

Ela Family Farms “We Guarantee The Peach Juice Will Run Down Your Chin”

By Kathy Epperson

“We are a fourth generation family fruit farm,” says Steve Ela. “My great granddad first planted peach trees in the Grand Junction area in 1907. Our initial farms were in Grand Junction; however, as the city grew and spread around us, we moved to Hotchkiss in 1987. Our current farm is 100 acres, of which 60 acres are planted to fruit trees. All in all, we have about 27,000 trees that we take care of.” Steve and his family currently grow sixteen varieties of peaches — some of which are young trees and not yet in production.

“Right now we have a six week peach harvest starting in early August and extending through mid-September,” Steve says. “As our new plantings come into production, we will extend that season from early to mid-July into late September. We pick all our peaches tree-ripe and have them ready to eat at farmers markets. We guarantee that juice will run down your chin when you eat our fruit!”

Stapleton Farmers market customers won’t see Ela Family Farms until July, when their fruit ripens.

Ela Family Farms also grows three varieties of pears, 21 varieties of apples (including heirloom varieties such as Esopus Spitzenburg and Pitmaston Pineapple), sweet cherries, plums, berries and vine-ripened heirloom tomatoes.

The business is operated by Steve and his wife Becky plus Steve’s mother Shirley and father Bill. Steve and Becky also have two young children growing up on the farm — Will and Adair (ages 5 and 4). Steve worked away

from the farm for a bit, but returned in 1990 to take over management of the farm and has been there ever since. “We want you to be enticed by our fruit,” Steve says. “So often, people feel like they *have* to eat their five servings of fruits and vegetables. We want to make it so that when you open your refrigerator, your hand reaches for our fruit because you *want* to eat it.” Everything Ela Family Farms sells is certified organic.

“Farmers markets account for approximately 30% of our sales,” Steve says. They also sell directly to Whole Foods Markets and to a number of specialty food stores — including Marczyk’s Fine Foods and Spinelli’s Market — as well as to food co-ops and farm stands.

Ela Family Farms also has a line of processed goods which are available for purchase at markets or on their website. These include jams, fruit butters, apple sauces, cider, and nectars. “For our jams we use a reduced sugar recipe,” Steve says. “You get more fruit taste and less sugar in that way. All our other products have no added sweeteners, only 100% fruit that we grow.” Their Apples Aplenty apple sauce was recently named the Best Sweet Apple Sauce in the May issue of Real Simple magazine after a blind taste test of 59 brands.

For more information, contact Ela Family Farms at 970-872-3488. Email info@elafamilyfarms.com or visit www.elafamilyfarms.com. Sign up for their email newsletter online for updates on the availability of new fruit & other information.

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Visit our Sales Office & Model Home at 2795 Emporia Street. From Quebec Street go 1.5 miles east on Martin Luther King, Jr. Blvd. Take a right on Emporia Street. The Parkwood Homes Sales Office will be ahead on the right. Marketed exclusively by Jennifer Gore Unlimited, LLC

The students decorated the wooden table in the front of the store and brought wooden chairs to complete the set, which was purchased at the Westerly Creek fundraising auction by store owner Jon Blessing. The store is located in the East 29th Ave. Town Center.

(continued from page 3) gardening. Chris became such a believer in DUG that he is now a member of their board. He observed that near his home there is park land bordered by apartments, multi-family homes and single family homes – and although those residents are geographically close, in their daily comings and goings their paths don't cross very much. "I thought that a garden could be a terrific opportunity," Chris said, "for residents of the different types of housing at Stapleton to interact, build community, and grow some beautiful tomatoes." Chris queried nearby residents and found great interest in the concept. He arranged for DUG to come out and help identify an appropriate garden site. With support from Councilman Michael Hancock and DUG, the project has now gone to Denver Parks and Recreation, which is considering the request to convert the grassy area between the dogpark and 23rd Avenue into a community garden. Existing trees will be moved to create a garden with enough land for 25 or more plots. The final papers have not yet been signed, but Chris is hopeful that the garden will happen, possibly soon enough for a fall

Thanks to Michael Buchenau for permission to use excerpts from his article, "New Starts: From Inspiration to Cultivation." For more information about community gardens, contact Denver Urban Gardens at 303-292-9900 or visit their website at www.dug.org. Primarily serving low to moderate income populations in urban neighborhoods, DUG believes in "growing community"—one urban garden at a time.

June 2007

14

EXPERIENCE COLORADO'S BEST 4TH OF JULY CELEBRATION!



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to 6:00 p.m., Sat. 10:00 a.m. to 3:00 p.m.*



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Stapleton Business Makes “Reliable Referrals”

When Stapleton residents Jana Fluta and her husband Chris first moved to Denver into an old Victorian home, they didn't know at the time that the work they would put into their house would eventually inspire Jana's home-based business. "We really struggled to find good contractors and discovered we were not alone," Jana says. "Many of our friends and co-workers knew about our major renovation and were always asking for names of contractors. That experience was both educational and ultimately the inspiration behind starting my own company."

In September of 2006 Jana started Reliable Referrals, a company through which she refers pre-screened, licensed and insured home service professionals to homeowners according to their budget, project specification and scheduling needs. "My objective was to help homeowners find highly skilled, affordable and dependable contractors," Jana explains. "Most homeowners don't have the time to screen contractors as thoroughly as I do. I take the guesswork out of finding a great contractor."

Jana says contractors have a vested interest in providing great customer service to her clients. All contractors must pass a rigorous screening process and demonstrate a high level of craftsmanship and a commitment to customer satisfaction before they are referred to homeowners.

"I enjoy helping my clients from start to finish by answering questions, pointing out issues they may want to consider or address during their project and helping them work with contractors to get the best outcome," she says. "Ultimately, my goal is to save homeowners time, money and give them peace of mind."

Reliable Referrals' service is free to the homeowner, and fees are paid by the contractor after the completion of a job.

With a degree in biology and nursing, Jana continues to work part-time at Children's Hospital as a nurse. She says being at home with her family, including children Mackenzie (age 5) and Ian (age 3), is important to her, and she is excited to have a home business in Stapleton that will allow her to spend more time with her family.

Jana hopes to give back to the Stapleton community, her home of 3 years now, by donating a portion of all Stapleton business to the local PTA. "I recognize how important community support is to the success of any business," she says, "and this is our way of saying thank you."

For more information,

contact Jana Fluta and Reliable Referrals, Inc., at 303-355-0091 or visit online at www.ReliableReferralsDenver.com.



Jana Fluta's business, Reliable Referrals, connects her customers with reputable contractors.

Saturday, June 9, 2007

HomeStart Conference Offers Affordable Home Ownership

9:30 am to 1:00 pm (Lunch provided)
Registration from 9:00 - 9:30 am
7505 E. 35th Avenue, Suite 360
Denver, CO 8038

The HomeStart Conference is being held to help low and moderate income families buy a home at Stapleton. The event is sponsored by American Sunrise Communities (ASC), a nationwide, non-profit organization that works to create affordable home ownership opportunities for hard-working low and moderate income American families. Affordable homes at Stapleton include Syracuse Village Condominiums which offer single-level two and three bedroom condominiums ranging in size from approximately 800 to 1,150 square feet, priced from the low to high \$100s. By mid 2007, additional affordable housing will be constructed by New Town Builders.

To qualify for these affordable homes, annual household gross income, before tax, must fall at or below the following 2007 income limits.

- Household of 1: \$40,150
- Household of 2: \$45,900
- Household of 3: \$51,600
- Household of 4: \$57,350

For more information and to register for the event, please log onto www.stapletondenver.com or www.americansunrise.org or call 303-321-7100. (The conference location, at 7505 E. 35th Ave., Suite 360, is between Sally Beauty Supply and Nails of the World at Quebec Square.)

