

# Front Porch

Distributed to the Greater Stapleton Area

STAPLETON

DENVER, COLORADO

JULY 2007

## From Wild Idea to Reality... The Mitch Lehn Folk Trio



Stapleton's Mitch Lehn Folk Trio struts its stuff. Pictured from left to right are Mitch Lehn (guitar), Katy Hoops (vocals), Randy Stevens (drums), Jen England (guitar), Russ Perez (vocals),

Nadine Rasmussen (keyboards), and Matt Azer (bass guitar). Not pictured are Sara Thomas (flute), Jason Thomas (trumpet), Sarah Hart (violin) and Travis Stevens (soundman and guitar).

### Two Forest City Employees Discover Their Roots

When the record-breaking miniseries, "Roots," based on Alex Haley's Pulitzer Prize winning book, debuted on ABC-TV in 1977, it opened up a dialogue on America's history, race relations and the concept of discovering one's family ancestry.

Today, 30 years later, people are still intrigued by the thought of tracing family ancestry back to its earliest beginnings. Like it was for Haley, this is a daunting task for most African Americans, whose American ancestors were separated and lost due to the practice of slavery.

Now, through the science of DNA testing provided by a company called African Ancestry, African Americans are able to dis-



Gin Butler and Landri Taylor of Forest City Stapleton

cover their roots – some going as far back as 500 years.

Last year, a number of Denver residents, including two Forest City associates, participated in this special DNA testing, which led them back to their beginnings.

Landri Taylor, vice president Community Affairs, Forest City Stapleton, and Gin Butler, ambassador, Forest City Stapleton Visitor Center, are proud to

(continued on page 15)

By Kathy Epperson

Success of mythic proportions has come along for some guitar-playing lads from Liverpool...uh, Stapleton. Low on talent but high on cheekiness, Stapleton residents Matt Azer and Mitch Lehn founded what soon became their now-11 person band known as The Mitch Lehn Folk Trio. Their first gig was their own block party in 2006, but the band has now moved up to such prestigious venues as the former Kyle's Saloon and Skinny Jay's in Boulder. "Much to our chagrin, when we looked online, they actually had real bands charging covers," says drummer Randy Stevens. "Our services are free."

Not for long. We spoke with the band to hear the tale of how this little group generating such neighborhood buzz was created and where they want to go from here.

The Mitch Lehn Folk Trio may appear at Founders' Green in Stapleton this summer. Watch the Front Porch for details

**FP:** How did the band start? Who took it from loony idea to reality?

**Matt:** Since we moved in, Mitch had this obsession with starting a band, and it's something I'd always wanted to do but had zero musical talent. What started it all was when my smokin' hot wife Krista bought me a guitar for Christmas in 2005.

**FP:** Did you already know how to play guitar?

**Matt:** No, still don't.

**Mitch:** So the irony here is that he got a guitar for Christmas (continued on page 22)

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

3 Stapleton Library and Rec Center

Central Park Opening

7

S.U.N.

20

Block Parties

22





Stapleton's Arc Park Tent Night 2007 complete with dinosaur painting.

## EVERY MONTH

### Monthly

New Resident Orientation Meeting  
Please call voicemail # 720-249-5104  
If you would like to attend a meeting,  
Date and location tbd, 7pm

### Every Tuesday

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

### Every Sunday

Stapleton Farmers Market  
29th Ave. Town Center  
9am - 1pm, through Oct. 14th  
303-442-1837

### 3rd Tuesday

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

### 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]

### 3rd Thursday

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

Mark Your

# CALENDAR

FOR LOCAL EVENTS

## EVERY MONTH

### 4th Thursday

SUN Board Meeting at 6:30pm  
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]

### Last Saturday

Sweet William Market  
Founders' Green  
9am - 2pm, through Oct.  
www.sweetwilliammarket.com  
[See story on page 12]

## JULY

### Wednesday, July 4

4th of July Festivities  
11am - Parade  
12-2 pm - BBQ @ Founders' Green  
12-4pm - Games & live music  
@ Founders' Green  
1-4pm - Pool games w/live music

### Saturday, July 14

Community-wide garage sale  
GarageSale@BuildingStapleton.com

## JULY

### Saturday, July 14

"Why I love Stapleton" Video editing  
training session at the Stapleton Visitor  
Center, 29th Ave. Town Center  
9am - noon  
www.StapletonDenver.com  
or call Allison at 303-382-1800

### Sunday, July 15

Stapleton Summer Concert on the Green  
Chris Daniels and the Kings 6-8pm  
Brought to you by Stapleton MCA  
& Forest City Stapleton

### Friday, July 20

Relay for Life  
Founders' Green  
[See story on page 11]

### Friday, July 27

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

## AUGUST

### Tuesday, August 7

"Why I love Stapleton" Video editing  
training session at the Stapleton Visitor  
Center, 29th Ave. Town Center, 6 - 9pm  
www.StapletonDenver.com  
or call Allison at 303-382-1800.

### Sunday, August 12

Stapleton Summer Concert on the Green  
The Motet 6-8pm  
Brought to you by Stapleton MCA  
& Forest City Stapleton

### Monday, August 13

Pools go to Fall operation - Check  
www.stapletononline.com or www.  
stapletoncommunity.com for hours.