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June 2007

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Stapleton Front Porch

Construction Starts on Green Roof Building



Infrastructure

(continued from page 12)

When people shop at the E. 29th Avenue Town Center, Quebec Square or Northfield, their sales tax dollars flow to DURA to pay debt service for the DURA Bonds. For example, a television set purchased at Circuit City at Northfield provides direct benefits to the Stapleton Regional Infrastructure program as compared to a purchase at another Circuit City location. However, beginning in 2006, the City and County of Denver's General Fund began to receive an increasing portion of the Tax Increment Revenues in order to fund the growing demand at Stapleton for General Fund Services such as police and fire protection. The revenues used for that purpose are, therefore, not available for retiring bond debt.

In tract or Local Infrastructure
In tract infrastructure includes pocket parks, neighborhood pools, local streets and "wet utilities" that are not the responsibility of master developer Forest City. These improvements are the responsibility of the Park Creek Metropolitan District and are funded by loans to Park Creek Metropolitan District by Forest City and bonds issued by the District. Amounts are repaid from property taxes collected by the Westerly Creek Metropolitan District on all property at Stapleton, based on the assessed value of the District as established by the Denver County Assessor. The mill levy, which is established annually by the Westerly Creek Board, is currently 54.568 mills. Increases are limited under agreements with the City and bondholders. About 3% of the mill levy goes for maintenance and operating costs of the District. At completion of the development process and upon retirement of the bonds, 97% of the mill levy will no longer be necessary.

While the financing of Stapleton's infrastructure is a complex and challenging endeavor, it is essential if we are to realize the vision of the citizens of Denver who created the development plan for Stapleton.

Dick Anderson is the President and Chief Executive Office of the Stapleton Development Corporation. He may be reached at randerson@sdcservices

Mayor John Hickenlooper (speaking), Mariner Kemper, CEO and Chairman, UMB Financial Corporation, Denver, and other city executives celebrated the second green roof building in Denver by planting the Colorado state tree at the construction site of the new UMB bank building at 3515 Quebec Street. Green buildings are designed to reduce the impact on the environment by conserving energy. In support of the Green-print Denver initiative, UMB is donating more than 2000 Blue Spruce saplings at their banking centers throughout Denver.

Fitzsimons – Herb-Based Drug Research

(continued from page 6) with the body in terms of its absorption, distribution, metabolism and excretion. This enables him to generate a profile of the drug's positive effects on diseases, its potential risks and how the body will handle the drug. "We need to find the mechanism of action," said Christians. "The modern diagnostic tools that we have access to will help to accelerate drug discovery and development." The isolation of active compounds from natural sources such as herbs and soils has been a successful strategy that has laid the foundation of modern pharmacotherapy. BioNovo combines this strategy with cutting-edge,

modern technology. Christians remembers when his grandmother questioned him about being a doctor – saying he never really heals anyone since he is not working in clinical practice. He believes that by analyzing compounds that will become drugs, he can actually help thousands of patients every day. Mitzi Schindler, a Stapleton resident, is the director of publications and internal communication for the University of Colorado at Denver and Health Sciences Center at the Anschutz Medical Campus. She can be reached at mitzi.schindler@uchsc.edu.

More Summer Camps

Editors Note: Below is an additional camp that was suggested by our readers following our April and May summer camp listings.

Safari Adventures Fine Arts Camp

Activities vary by age and include themed painting, sculpture, crafts, music, games, Bible/missionary stories, and more!
Ages K through 4th grade
June 11th-15th from 8:30am – 12pm
Sponsored by NorthField Church at Bill Roberts Elementary School in Stapleton
\$35 for the entire week (\$10 off for pre-registration) Call 720-985-6810 for information or pre-registration.

Important Crime Prevention Notice

"The Denver Police Department has reported that four vehicles were broken into this week at Stapleton's dog park. The cars were locked but valuables were removed after the thief broke the car window to enter the car and take valuables - mostly purses - under the front seat of the cars. Credit cards were removed and the thieves have attempted to use those cards at area stores. Police officials recommend that people using the dog park take their valuables with them."

M.C.A. News

The Mission of the Stapleton MCA is to create and sustain a sense of "Community" at Stapleton through comprehensive community programs, events and managed facilities.



OFFICE UPDATE

Currently the new MCA office located at 2823 Roslyn St. is still under construction and our anticipated move in date is now the first week of July. We will start taking reservations for the Stapleton Community Room at that time. Please call Jenifer at 303-388-0724 for additional information.

POOLS UPDATE

Both of Stapleton's Community Pools opened Memorial Day weekend. Hours are as follows:

Aviator Pool	Puddle Jumper
M/W/F 12pm - 8pm	Sun – Fri
T/TH Noon - 7pm	10am - 7pm
Sat 11am - 6pm	Sat. 10am - 8pm
Sun 11am - 8pm	

All Stapleton Residents need to present a resident ID card to access pool facilities. New or replacement cards can be obtained at either pool or at the MCA office.

GROUNDS UPDATE

To report any irrigation or pedestrian lighting concerns on any Association Managed Facility or Park please call 303-388-0724 or email us at grounds@stapletoncommunity.com.

STAPLETON ONLINE

More portions of the StapletonOnline site are open for public access (no username or password required). Some portions designed specifically for intra-community communication will still require usernames and passwords. If you do not currently have a username and password, please email Jenifer at jgraham@stapletoncommunity.com.

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“Good Old Fashioned Police Work” Honored



Officer Alvin Thompson

On March 29, 2007, Denver Police District Two Officer Alvin Thompson responded to a report of a robbery in a neighborhood west of Stapleton. A description of the suspect was aired that included the wearing of a mask. The suspect was last seen running eastbound. It was reported the suspect had pointed a gun at victims.

As Officer Thompson drove into the area, he observed a party matching the suspect description. Officer Thompson noticed that this party was breathing heavily as if he had just been running and he was holding a pair of black gloves and an olive scarf. Officer Thompson aired that he had a possible suspect at his location. Officer Thompson drew his weapon and ordered the suspect to his knees. Officer Thompson aired his status and waited for cover officers to respond.

Other officers arrived to assist, bringing a witness to the robbery along. The witness positively identified the person Officer Thompson had stopped as the suspect involved in the robbery. Officer Thompson recovered money of several different denominations from the suspect. This money is believed to be from the robbery. The suspect's clothes were removed and bagged as evidence. Officer Thompson completed the paperwork and submitted all evidence to the Property Bureau.

Officer Thompson is to be commended for his attention to duty. The District Two Top Cop Citizens Committee joined Officer Thompson's superiors in applauding his excellent tactics, officer safety, and “good old fashioned police work” in capturing a robbery suspect.

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Summer Safety Parenting Safe Children

By Kathy Epperson

Feather Berkower offers workshops to parents on “parenting safe children”

To serve the many families in this community, this issue we begin a series of articles on various aspects of child safety. This month we spoke with Feather Berkower, a Prevention Specialist who helps parents understand and lower the risk of child sexual abuse.

Feather has a Masters in Social Welfare and began her career with the Berkeley-based organization Child Assault Prevention Project. She now lives in Louisville and, through her company Parenting Safe Children, LLC, conducts workshops for parents throughout the Denver metro area as well as cities across the U.S. “I educate the general public (caregivers in particular) about the problem of child sexual abuse and how to prevent it,” Feather explains. “I believe that parents are the key to eliminating this problem by educating themselves about sex offenders and how they operate, and educating their children about body safety.”

According to studies in the U.S., Feather says 1 in 3 girls and 1 in 6 boys have been sexually abused by the age of 18. Up to 50% of sexual abusers are teens (under 18 years old). Rarely is a child molested by a stranger — 80-95% of abusers are known by the child. While sexual abusers come from every walk of life — every race, class, and education and economic level — most adult abusers are heterosexual men married with children of their own. “The key thing for parents to know is that they CAN reduce their children's risk of sexual abuse by educating themselves and their children,” Feather says. “Parents are not powerless or helpless.”

In her workshops, including some already conducted in Stapleton, Feather focuses on three key elements of parenting a safe child:

Knowledge. Parents learn who sexually abuses children, what kinds of children and homes abusers target, and how they gain and maintain access to children.

Actions. Parents learn how to make their families “off limits” to molesters. They're given actions to take on a daily basis to reduce their family's risk factors and increase their protective factors. Parents learn how to model safe behavior and educate their children about body safety.

Filtering. Caregivers are encouraged to adopt a filtering approach to evaluate the safety of children's companions and activities.

According to Feather, signs of abuse a parent should be on the lookout for include special and secretive relationships with a teen or adult, sudden change in behavior or mood, depression, fear or refusal to be with a particular person, sleep disturbances, aggressive or abusive behavior toward younger children, secrets and lies, excessive masturbation, simulating sex with children, toys or dolls, drugs and alcohol, self-mutilation, eating disorders, and advanced sexual knowledge.

“Parents should be actively teaching and reviewing body safety rules/education with their children,” says Feather. “Body safety rules include teaching children that they are in charge of their own bodies; that no one is al-

lowed to touch their private parts (except if they are hurt or sick and a nurse or doctor needs to examine them); that they are not allowed to touch other people's private parts; that they are allowed to choose who they kiss and touch; that they are entitled to privacy when using the toilet, bathing, or changing their clothes; that they shouldn't ever keep secrets from their parents (especially about anything that has to do with breaking a body safety rule).”

She encourages parents to actively listen and ask questions as well as to utilize those teachable moments when kids present a parent with an opportunity to talk about body safety. Feather also suggests parents play prevention games with their children, creating hypothetical situations to teach children what they would do in a particular situation — for example, ‘What would you do if you were lost in a store?’ or What would you do if a kid at school wanted you to touch his private parts?’ “What-if games allow children to brainstorm actions they would take in a variety of situations so they are prepared with knowledge,” Feather says.

For more information about her Parenting Safe Children workshops, contact Feather Berkower at 303-673-9558 or visit her website at www.parentingsafechildren.com. For anyone who suspects the occurrence of child sexual abuse, contact the local social service department or family advocacy center. In Denver, call the Denver County Department of Human Services at 720-944-3000.

June 23rd, 10am - 4pm

Stapleton Art Walk & Home Tour

The first annual Stapleton Art Walk and Home Tour, sponsored by the Urban Estate Homes, will be held Saturday, June 23rd from 10am to 4pm on 25th Drive just west of Central Park Boulevard. 25th Drive will be closed for this special walkable event.

More than 30 Colorado artists will showcase and sell their paintings, photography, sculpture, jewelry and outdoor art. Each artist has donated a piece of work to the silent auction to benefit Brent's Place. Brent's Place is dedicated to making a difference in the lives of children with cancer and their families by providing temporary housing close to Denver hospitals.

Austin Signature Homes, NuWest Homes, Touchstone Homes and Harvard Communities will be open during the Art Walk. These semi-custom homes on 25th Drive with sites that face greenways and parks are priced from \$1,149,000. One of the homes will host a Silent Auction.

Admission to the Stapleton Art Walk and Tour is free and everyone is invited.

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Sustainability at Stapleton

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

Denver Water Announces 2007 Summer Water Use Program

Water will always be a precious resource in a semi-arid climate like Colorado, and continued conservation benefits Denver citizens and the entire state. To support and encourage continued water use efficiency, Denver Water has placed the following watering guidelines into place for the summer of 2007:

Watering Days for Turf

1. *Only water two days of the week.* There are no assigned watering days. During most of the summer, two days of your choice should be sufficient; a third day of your choice can be added in extreme heat. This rule does not apply to establishing new turf from sod or seed.
2. *Never water between 10 AM and 6 PM from May 1 through August 31.* The 10 AM - 6 PM rule prevents spray irrigation during the time of day when evaporation is likely to be highest. This portion of the rules does not apply in September, when weather conditions have begun to change with the arrival of fall.

Since there are no assigned days, you can build your watering schedule around your situation. If you have an automatic sprinkling system, set your schedule for the current conditions. For example, July conditions often require more water than

the rest of summer. Watering all summer as if it were July is wasteful.

Operating Rules and Water Waste

Denver Water can penalize you for wasting water. Penalties for water waste are always in effect. The first violation results in a warning, the second costs \$50, the third costs \$100, and continued violations may result in suspension of service. Do not waste water by:

- Over-watering landscapes
- Watering between 10 AM and 6 PM with spray irrigation
- Allowing water to pool or flow across the ground or into any drainage way such as gutters, street, alleys or storm drains
- Applying water intended for irrigation to an impervious surface such as a street, parking lot, alley, sidewalk or driveway
- Failing to repair, within ten days after notice, leaking or damaged sprinkler heads or system leaks
- Watering landscaped areas during rain or high wind

Denver Water has a wide variety of resources to help you use and conserve water efficiently. For complete information on their summer water use program, visit www.water.denver.co.gov/drought/summerwateringrestrictions2007.html or call Denver Water's Conservation Hotline at 303-628-6343.



THE CREAM OF THE CROP

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June 17 - October 14



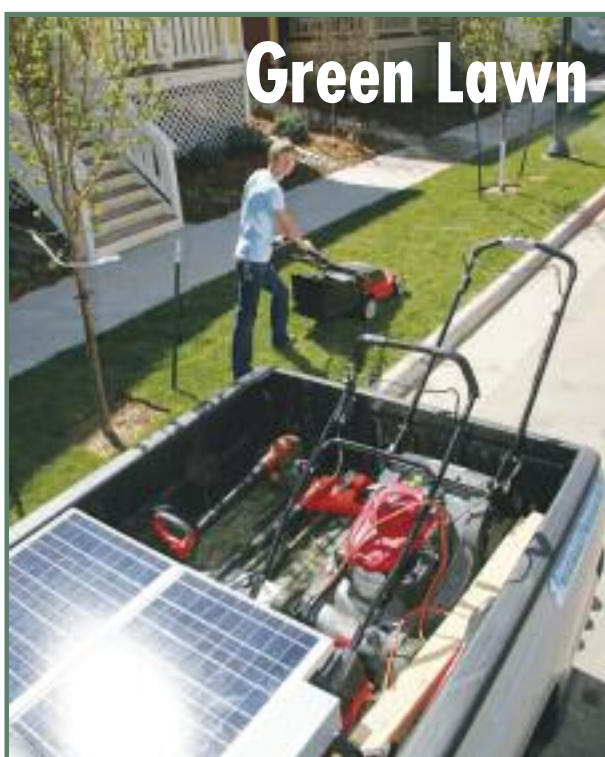
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Forest City Honored for Supporting Recycling

Each year Denver's Department of Public Works/Solid Waste Management honors individuals, groups and businesses that help promote and maintain a cleaner, safer and more livable community. This year Forest City Stapleton was one of the recipients of the THREE R Awards which honors the volunteers, groups and organizations that have made valuable contributions to the Denver Recycles program.

Forest City was honored for its ongoing efforts supporting recycling in Denver. Forest

City Stapleton promoted recycling throughout the year in The Front Porch, Stapleton websites and the Stapleton Visitors Center and provided special support to Denver Recycles during the new cart delivery to Stapleton in October 2006. The Department of Public Works held an award ceremony at the Denver Zoo on April 28th. For a complete list of recipients, visit the May issue of Recycles' Corner newsletter at www.denvergov.org/DenverRecycles.



Green Lawn Care

Did you know that small engines like the 2-stroke engines used in conventional lawn care equipment contribute 10-12% of the nation's air pollution? In one hour, one gas lawn mower can pollute as much as an SUV driven 23,600 miles!