## AUGUST

### 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, kkramer@sandcreek  
greenway.org 303-468-3263

## SEPTEMBER

### Saturday, September 8

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

### Saturday, September 15

Stapleton Summer Concert on the Green  
Brought to you by Stapleton MCA  
& Forest City Stapleton  
Soul School from 6-8pm

### Sunday, September 16

Sun Kickball Tournament  
Westerly Creek Elementary, 11am  
Mehringier@gmail.com

## OCTOBER

### Saturday, October 13

Fall Festival  
Founders' Green ~ 12-4pm

## SUMMER CONCERTS AT NORTHFIELD MAIN STREET, 6 - 9:30PM, FRIDAYS

Date	Opening Act	Headliner
July 6th	Le Boom	Opie Gone Bad
July 13th	Jakarta w/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

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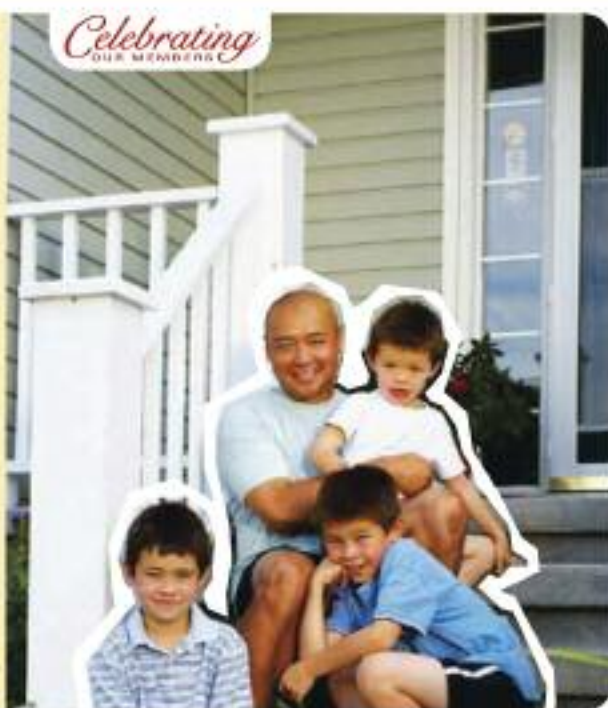
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rate first day of credit is 7.25% APR. The rate will not exceed 10% APR. The floor rate is 4% APR. Rate valid for  
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# Front Porch

[www.StapletonFrontPorch.com](http://www.StapletonFrontPorch.com)

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# Update Stapleton's Proposed Library & Rec Center

The task force charged with analyzing the city's capital needs put the Stapleton library and recreation center on the list of recommended projects for a bond issue being considered for the November ballot. The proposal includes three sections:

- A small property tax increase for ongoing capital maintenance
- Replacing bonds being retired to fund the most urgent needs (which would not require a tax increase)
- Additional bonds for expanded services and new projects (this portion would fund

the Stapleton projects and would create a tax increase)

This proposal must be approved by the Mayor and City Council before it is put to Denver voters on the November ballot.

At the June meeting of Stapleton's Citizen's Advisory Board City Council President Michael Hancock, who represents the Stapleton area, urged the neighborhood to continue expressing its support for these projects. Stapleton resident Chris Adams has set up a website at [www.stapletoncounts.com](http://www.stapletoncounts.com) to allow citizens to express to the city their support for the recreation center and the library.

# CU Hospital Moves to Aurora



One of the last premature babies arrives by ambulance at the new University of Colorado Hospital at the Anschutz Medical Campus.

Photo by Darin McGregor/Rocky Mountain News

The University of Colorado Hospital (UCH) completed its move in June from the Ninth Avenue campus in Denver to the Anschutz Medical Campus in Aurora. The hospital's portion of the new campus encompasses more than 1.7 million square feet of building space, and includes all of UCH's inpatient and as well as many of its outpatient services. University of Colorado at Denver Health Sciences Center (UCDHSC) will complete most of its construction at the Anschutz Medical Campus by October. The hospital's new home in Aurora – which it shares with the UCDHSC's research and educational programs – was renamed the Anschutz Medical Campus in November in recognition of \$91 million of philanthropic support to UCDHSC and UCH from The Anschutz Foundation.

Some facts about the move:

- 126 inpatients were transported 6.2 miles to the new campus via continuous, carefully choreographed trips made by 12 ambulances. Patients were assigned to ambulances according to the level of care they required, and each was accompanied by skilled medical personnel.
- Every person, machine, piece of furniture, and computer was moved at designated times out of the Ninth Avenue campus, and then precisely routed into its new spaces at the Anschutz Medical Campus. The items included:
  - More than 400 hospital beds
  - 8,129 medical devices
  - About 2,000 computers and printers



Mayra Macias, 25, of Thornton holds her newborn daughter Ashley Rodriguez-Macias at the Anschutz Medical Campus after they were moved from the East Ninth Avenue location on June 11th. Ashley, the last baby delivered in the old hospital, was moved about three hours after her birth.

- More than 6,000 types of medical supplies
- At least 3,000 desks, and an equal number of chairs, filing cabinets, etc.
- Stocking and recovering 39,100 supplies valued at about \$500,000 – all within 24 hours of patient moves
- Programming 6,000 phone lines

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Stapleton Front Porch

3

July 2007



# Titanic Exhibition Comes to Denver



Photo by Steve Groer

"Titanic: The Artifact Exhibition," is on view at the Denver Museum of Nature and Science from June 22, 2007-January 6, 2008, presented by JP Morgan Chase. The exhibition features more than 300 authentic Titanic artifacts rescued from the debris field surrounding the wreck site, including this section of the hull, jewelry, china, clothing and paper money. Visitors will also experience extraordinary recreations of some of the ship's interior spaces, including first-class and third-class cabins, the veranda and the boiler room.

Pictured is a piece of the Titanic hull, weighing 3000 lbs. Recovered in 1998, it was nearly brought to the surface in 1996 before a storm cause the ropes holding the artifact to snap. Advance reservations are strongly recommended. To buy tickets, visit [www.dmns.org](http://www.dmns.org).