Clean Air Lawn Care, a lawn maintenance company that uses quiet, clean electric lawn equipment powered through solar and wind energy, has recently expanded their service to Denver. The vehicles Clean Air Lawn Care uses to haul equipment have solar panels mounted on them which are used to charge the equipment during the workday. Outside of the electricity generated by the solar panels, all additional electricity used by Clean Air is purchased from Renewable Choice,

a Boulder-based energy broker. The windpower they purchase is used to power the lawn equipment and offices, qualifying the entire organization as carbon neutral.

Currently, as part of the Regional Air Quality Council's "Mow Down Pollution" virtual event, a variety of earth-friendly lawn products and services are discounted through June 30, or while supplies last. They are offering a \$100 discount on Clean Air Lawn Care when you sign up for annual mowing service plus a \$20 mail-in rebate.

For more information on Clean Air Lawn Care visit www.cleanairlawncare.com. For complete details on the "Mow Down Pollution" virtual event go to www.ozoneaware.org.

Celebrate Father's Day at the Stapleton Farmers Market!

The Stapleton Farmers Market opens for the season on Sunday, June 17th! Since the 17th is also Father's Day, the first 200 dads will get a free hot dog from Biker Jim's Gourmet Dogs! Bring your family to the Stapleton Farmers Market and get all the fixings for a great feast celebrating dad.

The Stapleton Farmers Market is located in the 29th Avenue Town Center and is open from 9am - 1pm every Sunday through October 14th.

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June 9 at Stapleton
Charity Chase

Stapleton will once again host the Stapleton Charity Chase to benefit Catholic Charities' Emergency Assistance centers. On Saturday, June 9, hundreds will gather to run, walk, and stroll through Stapleton's Greenway Park in this annual fundraiser. All proceeds generated from the event will help people in need of food, rental assistance, and other necessities.

The need for emergency assistance is overwhelming and growing. With services provided primarily by volunteers, the six neighborhood centers work to keep families together and prevent homelessness. They have extended their hours, added phone lines and increased the size of food allotments, but much more is needed to continue serving those in need of food, rent and utility assistance, money for prescriptions, and more.

Participation in the race will help the elderly, single moms, the mentally ill, the soon-to-be-evicted, working poor and the recently jobless. They are neighbors – and they find themselves in circumstances they never imagined.

Running, walking or volunteering to help with the race will help make the Charity Chase a success

The 5k Run, 5k Walk, and Family Fun Walk and Stroll all take place at Greenway Park, located at East 24th Avenue and Syracuse Street. Entry fees are \$20-\$25 for the 5k Run/5k Walk, and \$7-\$10 for the Family Fun Walk and Stroll. For registration and race day information, visit www.bkbltd.com.

Volunteers will receive a free Charity Chase t-shirt and free refreshments. If interested, call Judy Megyesy at 303-742-0828, x400.

Stapleton Recycles



A Recycling Fair at Northfield, sponsored by the Greater Stapleton business association, recently collected a variety of computer equipment including 14 printers, 34 monitors, 9 laptops, 27 keyboards, and 59 desktop computers for

recycling. The hard drives on the computers were scrubbed to protect personal information. The recycling event also included shredding of personal documents on site. Watch for articles in the Front Porch that will provide dates of future recycling events.

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Relay for Life Supports American Cancer Society Research

Stapleton Doctor Researches Cure for Thyroid Cancer

By Robin French Haight

Joshua Klopper, MD, an American Cancer Society research grantee from the University of Colorado at Denver and Health Sciences Center, discussed his thyroid cancer research during the Relay for Life of Stapleton Kick-Off at the Coral Room in May. He believes the funding he receives from the American Cancer Society is critical to the development of new treatments for a disease that strikes over 30,000 people a year.

"The American Cancer Society provides funding for the majority of my salary and provides some money for supplies as well," reveals Klopper. "I learned about ACS funding because my previous grant got killed by the NIH [National Institutes of Health] and I was looking for alternative funding sources. If I had not received the ACS grant I would not be in academics/research and would be in private practice."

Investigators and health professionals in universities, research institutes and hospitals throughout the country receive grants from the American Cancer Society. Of the more than 1,300 new applications received each year, only 11 percent can be funded. If the American Cancer Society had more money available for research funding, nearly 200 more of the most outstanding applications could be funded each year.

The American Cancer Society has awarded over \$2.7 billion in grants for promising cancer research, like Dr. Klopper's, since 1946 and boasts funding 38 Nobel Prize-winning researchers. ACS invested in studies that led to discoveries like the Pap test, bone marrow transplants, Tamoxifen and Gleevec.

A Georgia native, Dr. Klopper joined the faculty of the Division of Endocrinology, Metabolism and Diabetes at the University of Colorado Denver Health Sciences Center in 2006. His research interests are in the treatment of poorly differentiated thyroid cancer by the investigation of molecular targets in the nuclear hormone receptor superfamily. (In lay terms, cancers that do not respond to traditional therapies.)

Klopper said, "My wife, Elizabeth, and I along with our kids, 3 and 11 months, moved to Stapleton because we had many friends who already lived in Stapleton, and we were looking for a neighborhood with a better sense of community and more families with young kids than our old neighborhood. In addition the location offers excellent proximity to work for both my wife and me." More funding means more cancer breakthroughs and more lives saved. You can help fund more of these applications by participating in the American Cancer Society Relay for Life. The Relay for Life of Stapleton will be held on the Founders Green July 20-21. Contact Event Chair Melissa Darzins, 303-393-1141 or mdarzins@comcast.net, for more information about forming a team, inviting a Cancer Survivor to join the victory lap, or to volunteer.

Robin French Haight is a Stapleton resident and Publicity and Marketing Chair for the Relay for Life of Stapleton. She became involved in Relay for Life because she believes "as the government cuts spending for cancer research it is critical that we raise private funds to continue the fight against cancer."

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Neighborhood Coaches Promote Healthy Living

A Passport to Healthy Living Neighborhood Coach is working in each of the focus neighborhoods to promote the Passport to Healthy Living Program and to answer any questions participants may have. Neighborhood Coaches attend all of the Passport classes and will follow up with those who need to be reminded of the next class. They also attend area neighborhoods association meetings to get the word out about the program. Finally, neighborhood coaches give special incentives such as recreation center memberships, restaurant coupons and other cool stuff to those who participate in at least four classes within one month at one site.

Those who participate in the program will increase their awareness on how exercise. Healthier eating choices can improve their health and decrease the risk of chronic illness such as heart disease, diabetes and cancer. It also provides for community building by bringing together residents of various backgrounds to get to know one another in a welcoming environment.

The Passport to Healthy Living program is a project of the Robert Wood Johnson Foundation's national Active Living by Design program and is also sponsored by the Stapleton Foundation for sustainable urban communities, 1stBANK, Park Hill Thriving Communities, the University of Colorado Hospital, America on the Move, Forest City Stapleton, Denver Parks and Recreation and the City of Aurora.

A schedule of summer classes is shown below. Please contact your neighborhood coach or Alisha Brown at 303.468.3222 for additional information about the Passport to Healthy Living program.