## Stapleton Garden Club Announces First Stapleton Garden Tour!

By Gregg Looker

Last fall, a group of Stapleton residents met with the founders of the Park Hill Garden Tour to learn how best to host a community-wide garden tour. After a somewhat rocky start, the organizers of the Stapleton Garden Club have decided to go ahead and host the first Stapleton Garden Tour on August 11 (Saturday), 10 AM to 4 PM. Since this is the first year for a Garden Tour for Stapleton, we've decided to make this an open event, i.e., there will be no charge to attend the tour. It is our intent that this will become an annual event and in the future be a fund raiser for a deserving organization.

We are looking for gardening enthusiasts to volunteer their yard for viewing. We need yards that best reflect the theme of "best utilization of space" reflecting our smaller yards here at Stapleton. Eclectic, whimsical, creative gardens exist all over Stapleton and this would be your chance to show off your hard work! We are looking for approximately 10 - 20 gardens to offer on the tour. Your only obligation is to be home on that day and provide a means of egress to and from your garden without having to go through your house. We will also try to have one of our members stationed at each garden to help.

Should you wish to become part of the first Stapleton Garden Tour, please send an email to: [GreggLooker@msn.com](mailto:GreggLooker@msn.com)

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# Proposed DPS Beacon School Focuses on Arts and Sciences

By Kathy Epperson

In 2006, Denver Public Schools (DPS) and Denver Classroom Teachers Association (DCTA) created the Beacon Schools program with the understanding that it is essential for teams of principals and teachers to transform school performance in Denver. The Beacon Schools program encourages concerned and committed principals, teachers, parents and community members to work collaboratively toward changes which will improve student learning, student engagement, school climate, staff development, enrollment and community participation.

Taking advantage of the opportunity to create a new school in DPS are 3 current DPS teachers — Jeannine West, Miriam Ungar, and Regina Allcorn — and John Paull, who directs a teacher preparation program in Boulder and is a Site Professor in University of Colorado at Denver's Initial Preparation Teacher Education program. These teachers created and submitted a Beacon Proposal for The Hawkins School for Arts and Sciences, which is planned to open in Fall of 2008 in the Northeast Denver area. This proposal was received enthusiastically and is the only 'teacher-driven' proposal received by the district. The proposal is expected to receive official DPS approval in September or October, 2007.

The proposed school is dedicated to the memory of Professor Emeritus David Hawkins, a philosopher, scientist, mathematician, teacher, and recipient of the MacArthur 'Genius' Award. The Hawkins School for Arts and Sciences plans an integrated curriculum with inquiry-based science, math, visual arts and literacy. The school will follow the DPS curriculum for literacy and mathematics but will teach content through collaborative, 'hands-on' activities.

The Hawkins School plans to open as an ECE to 2nd grade school, adding one grade per year until it reaches an ECE through grade 8 configuration. As a school of choice, all students will apply to the program, with no priority given to a particular neighborhood. A school site is yet to be determined, but early indications are that it may be located in the Park Hill area.

For more information, contact one of the founding members by email at [radjel@ecentral.com](mailto:radjel@ecentral.com).

# Stapleton Garage Sale

By Michael Kearns

It's that time of year again... time to clean out your closets, your garage, your basement! That's right, it's the Second Annual Stapleton Community Garage Sale! This year's sale will be held on Saturday, July 14.

Last year 109 Stapleton homes participated in the sale and we're expecting even more this year as the neighborhood has grown. In response to feedback from last year's sale we won't be having a central "starting point" for the sale — we're going to encourage shoppers to start anywhere in Stapleton so that we don't wind up with traffic backups in any one area. Here are answers to questions you may have... if you have more, please check online at [www.BuildingStapleton.com/garagesale](http://www.BuildingStapleton.com/garagesale) or email [GarageSale@BuildingStapleton.com](mailto:GarageSale@BuildingStapleton.com)

**Where is the Sale?** Residents throughout Stapleton will be having sales at their homes. A map/list will be available online and at homes that are participating.

**Is there a cost to participate?** No! All the costs (signs, advertising, maps, etc) are once again being paid by The Kearns Team at RE/MAX City Horizons @ Stapleton.

**Will the sale be advertised?** Yes! In addition to the Front Porch and online, there will be ads in the Denver Post / Rocky Mountain News and on Craig's List.

**Will there be signs posted?** Yes. You should have started seeing signs up around Stapleton around July 1. We're ordering additional signs this year for participants to put up to show they'll be holding a sale. Signs will be collected after the sale to be reused next year (the date on the sign can be changed).

**What items sell well?** Based on last year's results, there was a lot of demand for kids toys and clothing, furniture, artwork, and sporting goods.

**Will I make lots of money if I participate?** Some residents last year reported making hundreds of dollars, some didn't sell much. One commented, "...more importantly we got rid of the stuff that was taking up way too much space."

**I don't have anything to sell, but I need stuff for my new house. Are there good deals to be found?** Here's what one neighbor told us after last year's sale: "What I liked most was the high quality items that were so inexpensive they were almost free. Plus it was really fun just cruising the neighborhood with my friend and meeting so many people in Stapleton. I don't normally go to yard sales, but I definitely will not miss the one in Stapleton."

**I've never held a garage sale. Do you have any tips?** Yes! You can download a "tip sheet" from the website at [www.BuildingStapleton.com/garagesale](http://www.BuildingStapleton.com/garagesale)

**I want to participate! How do I sign up?** Send an e-mail to [GarageSale@BuildingStapleton.com](mailto:GarageSale@BuildingStapleton.com) with your name and address.

# Back-to-School Clothing and School Supply Challenge!

Forest City is challenging Stapleton-area businesses to help raise funds to support the Denver Children's Home (DCH). The goal is to raise \$4,000 for back-to-school clothes and school supplies by Friday, July 27th for the 2007-2008 school year. The challenge is to get Stapleton area businesses to match Forest City's contribution of \$100 to reach this goal. Please contact Heather Dock at 303-382-1800 or [hdock@stapletondenver.com](mailto:hdock@stapletondenver.com) to take part in this important effort to properly equip kids from the Denver Children's Home for school.

The Denver Children's Home provides comprehensive care for abused and neglected children, aged 6-18, who suffer from mental illness further complicated by the traumas they have suffered. DCH provides a safe, stable environment for children to receive the mental health care they need. DCH, located in Park Hill, has been a leader in children's health and welfare since 1876. Created by Colorado's founding families as the Denver Orphan's Home, the organization has changed its mission over time to fulfill the needs of our communities' children. For more information on DCH, please see [www.DenverChildrensHome.org](http://www.DenverChildrensHome.org).

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## A woman with long dark hair, wearing a yellow floral top and a blue necklace, is sitting on a white modular sofa. She is smiling at the camera. The room has yellow walls, a large white fireplace, and a modern armchair. There are tall decorative plants in vases and a framed picture on the wall.

*By Kathy Epperson*

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A group photo of five smiling women, likely the dental staff, wearing light blue scrubs. They are arranged in two rows, with three women in the back and two in the front. The background is a solid light blue.



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PHYSICIAN NETWORK

**Our new address and phone number is:**  
**2807 Roslyn Street**  
*(Near the Stapleton Town Center behind King Soopers)*  
**303-403-6333**

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September 8th

Celebrate the Completion of Central Park



Planting and construction continues in preparation for the dedication of the new park.

By Dennis Piper

Come to the official celebration of the completion of Stapleton’s Central Park on September 8th, and discover all the ways to use and enjoy Denver’s great new urban park.

Denver Parks and Recreation and the Park Creek Metropolitan District will present a day-long series of events for all ages and abilities that will highlight the distinct environments of Central Park and the activities they support. Food and beverages will be available at the promenade and park concession building. Street buskers (entertainers) will enliven the promenade throughout the day. If you would like to help sponsor or volunteer for the event please contact Kris Wilson, Denver Parks and Recreation at 303-373-8710 or email kris.wilson@ci.denver.co.us

- Events featuring different areas of the park:
- 10:00 - Kids’ Sports and Fitness Events
  - 11:00 - Stapleton Bike Tour
  - 12:00 - Interactive Fountain start-up
  - 1:00 – Model Boat Demonstrations
  - 2:00 – Free time to explore the park
  - 5:00 – Opening Ceremony
  - 5:30 – Party on the Promenade and Concert
  - 8:30 – Movie in the Park

Nearby residents are requested to walk or bike to the park on September 8th, so there will be enough parking for visitors from other areas and they won’t have to park on neighborhood streets.

Stapleton MCA

**Pool Visits**

The Stapleton MCA pools have proven to be very popular since opening May 26, 2007. We have had approximately 8,000 visitors through June 10 at both pools with approximately 8% of those visits coming from non-residents.



**Programming**

The swim programs continue to grow each season and become more popular. Our Stapleton Stingrays swim team has doubled in size from the previous season, and the introduction of the Stapleton Starfish (our feeder swim program) has proven to be equally as popular. Each of the group swim lesson stations in the first few sessions have been full for months with wait lists on several of the programs growing. We encourage all residents to comment on pool operations and programs via email at pools@stapletoncommunity.com. We strive to respond to each email as quickly as possible. Comments may also be directed to the Stapleton MCA office at 303-388-0724.

**Pool Closure Policy**

The ultimate concern of the Stapleton MCA is to ensure the health and safety of the patrons visiting the Stapleton pool facilities. When an instance of bacterial infection of the water occurs (either fecal matter or vomit), the aquatics staff clears the water and takes a water sample to gauge the current sanitation levels in the pool. The staff also must clear the water of all contaminants which may include externally vacuuming the system, skimming the pool, etc.

Based upon the sanitation levels at the time of testing, additional chemicals may need to be added to return to ideal water quality levels. Each situation is evaluated based upon the severity and containment of the contaminants as well as the amount of chemicals which needs to be added.

The Stapleton MCA strives to open each facility as quickly as possible without jeopardizing the health and safety of the patrons. Because of the public nature of our facility, we do have frequent visits from health inspectors who ensure that our water quality meets industry specifications.

Keven Burnett  
Executive Director, Stapleton MCA



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## July 30th, 6pm Family Picnic to Meet Westerly Creek's New Principal



Ms. Jill Corcoran, Westerly Creek's new principal

*By Tina Turner*  
Join us on July 30th at 6 p.m. at Westerly Creek to officially welcome Ms. Jill Corcoran as our new Principal. We will hear from Ms. Corcoran and then head outside to enjoy a potluck picnic. Each family is asked to bring a dish to

share. Kids will have a chance to reconnect and play, while parents enjoy the opportunity to get to know Ms. Corcoran. We hope you will be able to join us. Invitations and information will be mailed to all Westerly Creek families. Please contact Tina Turner at [tina@kandbsource.com](mailto:tina@kandbsource.com) with any questions.

Students from the Odyssey School present their findings after a research project to compare wind and coal as energy sources. They examined the economic, environmental and social impacts of each, as well as the reliability of both forms of energy.



Stapleton's Odyssey School is a K-8 public school of choice serving 220 students in northeast Denver. The Odyssey School's curriculum is focused on learning expeditions, which are in-depth investigations of topics that engage students in the world through projects, integration of arts, fieldwork, service, and adventure activities. A report from the Colorado Children's Campaign this year ("390,343 Children Left Behind: Who's Closing the Achievement Gap in Colorado Schools") indicated that Odyssey was ranked in the top 2% of Colorado elementary schools on achievement gains in math, reading and writing, and the middle school ranked in the top 8%.