SCHEDULE OF CLASSES	JUNE	JULY	AUGUST
MONDAYS at 6:30pm Northwest Aurora Marlin Luther King Library 3830 E. Colfax Avenue	Fitness Fitness June 11, 18, 25 6:30pm	Yoga July 2, 9, 16, 23, 30 6:30pm	Cardio Kickboxing August 6, 13, 20, 27 6:30pm
TUESDAYS at 6:30pm Park Hill Marlin Luther King Recreation Center 3880 Newport Street	Funk Dance June 5, 12, 19, 26 5:30pm	Karate/Self Defense July 3, 10, 17, 24, 31 5:30pm	Fitness Fitness August 7, 14, 21, 28 5:30pm
WEDNESDAYS at 6:30pm Stapleton A.E. Williams Family Medicine Center 3025 Roslyn Street	Cardio Kickboxing June 6, 13, 20, 27 6:30pm	Funk Dance July 11, 18, 25 6:30pm	Karate/Self Defense August 1, 8, 15, 22, 29 6:30pm
THURSDAYS at 6:30pm East Montclair Montclair Recreation Center 729 Elder St	Karate/Self Defense June 7, 14, 21, 28 6:30pm	Fitness Fitness July 12, 19, 26 6:30pm	Yoga August 2, 9, 16, 23, 30 6:30pm
SATURDAYS at 9:30am Park Hill Marlin Luther King Recreation Center 3880 Newport Street	Yoga June 2, 9, 16, 23, 30 9:30am	Cardio Kickboxing July 7, 14, 21, 28 9:30am	Funk Dance August 4, 11, 18, 25 9:30am

New Homes for Stapleton's Feathered Friends



Nancy Relihan, left, of Forest City Stapleton, Inc. and Jose Urbina of Mortensen Construction, Inc. hold birdhouses that will be mounted at 27th Avenue and Clinton Way

in Stapleton. Federico Hernandez (right) mounts a birdhouse at 31st Ave and Elmira. Mortensen donated the installation of the birdhouses.

Kyle's Saloon and Eatery at Stapleton Closing Its Doors



Editor's Note: Kyle Jewett and Gary Campbell, owners of Kyle's Saloon and Eatery at 39th and Ulster, have announced that they will be closing the doors of their business at the end of May. They have issued the following statement to thank their many friends and customers at Stapleton for their years of support.

Unfortunately, we have been unable to recover financially from the harsh winter and smoking ban loss of business. It is with great regret and sadness that we must close Kyle's Saloon

and Eatery after 6 1/2 years. Gary and I want to thank our loyal Stapleton friends for your support and friendship. It has been such an experience watching the changes in Stapleton, from demolition to growth. You all have made a great neighborhood and we are proud to have been a part of it and hope we always will be, one way or another.

Thank you all once again for your wonderful friendship. Kyle Jewett and Gary Campbell (KylesSaloon@aol.com)

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High Tech Dentistry

by Preet Clair, D.D.S.



Using Technology in Dentistry

Technology today is changing our everyday lives and dentistry is no exception. Dental care has come a long way. New advancements in dentistry have dentists and patients smiling! Gone are the days of traditional filling and drilling. Doctors are now able to focus on patient comfort and pain free dentistry allowing patients to spend less time in the dental chair.

X-rays are the most important dental diagnostic tool. Some patients may be concerned about potential risks from too much radiation exposure, but x-rays are extremely safe when radiographic guidelines are followed. Radiographs allow dentists to interpret the disease process and diagnose potential problems when direct observation is not adequate or possible. Digital x-rays are even better! You are exposed to 90% less radiation than regular speed film, and often magnification of small cavities aid in preventive care before cavities get bigger and become a source of oral pain. Foregoing x-rays can result in inaccurate diagnosis and is considered substandard care. New patients usually undergo a series of films to assess the current dental condition and follow up x-rays are taken every 6 months to a year to ensure adequate monitoring. Periodontal disease (or bone loss which is a precursor to other systemic conditions and diseases) is diagnosed by taking x-rays, and time is of the essence for proper treatment.

Intra oral camera imaging is perhaps the greatest educational tool a dentist can rely on. A real time picture of the oral condition is uploaded onto the computer screen so patients can see what the dentist sees. A printed picture can be mailed to insurance companies when a dispute in treatment coverage occurs or given to patients so the patient can become an active participant in their oral health. A picture is worth 1000 words.

Local anesthetic delivery can sometimes be uncomfortable. Introducing the wand! This instrument uses a computerized rate of anesthesia delivery so injection site pain is reduced. The long, silver barreled needle is a relic of the past. Less anesthetic is used while still achieving profound numbness. Patients leave the office able to go to work with reduced post operative sense and duration of numbness.

With all this being said, dentistry is more than just fancy gadgetry. Most of these tools require special certification and continuing educational requirements need to be fulfilled. Going to the dentist no longer has to hurt!

Dr. Preet Clair's high tech office Quebec Square Family Dentistry, is located in Stapleton in Quebec Square. Call 303-322-2081 to schedule an appointment or visit www.qsfamilydentistry.com for more information.

Teachable Moments

by Tom Downey
Children's Museum of Denver



Health and Physical Fitness

Summer is here, and it's time to get moving! A recent study indicates that children today are seven times more likely to play a video game than to play outside. With the weather becoming consistently sunny and warm, June is a great month to focus on health and fitness! There is no better way to promote physical fitness than to get moving.

Want to teach your kid to ride a bike without training wheels? Here's an easy trick. Remove the pedals and training wheels and lower the seat. Have your child sit and push like a scooter, a la Fred Flintstone. Once the little one attains a real comfort level, raise the seat and put the pedals back on. Your child will have skills and confidence, and you'll have far less bruises than with the traditional run-behind-the-bike method.

Have a neighborhood campout in the park – Tent Night. You don't have to go up to the mountains or a state park. Have a bunch of neighbors pitch tents near the playground down the block. The kids will all love eating BBQ together, playing games and camping out. While the adults won't get much sleep, at least they can commiserate with each other.

For those hot June days, have water fun in the sun! (Be sure to wear your sunscreen!) Water balloons are great fun, or have a sponge relay race! Using buckets and sponges, race to see who can empty their bucket first using a sponge. Set up a sprinkler. Play Splish Splish Splash. It's similar to duck duck goose, only with water! Using a bucket of water and a plastic cup, have a group sit in a circle, and rather than "ducking" you "splish" then with a drop of water from the cup. When it's time to "Goose", you "splash!" and dump the rest of the water from the cup!

For older kids, play Spell, Shoot and Score. Help your children practice their spelling words. Using a basketball hoop and ball, or a laundry basket and socks, practice spelling this week's word list. For every word spelled correctly, your child can earn a bonus point by making a shot! It's a fun and easy way to do homework and learn to spell!

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

Tom Downey is the Executive Director of the Children's Museum of Denver, tomd@cm-denver.org. He lives at Stapleton with his wife, Lori Fox, and daughters Cate and Ella.

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Eating For Health

By Elizabeth Yarnell

The Carb Conundrum

As Americans we have mixed feelings about carbohydrates. On the one hand, we blindly jump on the low-carb bandwagon and follow unhealthy, low-carb or no-carb diets in our pursuit to lose weight quickly. On the other, we love our white bread, enriched pasta and potatoes in any form. Our expanding waistlines witness our confusion.

While protein is the building block of muscle mass, carbohydrates are what give us the energy not only to lead active lifestyles, but also to complete autonomic functions such as breathing, blinking and heartbeats.

A body denied carbohydrates enters ketosis, an unbalanced, acidic state, and then begins to cannibalize itself in the pursuit of fuel for energy. Talk about an unhealthy state!

The key is in knowing which kinds of carbs help us and which we'd be better off without.

Processed and refined carbs, like those found in white and wheat breads, white crackers, pastas, etc., and white rice, come from grains where the bran and the germ have been removed. That amounts to lost dietary fiber, protein, and a host of other nutrients. Remaining are calories that the body can't completely access without the missing elements.

Complex carbohydrates— like those found in whole grains, legumes, nuts, seeds, seaweeds and vegetables and fruits— provide exactly what our bodies need in just the right proportions and amounts to be most fully utilized.

While the healthfulness of oats made headlines for a while, all whole grains offer similar benefits. They're low in fat and good sources of fiber, vitamins, minerals, and protein.