Currently there is a wait list at every grade (5th grade has the shortest list and older grades' lists are typically shorter than younger grades'). Open houses begin in October for Fall 2008 enrollment. Visit [www.odysseydenver.org](http://www.odysseydenver.org) in September for specific dates and times.

### Employment Opportunities at Odyssey

The Odyssey School is looking for a middle school math teacher and a half-time Development Director. Visit [www.odysseydenver.org](http://www.odysseydenver.org) for job descriptions.

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- 20TH - Dotsero w/ Judge Roughneck
- 27TH - Wendy Woo and Bop Skizzum  
w/ Skate Legends and Rythergy

AUGUST

- 3RD - Hazel Miller w/ Mary Louise Lee
- 10TH - Nina Storey and Jubal  
w/ Skate Legends and Rythergy
- 17TH - Nacho Men Classic w/ Martini Shot
- 24TH - Conjunto Colores w/ Railbenders
- 31ST - Chris Daniels and The Trampolines  
w/ Skate Legends and Rythergy

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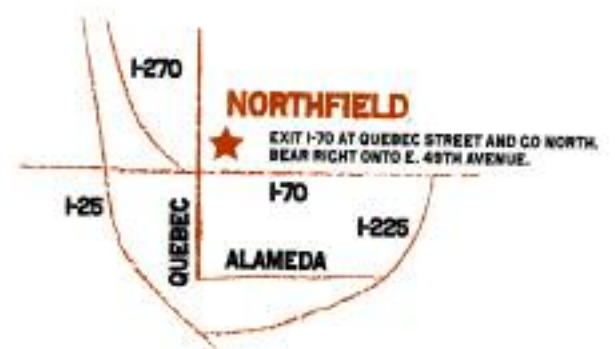
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# September 11 Exhibit

A new traveling exhibit opening July 3 at the Aurora

History Museum will document the tragic events of the day of the World Trade Center's collapse. Admission is free.



Visit [www.StapletonDenver.com](http://www.StapletonDenver.com) to see the deals and discounts offered by these Stapleton merchants.

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- V2K Window Fashions

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- A Taste of Asia
- Anthony's Pizza and Pasta
- Character's Sports Bar & Grill (at the Doubletree Denver)
- Cold Stone Creamery®
- Copper Canyon Grill & Bar at the Renaissance Hotel
- Coral Room
- Doubletree Denver Café
- Inta Juice
- Kyle's Saloon and Eatery
- Noodles and Company
- Panera Bread
- Radisson Hotel, Quebec's Bistro
- Thomas Bros. Coffee & Chai
- Wingz ETC!

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.

"September 11, 2001: The First 24 Hours," assembled by the New York State Museum especially for the Aurora History Museum, includes a recovered American flag, several World Trade Center souvenirs, building keys, signs, sections of the World Trade Center façade, a firefighter's Scott oxygen tank, a fragment of one of the airplanes, and a timeline of events on Sept. 11. Artifacts were recovered from the wreckage of the World Trade Center at the Fresh Kills landfill on Staten Island between Sept. 12, 2001, and June 28, 2002.

"This exhibit serves as a 'document' of the events that transpired on Sept. 11, 2001," said Matt Chasansky, curator of exhibits for the Aurora History Museum. "The artifacts and timeline are a way to observe our recent past within the context of our world today. In this way, the visitor to this exhibit can examine our recent history. The museum is proud to host an exhibit that witnesses history as it unfolds."

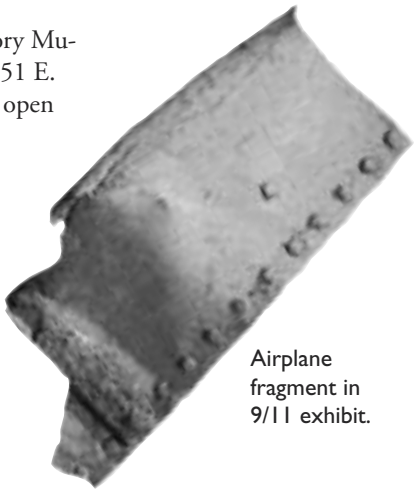
A Fourth of July Exhibit Reception will take place from 5 to 8 p.m. July 4 on the lawn adjacent to the Aurora History Museum, featuring the Rocky Mountain Ringers performing music composed especially for the exhibit. The reception will happen prior to the City of Aurora's Fourth of July Spectacular event, and visitors are invited to tour the exhibit during the reception.

The exhibit, which closes Sept. 30, is sponsored by the Scientific & Cultural Facilities District and Rural/Metro Ambulance. Media sponsor: 9NEWS.

The Aurora History Museum, located at 15051 E. Alameda Parkway, is open from 9am to 4pm Tuesday through Friday and from 11am to 4pm Saturday and Sunday. For more information, call 303-739-6666 or visit [www.aurora-museum.org](http://www.aurora-museum.org).



Elevator sign



Airplane fragment in 9/11 exhibit.

## Passport for Active Living Free Classes – July and August

SCHEDULE OF CLASSES	JULY	AUGUST
<b>MONDAYS at 6:30pm</b> Northwest Aurora Martin Luther King Library 9890 E. Colfax Avenue	<b>Yoga</b> July 2, 9, 16, 23, 30 6:30pm	<b>Cardio Kickboxing</b> August 6, 13, 20, 27 6:30pm
<b>TUESDAYS at 5:30pm</b> Park Hill Martin Luther King Recreation Center 3093 Newport Street	<b>Karate/Self Defense</b> July 3, 10, 17, 24, 31 5:30pm	<b>Fitness Fitness</b> August 7, 14, 21, 28 5:30pm
<b>WEDNESDAYS at 6:30pm</b> Stapleton A.E. Williams Family Medicine Center 3035 Roslyn Street	<b>Funky Dance</b> July 11, 18, 25 6:30pm	<b>Karate/Self Defense</b> August 1, 8, 15, 22, 29 6:30pm
<b>THURSDAYS at 6:30pm</b> East Montclair Montclair Recreation Center 129 Elder Way	<b>Fitness Fitness</b> July 5, 12, 19, 26 6:30pm	<b>Yoga</b> August 2, 9, 16, 23, 30 6:30pm
<b>SAUNDAYS at 9:30am</b> Park Hill Hawatha Davis Recreation Center 3334 Holly Street	<b>Cardio Kickboxing</b> July 7, 14, 21, 28 9:30am	<b>Funky Dance</b> August 4, 11, 18, 25 9:30am

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 above. Please contact your neighborhood coach or Alisha Brown at 303.468.3222 for additional information about the Passport to Healthy Living program.