A recent Tufts University study showed that consuming at least three servings of whole-grain foods daily can lower risks for abdominal obesity, high triglycerides, low HDL cholesterol, high blood pressure and poor blood sugar control. Eating any whole grains— not just oats — can put you in better shape for treating or avoiding diabetes, cholesterol issues, heart disease and even cancer.

Whole-grain diets also promote bowel health through maintaining regular movements and promoting growth of healthy bacteria in the colon.

Look for labels that read "whole wheat" or "whole grain" rather than simply "wheat" or "multi-grain".

Try this light and easy quinoa meal as a tasty alternative to rice, pasta or potatoes. Feel free to build it ahead of time and store it in the fridge until you're ready to cook it in a fully-preheated oven. If doing this, remember to reserve the liquid and then add it right before cooking or you'll end up with a quinoa patty!

Elizabeth Yarnell is the inventor and author of **Glorious One-Pot Meals: A new quick & healthy approach to Dutch oven cooking.** Her recipes are protected under US patent no. 6,846,504. Learn more about Glorious One-Pot Meals at www.GloriousOnePotMeals.com.

Southwestern Quinoa (serves 4)

Ingredients	2 fresh green chiles, stemmed, seeded, chopped (Anaheim for milder palates; pasilla, poblano or jalapeno for a spicier meal)
1 1/2 cup quinoa	2 small yellow summer squashes, halved, sliced
2 cups broth or water	1 red bell pepper, sliced
1 tsp. cumin	6-8 leaves kale or chard, destemmed, roughly chopped (about 4 cups chopped)
1- 1 3/4 lb. beef or turkey tenderloin	
1/4 tsp sea salt	
2 scallions, sliced into thin rounds	

Directions

Preheat oven to 450F. Spray inside of 3 3/2- or 4-quart cast iron Dutch oven & lid with olive oil. Pour in quinoa. Add liquid & cumin and stir to dissolve and evenly coat grains. Set trimmed tenderloin in next and sprinkle with sea salt, scallions and green chiles. Layer in squash, followed by red bell pepper. Fill to the top with greens, making certain none hang over the edge.

Cover and bake for about 35 minutes, or until about 3 minutes after the aroma of a fully-cooked meal wafts from the oven.

My husband prefers this meal with a sauce such as salsa or gravy, while I appreciate the unadorned elements as presented here & the satisfied-but-not-stuffed way I feel after eating.



Notes

Quinoa is the only whole grain that is a complete protein as it provides all the essential amino acids in a balanced pattern. With more high quality protein than any other whole grain and wheat and gluten-free, quinoa (pronounced "keen-wa") is also light and delicate with a delicious nutty flavor that is perfect for summer weather.

Once the staple food of the Incas, the ancient Andean civilization respectfully referred to quinoa as the "Mother Grain."

Nutritional Analysis per serving

(based on using organic chicken broth and skinless turkey meat)	
Calories 408	Chol 86mg
Protein 14g	Sod 553mg (268 if made with water instead of broth)
Carbs 56	Fiber 7g
Fat 11g	



Balancing Your Life: Natural Suggestions for Wellness

By Dr. Jessica Young, Chiropractor

Growing Healthy Garden Habits

As we enter into the full swing of spring, with the weather warming up and the leaves turning green, many people will be spending more time outside planting bulbs, mowing the lawn, and pulling weeds. Gardening can provide a great workout, but with all the bending, twisting, reaching and pulling, your body may not be ready for exercise of the garden variety.

Gardening can be enjoyable, but it is important to stretch your muscles before reaching for your gardening tools, and protect your body using proper gardening technique. The back, upper legs, shoulders, and wrists are all major muscle groups affected when using your green thumb. A warm-up and cool-down period is as important in gardening as it is for any other physical activity. Performing simple stretches during these periods will help avoid injuries, alleviate pain and decrease post-activity stiffness.

Garden Fitness Stretches

- Before stretching for any activity, breath in and out, slowly and rhythmically; do not bounce or jerk your body, and stretch as far as comfortably possible. Stretching should not be painful.
- While sitting, prop your heel on a stool or step, keeping the knees straight. Lean forward until you feel a stretch in the back of the thigh. Hold this position for 15 seconds. Repeat with the other leg and do this 2-3 times.
- Stand up, balance yourself, and grab the front of your ankle from behind (you may use a wall for support if necessary). Pull your heel towards your buttocks and hold the position for 15 seconds. Repeat with the other leg and do this 2-3 times.
- While standing, weave your fingers together above your head with the palms up. Lean to one side for 15 seconds, then to the other. Repeat 2-3 times.
- Wrap your arms around yourself and rotate to one side, stretching as far as you can comfortably go. Hold for 15 seconds and reverse. Repeat 2-3 times.
- Be aware of correct posture while gardening. Kneel, don't bend, and alternate your stance and movements as often as possible to keep the muscles and body balanced.

Preventative Techniques for Gardening

- Avoid prolonged bending, pushing and pulling while raking and hoeing, which can strain your shoulders or lower back.
- Use long-handled tools, or the resulting forward and sideways bending can aggravate the neck or lower back.
- To avoid strain and muscle spasm on one side of the body, switch hands frequently while raking, hoeing, or digging.
- When using a hedge trimmer, keep your back straight and use short strokes to avoid upper arm and neck strain. Pause after three to five minutes to rest.
- Carry medium-to-small sized loads of debris close to your body, or use a wheelbarrow to avoid strain on your back. Save heavier work for mid-way through your chores. This helps avoid sudden strenuous exertion on unused muscles and joints.
- Keep overhead work to five-minute episodes, and avoid extreme reaching with one arm.
- Kneel or sit to perform tasks, avoid bending.

When the Bulbs Are Planted...

- If you already feel muscle aches or pains there are ways to alleviate the discomfort. Apply a cold pack on the area of pain for the first 48 hours or apply a heat pack after 48 hours.

Dr. Jessica Young, Chiropractor, practices at Natural Balance Wellness located at 3055 Roslyn Street in Stapleton's East 29th Avenue Town Center. She can be reached at 303.355.0363 or NaturalBalance@NBStapleton.com.

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Meetings are held the 4th Thursday of the month at 7pm in the Stapleton Development Corporation Large Conference Room, 3rd Floor, 7350 E. 29th Ave.

SUN's 2007 Elections a Success

By Heather Baker and Mark Mehringer

On May 15, Stapleton United Neighbors (SUN) held its annual elections, as part of the May Community Forum. Those present heard short comments and elected the slate of seven candidates by acclamation. The board will remain at 14, with the option of expanding to 15 in coming years. The SUN bylaws currently allow for expansion to 15 without taking the issue to the greater community for a vote. Should the Board wish to expand beyond 15, the issue will be taken to the neighborhood and voted on – most likely – at a community forum.

Some highlights about the 2007/2008 SUN Board members:

Six members of the board of directors are returning for the second year of their two-year terms: Bernard Douthit, Bryan Penny, Heather Baker, Mark Mehringer, Michelle Kales, and Paul Frohardt.

Diana Kearns was re-elected to a second, two-year term.

Michael Johnson was re-elected to fill a one-year term position that has been vacated by Mike King.

Those beginning two-year terms this year are: Chris Adams, Jeanine Anderson, John Chrisbens, John Keene, Julie Cameron and Peter Mullison.

Your neighbors Bill Fulton, Susan Hadinger, Justin Silverstein, Rob Goldstein, Michael Bevilacqua, and Mike King are retiring from their positions on the board. Many thanks to all of them for their ongoing dedication to and support of the Stapleton community!

The SUN Board's activities of the past year have yielded a number of new, "information sharing" platforms. In addition to finding a regular place to hold public monthly meetings, the Board has launched a new, independent website (www.StapletonUnitedNeighbors.org) and published the majority of its minutes, articles, notes, etc. for their neighbors. Also relatively new is the committed participation of neighbors on specific committees of interest – we have a number of very dedicated people who have taken the lead on issues from transportation to education without holding official seats on the board. We would welcome additional input, so if you have a particular passion for any of the board's current issues or committees, please let us know!