## July 12, 5:30 - 9pm Botanic Gardens' Birdhaus Bash

Denver Botanic Gardens' 13th annual Birdhaus Bash garden party and auction will offer more than 200 imaginative birdhouses that display creativity, color and design whimsy to show off the latest in nesting chic. Prizes will be awarded for artist ingenuity in categories such as Best in Show, Best Children's and Best Celebrity birdhouse. All proceeds enhance the Gardens' youth education programs. The 2007 collection will include birdhouses hand-made from community members, artists, local cultural organizations, architects, and dozens of celebrities including the Gardens' Concert Series artists.

Attendees will enjoy live entertainment by reggae band Jubal and the Rude Boys and complimentary food and drink from the Wynkoop Family of Restaurants. There will be special entertainment for kids, including live birds of prey from HawkQuest. Ticket prices are: artist - \$20; members - \$30; non-members \$40; children (4-15) - \$5. An exclusive Patron Party will be held in the Monet Garden from 5:30 - 7:30 for those who contribute \$100. For more information or to purchase tickets visit [www.botanicgardens.org](http://www.botanicgardens.org) or call 720-865-3649. Birdhaus Bash is sponsored by Perry & Co.

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Sam's Club in Quebec Square, August 19th 10am-2pm  
2nd Annual Stomp Out Autism Car Show

The 2nd annual Stomp Out Autism Car Show will be held at Sam's Club in Quebec Square August 19th 10am-2pm. The show is free and open to the public. The first 100 cars to register will receive a free lunch and will be entered in a drawing to win a trip for four to Las Vegas. Pre-registration fee is \$20, registration on the day of the show is \$25. There will be prizes and trophies for the car owners as well as prizes for the general public. A live DJ will spin the tunes.

Proceeds will be donated to the first assisted living facility in Colorado for adults with autism having IQ's above 70. Currently no such facility exists in the state and there are only 25 nationwide for this vulnerable population. The event is sponsored by Stapleton's Sam's Club. For more information visit [www.sos-ad.org](http://www.sos-ad.org).

Kidspreen July 21 and 22, Aurora

“The Best Day in the Whole Wide World”

Wander among giant ice cream cones in a life-size board game, meander through a giant maze, dress up and dance, build a work of art, squeeze gooey clay and slop paint onto a real car at the 12th annual KidSpree Aurora July 21 and 22. Admission is free. Join 40,000 others at Colorado's largest outdoor festival for children from 10 am to 5 pm both days at Aurora's 29-acre Bicentennial Park, 13655 E. Alameda Ave.

Kidspreen will offer more than 60 hands-on activities and entertainers including stilt walkers and living statues, face painting, jugglers, magicians, balloon artists, art activities, a musical petting zoo and more. The littlest visitors can play in their own safe haven at WeeSpree for infants and toddlers.

Parking is free at the Town Center at Aurora's southwest parking lot, with a free shuttle transporting visitors to the park located at East Alameda Avenue and Potomac Street, just west of Interstate 225. For more information, call 303-326-8FUN or visit [auroragov.org/kidspreen](http://auroragov.org/kidspreen).

**Volunteers are needed.** Just a few hours of volunteer time give thousands of children a day to remember at this award-winning festival, which is expected to attract at least 30,000 visitors this year. Morning and afternoon volunteer shifts are available from 9:30 am to 5:30 pm, and volunteers will receive a free T-shirt and lunch. Register online to volunteer at [www.auroragov.org/volunteer](http://www.auroragov.org/volunteer) or call the City of Aurora Volunteer Center at 303-326-8618.

Summer Fitness Classes

Infinite Potential offers summer fitness classes outdoors in Stapleton area parks. The program offers an 8-week program from July 8-August 30. Classes include:

“Beat the Heat”: Sun 8:30am, Mon 6:00am, Wed 6:00am, Thurs 6:00am

“Sweat It Out”: Tues 9:30am, Thurs 9:30am

“Leave ‘em In the Dusk”: Mon 7:00pm, Wed 6:30pm, Thurs 7:00pm

“Abs Ache”: Wed, 6:00pm

This 8-week program includes core work, weights, balance work, bands, fitness stations, balls, obstacle courses and more. Cost is \$89/8 week session for 1 class/week; if a second class is added, add \$69/8 weeks, and for third class, add \$49/8weeks! Participants who will miss more than two weeks due to summer vacation may get the fee prorated at time of registration. Everyone is invited to try one class free. For more information call Taylor-Morgan Chapin at 303-388-1466 or at 720-338-5616. Or email [infinitepotentialwomen@msn.com](mailto:infinitepotentialwomen@msn.com).

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Founders' Green Stapleton  
Relay for Life July 20



Relay for Life, which starts the evening of July 20, is an overnight event where individuals, families and teams camp out, barbeque, dance and take turns walking around Founders' Green to raise funds to fight cancer. The American Cancer Society Relay For Life represents hope that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one day cancer will be eliminated. For more information visit [www.acsevents.org/relay/co/stapleton](http://www.acsevents.org/relay/co/stapleton).