Stapleton Residents Team Up to Ride in Multiple Sclerosis 150

By Mike King

For the fourth consecutive year, Stapleton residents are teaming up to ride in the Multiple Sclerosis (MS) 150 Bike Tour. MS is a disease that effects 8,500 people right here in Colorado, a number that unfortunately continues to grow. One out of every 580 Coloradans has MS – the highest rate in the nation. This year's MS 150 is designed as a two-day loop, starting at the new Broomfield Event Center on July 7, overnighing at Colorado State University, and returning to the Broomfield Event Center on July 8. The ride includes frequent rest stops, catered meals, bike mechanics, and medical support staffing, as well as the "Woodstock on Wheels" music festival during the overnight program at CSU. The MS 150 accommodates cyclists of all ability levels, with shorter routes and support shuttles for novice riders and century routes each day that will make the more seasoned rider earn their keep. The team builds camaraderie and momentum through training rides, fundraising events, and a team pasta dinner the night before the ride – all are welcome!

Asking for donations is never easy, but the team's fundraising work enables research and programs that are vital to ending the devastating effects of MS. To join the team or obtain more information about the ride or sponsorship opportunities, please email Team Captain Mike King at mikeking747@yahoo.com.

Dog Owners, Be Advised: Division of Animal Control to Step Up Enforcement of Dog-Related Ordinances at Stapleton

By Mike King

In response to concerns expressed regarding dog owners continuing to allow their dogs to roam off leash and neglecting to pick up their waste in violation of Denver city ordinances, the Denver Department of Environmental Health's Division of Animal Control will be increasing enforcement of these ordinances in and around Stapleton. Efforts have previously been made to raise awareness by posting signs near Stapleton parks reminding residents of the ordinances and providing free bag dispensers to encourage and facilitate cleanup efforts. The ordinances exist for the public good, as fecal material from dogs poses a significant health risk to both dogs and humans alike, while off-leash dogs can inadvertently harm small children, other dogs, and even adults.

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Views on the Street

"In what ways are you either like your own dad or different from him in your relationship with your kids?"



Derek Jones

"The first thing that pops into my mind is that my mother told me my father never changed a diaper or fed me, and those are things I do regularly with my almost-two-year old daughter. I'm a lot more involved while my child is young. I think I was 4 or 5 years old before my dad kicked in."

Todd Totten

with his sons Gavin, age 5 and Cole, age 2

"I was the only boy with four sisters. On Fridays when my dad got home from work he'd take me to get away from all the girls for the weekends. In my family now I have two boys and my wife is the only woman so she asks us to get out of the house. I do the same thing my dad did – I take the boys and we go and do guy stuff."



Lane Wright

with his daughters Brooke, age 11 and Rachel, age 9

"My father was a terrific role model, not from the point of view of changing my diapers, rather from a point of being engaged in my life and activities. He encouraged me to participate and create a balance in my life. He fostered a sense of trust and understanding. He was a parent first, establishing respect for authority and rules and later a friend who could listen and understand. Each day I hope that I can foster this same relationship with my children. So far they would likely tell you I'm on the right track. God willing, I'll stay there."



Bruce McDougall

with his step-daughter Skyler, age 3 1/2

The biggest difference is that I work out of a home office and my dad went to work every day. I get to spend a lot more time with family. It's not hours and hours at once, but I can step away from work and help out, run errands, or simply join the family for lunch. I can be a part time parent during my work day, whereas my dad spent more time away from home.



Robert Morland

"I have a 23-year-old, a 16-year-old and a 1-year-old. I'm not like my father. I've never spanked my kids. I've been more of a care giver and supporter than my dad was. I put my 23-year-old through college, which my dad did not do for me. I spend more time with my children. I have been more involved in their homework and other activities. My dad worked a lot and my mother stayed home."



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Two New Principals Named at Stapleton Schools

Westerly Creek Elementary School, Jill Corcoran

Jill Corcoran, a veteran teacher and instructional specialist experienced in special education and experiential learning, is the new principal of Westerly Creek Elementary School in Stapleton. Ms. Corcoran was one of three finalists recommended by a hiring advisory committee made up of parents, teachers, staff and community representatives. DPS Superintendent Michael Bennet made the final choice in mid May.

Ms. Corcoran replaces Trich Lea who has taken the principal's job at the William Roberts School (ECE to grade 8) in Stapleton. Westerly Creek will have ECE (beginning with three-year-olds) to grade one this fall. It will add one grade per year till it becomes a full ECE - grade 5 school.

Ms. Corcoran's experience includes teaching in Nepal, working in a school run by five school districts, overseeing special education departments, and serving as an instructional and professional development specialist. She has a masters degree in special education from the University of Colorado at Denver and a bachelors in elementary English education from Canisius College.

For the past year Ms Corcoran was part of a special education team in which she conducted staff development on effective teaching practices, consulted with principals and teachers on implementing best practices, trained teachers on how to use assessment data to improve instruction, and served as an overall resource to faculties. From 2002-2004 Ms. Corcoran served as the special education director for the Rocky Mountain School of Expeditionary Learning (RMSEL).



Jill Corcoran was named Westerly Creek Principal after being selected as a finalist by a hiring committee composed of teachers, staff and community representatives.



Marcia Fulton, with six years experience at The Odyssey School, has been named their Executive Director.

The Odyssey School, Marcia Fulton

Marcia Fulton has been hired as the next Executive Director of The Odyssey School in Stapleton. She has worked at the school for six of the nine years it has been in existence. She worked first as a consultant and then was hired on as Director of Education for Odyssey. In that role she supported teachers' individual growth, planned staff development, developed assessment tools and provided leadership and vision in implementing Expeditionary Learning principles and practices. Her strengths as a veteran teacher, her intimate experience with the Odyssey students and families, her connections to the Expeditionary Learning network, and her love of both the Odyssey community and the larger surrounding community made her a natural fit as the next Executive Director of Odyssey.

Marcia and her husband, Bill Fulton, have been residents of Stapleton for five years and are deeply committed to making Stapleton a better community, and they are excited about the many opportunities that lie ahead. She says, "The the greatest perk of the job is having my two children, Elena (10) and Ben (7) at Odyssey as students."

Get Ready for Summer!

By Rachel Baumel

With the hot days of summer rapidly approaching, now's the time to get the whole family ready to take on the fun. Below you'll find a helpful checklist for putting together the ultimate summer pack along with a wonderful activity to start the season out with a bang.

Assemble the Ultimate Summer Pack

Don't get caught unprepared. Take a few minutes now to assemble your summer pack so you're ready to go when the time comes. Always remember to keep in mind all the activities your family likes to take part in. You will want to personalize this a bit, but here is a good list to get you started. Do your best to get it all in one pack without making it too heavy to carry.

- Sun lotion • Bug spray • Wipes
- Diapers if needed • Camera
- Dry Snacks (granola bars, raisins, goldfish, etc)
- Water bottles (one for each child)
- Hats for everyone, including mom and dad
- Ziplock Baggies of varying sizes (you never know when you'll have wet clothes to take home)
- Change of Underwear and shorts
- Sweatshirts- these can be backup shirts too.
- Crayons / Coloring pages (print these out from many online websites so you don't need a whole book)
- Treat- hardy candy or something sweet (you never know when you'll need a little bribery)
- Money (always keep a few dollars for snacks, rides, etc.)
- Membership Cards (keep these along with the money in an interior pocket if possible)

Starter Garden Experiment

This is a great introduction to gardening for parents to do with the kids. Materials:

- 1 Plastic Plate
- 2 Sheets Damp Paper Towel
- 1 Gallon Sized Ziplock
- Handful of White Beans (any beans should work)

To Do:

Moisten the paper towel and lay both sheets on the plastic plate. Sprinkle the beans all over the paper towels and place the entire plate into the plastic bag. Seal up the bag & place your soon-to-be greenhouse in a sunny spot. Then watch as the beans crack open, grow sprouts & become "plantable" bean stalks.