Survivor Events

Monday, July 16th, 6:30 pm - **Survivor Dinner at the Coral Room**, Stapleton Town Center. Meet other Cancer Survivors, enjoy free appetizers and optional discounted dinner with half price select wine

Friday, July 20th, 6:00 pm - **Survivor Lap** to kick off the Stapleton Relay for Life, Founders Green, followed by a free dinner for Cancer Survivors and their families provided by Panera Bread Co.

For more information on Survivor Events contact Diane Gordon at [denvergordons@msn.com](mailto:denvergordons@msn.com). To RSVP for the Survivor Dinner, and please visit [www.relayforlife.org](http://www.relayforlife.org) to join a team.

Relay Events

Time	Activity
3:00	Set-Up
5:00	Registration Begins
6:00	Opening Ceremony Survivors Reception
6:30	Jumping Castles, Slide, Board Games, Nail Painting, Hair Spraying, Music, Birdhouse building, Food, Massages by Natural Balance Wellness at Stapleton, Skincare Check by Denver Dermatology, Yoga Class by Core Power Yoga (bring a mat or towel!)
9:30	Luminaria Ceremony
10:00	Munchies by Qdoba
12:00	Midnight Sweets by Panera
12:30	Bingo
2:00	Hula Hoop Contest
2:30	Pajama Lap
3:00	Poker Lap
5:00	Board Games
6:00	DJ Begins, Starbucks coffee, Bagels, Stretching with Infinite Potential
6:30	Smoothies by Inta Juice
7:00	Dog Lap
7:30	Runner's Lap
8:30	Butterfly Release & Closing Ceremony



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The Sweet William Market offers a variety of musical entertainment – David Potter is shown playing the banjo.

By Kathy Epperson

The Sweet William Market made a fresh return for the summer 2007 season on Saturday, May 26. Founders Lizzie Kienast and Kim Kouba, both residents of Stapleton, welcomed back many vendors who sold their wares the previous season and welcomed some new vendors to the mix.

One of their original vendors who has returned this sea-

son is Tony Widinski, who sells antiques and collectibles. Tony runs his business together with partner Dale Taylor and with his sister and her husband, Chris and Dave Fritschel. They have been in business about seven years.

Tony and his partners are known for carrying an assortment of antiques from different eras. “As children, our mother has always instilled in us the appreciation of antiques,” Tony says. “This was mostly through items handed down through our family. What I liked in antiques is the workmanship and detail in them. Items were made to last and stand up to daily use.” Tony has also grown to enjoy ephemera, including postcards, pictures, letters, scrapbooks, magazines and catalogues. “You can learn a great deal about the history and culture of the eras,” he explains.

While Tony has an appreciation for mid-century modern,

his sister likes primitives. Combining their tastes is not a problem as they scout for unique items at various estate and garage sales within a 50 mile radius of Denver. They try to find items already in good shape so they don’t need to be repaired. Even the vintage clothes they sell have to be in great shape, perhaps just needing a cleaning and ironing. “I would say we specialize in unique items we feel our buyers would like at a great price,” Tony says.

Originally from the Chicago area, Tony was in the retail business for over 25 years, primarily selling fine jewelry. Transferred to Denver in 1993, Tony later started working for a branch of the Colorado Department of Higher Education helping college students and their parents with college loans and consolidations. Tony and his partners continue to augment their careers selling antiques not only at the Sweet William Market but also at the Ball Park Market at 21st and Larimer and at a space they have in Village Antiques on Corona between 8th and 9th in Denver.

*The Sweet William Market is held on the Stapleton Founder’s Green at 29th and Syracuse from 9:00am-2:00pm the last Saturday of each month through September.*

## Child Safety – Protecting Kids (and Adults) from Too Much Sun

By Kathy Epperson

In a continuing series on child safety, this month we focus on the timely issue of sun safety. Any dermatologist will urge people of all ages to take sun safety precautions, but there is strong new evidence suggesting that overall sun exposure in childhood, not just burns, is a significant factor in who will later develop deadly skin cancer.

According to Dr. Tina Suneja, a dermatologist with Denver Dermatology Consultants in Stapleton, 90% of skin cancers are a result of exposure to ultraviolet light. Melanoma is the most lethal skin cancer and will strike almost 60,000 Americans this year, killing about 8,100. The incidence of melanoma has been on the rise for three decades, with doctors seeing cases in ever-younger people, occasionally even in children.

Dr. Nancy Thomas, a dermatologist at the University of North Carolina leading a study on the relationship between UV exposure and skin cancer, found that patients with the most common known melanoma mutations also had the highest UV exposure by the age of 20. While scientists are still studying these findings, one theory is that young, rapidly growing skin may be particu-



larly vulnerable to damaging UV rays.

New research into how the sun and genetics interact points to an important step consumers can take now to shield their children and themselves: Check the weather forecast for the day’s “UV index” in your town, to learn when to stay indoors or in the shade. Find a national UV map or look up the UV Index Forecast for your city at [www.epa.gov/sunwise/uvindex.html](http://www.epa.gov/sunwise/uvindex.html). (At the time of this writing, the UV Index for Denver was 10 out of the most damaging rating of 11.) “At our altitude, sun exposure is even

more intense,” says Dr. Suneja. “I recommend hats for everyone, including babies. Babies under age 6 months should not be exposed to the sun due to the delicate nature of their skin.”

“Sunscreen is imperfect,” warns Dr. Thomas. “Schedule activities when UV irradiation is not quite so high.”