Rachel Baumel is the owner of Quebec Square's Baby Power & Forever Kids, which offers classes and programs for children, 6 mos - 7 yrs of age, that stimulate learning and provide an opportunity for parents to connect with their children. Call 303-377-8855 or visit us online at www.baby.power.com/denver.



Forest City Stapleton employees display the sneakers they will wear during "Sneaker Week," a fundraising event for Metro Denver Sports Commission Charities, which benefits school-based programs of Special Olympics Colorado. Organized by Heather Dock of Forest City (back row, third from the left), the event enables employees in companies

throughout the Metro Denver Area to wear sneakers to work after making a donation to the charity. "Sneaker Week" kicks off with a special party on June 4th (5:30 p.m.) at the Hard Rock Cafe, 500 16th Street in Downtown Denver. For more information, visit www.sneakerweek.com

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Richard Wisniewski

KB Home Announces New Homes Designed By Martha Stewart

By Kathy Epperson

As part of the growing trend of partnering leading designers with established retailers (Michael Graves and Isaac Mizrahi designing for Target, for example), Martha Stewart now offers her home designs with KB Home, one of the nation's largest homebuilders and 2006 Winner of Builder of the Year from *Builder and Developer* magazine. Scheduled to open in the fall of 2007 in the area north of Central Park, the 2-story homes, designed exclusively for Stapleton, range from 1,593 to 2,084 square feet and feature 3 to 4 bedrooms and 2.5 to 3 bathrooms.

While most are familiar with Martha Stewart's magazine, TV shows and recent personal travails, many may not be aware of her knowledge of architecture and her understanding of the traditional design elements that enhance modern-day living. The Martha Stewart homes, starting in the mid-\$300,000s and offering five floor plans, feature her favorite details and ideas, including well-planned laundry rooms, spacious kitchens with ample storage space, and large master baths. The new sales office for these homes will open the first part of September and will be located on 34th Avenue between Yosemite Street and Akron Street. Move-in dates for the first homes are planned for early 2008. For more information call 303-356-7835 or visit kbhome.com.

Condo Office Space Opening This Summer



Central Park Partners and Horizons Real Estate Group are pleased to announce that their building at 2373 Central Park Blvd. is on schedule for completion in late summer 2007. The 44,000 s.f. professional condominium was designed by Allred & Associates. The ground floor retail space will include An's Lemongrass Café, The Nail Bar salon, Edward Jones, the offices of RE/MAX City Horizons @ Stapleton, Highland Mortgage Group, American Liberty Title and Horizons Insurance Services. Retail and restaurant space is available. The second and third floors are slated for office space for sale or lease. For more info, please call Jeff Laws at (303) 327-6206 or for real estate services call Diana or Michael Kearns, Managing Brokers, at (303) 385-2300.

Westerly Creek Cleanup



Volunteers display a portion of nearly 30 bags of trash that were removed from Stapleton's Westerly Creek Open Space in a recent cleanup sponsored by the Denver Stapleton Rotary Club and the Bluff Lake Nature Center. Another clean-up is scheduled for July. Photo courtesy of Denver Stapleton Rotary Club.

Bike To Work Day

By Angie Malpiede

On Wednesday, June 27th from 6:30 - 9:30 am, do your body and environment a favor: don't drive to work, ride a bike! Are you getting frustrated with the high price of gas and heavy traffic on the roads? Have you been wondering how you can fit more exercise into your day? Bike to Work Day is the answer to all these problems, and a lot of fun to boot. Wednesday, June 27th, is this year's Bike to Work Day—mark your calendar!

If you've never commuted by bike before, it's the perfect time to try: there's lots of support available for you on Bike to Work Day! After trying just once, you may decide to make it a regular routine, once a week or a few times a month. More than 17,000 people throughout the metro area got on their bikes last year, and more are expected in 2007.

Great things you'll get when you register for Bike to Work Day: Free breakfast at any one of about 100 bike stops throughout the region on the morning of the event. The Stapleton TMA is hosting two breakfast stations, King Soopers parking lot located at 28th & Quebec & the Perk Hill Coffee House on 22nd & Kearney. Local

eateries will provide free, healthy breakfast and snack items and riders can register to win prizes, including a Fuji Bike. To register, go to www.stapletontma.org and click on the Bike to Work Day article. Call 303-458-POOL (7665), 303 468-3231 or contact amalpiede@stapletonfoundation.org for more information.

Leashes and Helmets

(continued from page 1) brake hard and fly off the bike.

Knocked out momentarily, Rich came to, realized he was bleeding and that he had sustained several injuries. The owner of the dog offered her help. Two other passersby, who happened to work as a nurse and an EMT, offered first aid and called an ambulance. Six hours of emergency care followed. While Rich admits wearing a helmet would have lessened his head wounds, he sustained several other injuries in trying to break his fall.

"The total disregard for leash laws angers me, plus the total disregard for the safety of the residents in this community," Rich says. "As a result of the accident, I have been restricted from driving for one month, I am not to use my left arm at all, I can't lift anything heavier than one pound with my right arm, and I can't work."

In addition to a closed head wound and substantial abrasions to his forehead, knee and shoulder, Rich has bruised ribs, 2

fractured wrists, a fractured elbow, and bone chips in his hand. Possible surgeries may be necessary, as well as ongoing physical therapy. "My doctor will decide when I can return to work. Very costly accident," Rich emphasizes. Rich does feel fortunate that he has disability insurance so he didn't lose his income while he's off work.

Additional encounters with off-leash dogs in the neighborhood have continued to alarm Rich. In one incident in particular on the sidewalk just outside his home, Rich feared being knocked over by a dog that was fetching a ball. Realizing the disregard for leash laws by some residents, Rich urges neighbors to utilize the dog park & keep their dogs on leash otherwise.

For more information about leash laws, visit DenFIDOS (Denver Friends Interested in Dogs and Open Space) at www.denfidos.org.

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bluff lake at Stapleton

Cutline



Bluff Lake Nature Center is a 123-acre wildlife refuge, home to hundreds of native birds and animals. Bluff Lake itself is not technically a lake, but rather a wetland and more specifically a fresh water marsh. Because Sand Creek no longer floods into Bluff Lake, there are many seasons where Bluff Lake is completely dry for months at a time. Recent storms have filled Bluff Lake to capacity and even to the point of overflowing. Where do the aquatic critters go when the lake is dry? While Bluff Lake cannot support

fish there are many species of amphibians, reptiles and aquatic insects that love the marshy conditions. In times of draught, many aquatic animals will burrow into the mud and hibernate until water is present. The exciting thing about having a full lake right now is that water attracts many migratory birds such as pelicans and cormorants. Now is a beautiful time to go birding at Bluff Lake! We have recently spotted colorful birds like the red and yellow western tanager.

Summer Attractions at Bluff Lake:

"Bluff Lake Birders" – First Saturday of every month from 7-9 AM (free)

"Fireside Chats" – Third Thursday of every month (\$1 donation) 6-8 pm

June 21 – Clever Colorado Canines

July 19 – Extreme Home Makeovers; Bluff Lake Addition

August 16 – Ode to Owls"

August 15 – A special "members only event" Wine and Cheese on the Bluff

Bluff Lake is open every day from sunrise to sunset. Passive recreation only—no dogs, horses or bikes allowed. For more information call 303-468-3241 or visit www.blufflakenaturecenter.org



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