The Food and Drug Administration is just finishing a final review of new rules to improve sunscreens. Currently, SPF (Sun Protection Factor) ratings correspond only to how well they block the ultraviolet-B rays that cause sunburn. But it is the deeper-penetrating ultraviolet-A rays that are linked to cancer and wrinkles. The new FDA rules should be issued in the coming weeks, but won’t take effect until a public comment period takes place. While many sunscreens today claim “broad-spectrum” protection, the government doesn’t yet have testing requirements in place to prove that. The soon-to-come FDA proposal will keep the SPF ratings that refer to UVB protection but will also add a UVA rating.

In the meantime, Dr. Darrell Rigel of New York University and a past president of the American Academy of Dermatology recommends the following sun safety precautions:

- Use enough sunscreen. An adult needs the equivalent of a full shot glass, and a young

child a good tablespoonful. Most people put on too thin a coat to get good UVB coverage, much less whatever UVA protection a brand might offer.

- While official recommendations say wear at least an SPF-15 sunscreen daily, a super-high SPF will counter some of the thin-coat problem. (Dr. Suneja recommends SPF 30 for our high altitude and intense sun.)
- Products with the ingredient Helioplex — a more sun-stable mix of the sunscreen ingredients avobenzone and oxybenzone — seem to provide longer-lasting UVA protection, although they can be more expensive. Another certified anti-UVA ingredient, Mexoryl, currently is sold only in sunscreen-containing moisturizer in the U.S.; it has long been sold in Europe.
- Apply sunscreen a half-hour before going outside. It takes that long to start working.
- And limit exposure during the peak UV hours of 10am to 4pm.

Dr. Suneja adds that parents should be familiar with any moles on their child’s skin and look for changes in the symmetry, border, color, or size of these moles. “If there is a family history of melanoma, all first degree relatives should be screened,” she says. “Remember that sun exposure is cumulative: this includes exposure while in the car, sitting by a window, and walking into and out of buildings.”

*Denver Dermatology Consultants is located at 2970 Quebec St., Suite 200 (Bank of the West Building). Call 303-426-4525 or visit [www.denverderm.com](http://www.denverderm.com). Watch for an upcoming profile of Denver Dermatology.*

## Stapleton Broker Tours

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See [StapletonDenver.com](http://StapletonDenver.com) for more details on the tour!

Or call 303-355-9600 or visit the Stapleton Visitor Center at 7480 East 29th Avenue, Denver, CO 80238.

**STAPLETON**



# New Public Art Projects in Process

By Barbara Neal

Three finalists for the public art project at the Filing 15 Pool (located south of the Eastbridge Town Center) came to Stapleton in June for a site visit in preparation for submitting their proposals at the end of July. Jeanine Centuori (Los Angeles, CA), Howard Kalish (Brooklyn, NY) and Christopher Weed (Colorado Springs) toured the site for the new swimming pool between Geneva and Hanover Streets at 28<sup>th</sup> Drive, and met with Pool Project Selection Committee members and the architect to learn more about Stapleton and the criteria for this public art project. These three artists were selected by the Committee from 104 applicants for this project. The Committee expects the artwork to be created and installed in time for the opening of the new pool in May 2008.

Selection for another new public art project began in June with a meeting of the Project Selection Committee for the Ellipse II project at East 35<sup>th</sup> Avenue and Xenia Street. The Call for Entry for this project will be posted on the CaFÉ website ([www.callforentry.org](http://www.callforentry.org)) and on the Stapleton website. Application and image review are scheduled for late summer followed by a site visit by the finalists for this project in September.

The Public Art Advisory Committee approved launching a third public art project in the fall. The anticipated location for this project is the median on Central Park Boulevard north of Montview Boulevard.

Stapleton or neighborhood residents interested in serving on this Project Selection Committee should contact Barbara Neal.

Fort Collins artist, Tim Upham, has presented his proposed design for a large sculpture in front of the Recreation Center planned for Stapleton. His proposal is currently going through the review process. Tim also plans to work on a design for the floor in the lobby area as well as creating a smaller sculpture to be suspended in the atrium behind the reception desk at the proposed Recreation Center.

In other public art news, the two artists selected for the Eastbridge Town Center public art project (formerly the Havana Town Center) are working on their designs. Jim Green and Donald Lipski will be meeting with the design team in early August.

If you're interested in being appointed to a Project Selection Committee or are an artist wanting to be considered for a public art project, or a Stapleton resident simply wanting to learn more about the public art program, please contact Barbara. The *Front Porch* and the Stapleton Online will keep you informed about the public art as well as activities and opportunities in the public art program at Stapleton.

*Barbara Neal is the Public Art Consultant to the Park Creek Metropolitan District and Forest City Stapleton. She may be reached at [barbneal@mindspring.com](mailto:barbneal@mindspring.com)*

## Dedication Ceremony Eye on the Horizon Sculpture



Ilan Averbuch spoke about the artistic influences for The Eye and the Horizon (After Monet) during the dedication in June of his stone and steel sculpture at the ellipse at East 29<sup>th</sup> Avenue and Xenia Street. Scott and Holly Wyatt, who live across from the ellipse, other members of this Project Selection Committee, the Public Art Advisory Committee and other Stapleton residents gathered to hear Ilan's remarks and comments from Dick Anderson, representing the Board of The Park Creek Metropolitan District.

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Stapleton Front Porch

13

July 2007



# Local Company Gets Boost From CTEK's Business Experts

RouteSmith, a developer of route optimization and mobile management solutions, is one of the early CTEK Stapleton success stories. RouteSmith uses proprietary logistics processes and emerging web services to create powerful and cost effective logistic management solutions for small and medium size companies. Clients use RouteSmith to increase efficiency, reduce fuel costs and accelerate throughput. Every day in the United States, an estimated 21 million trucks make 245 million stops. Yet, 72 percent of route planning operations are still done manually. RouteSmith addresses this specialized segment of the \$2 billion Mobile Resource Management industry, which is expected to grow rapidly during the next five years as fuel costs continue to rise.

Unlike some early stage companies who seek assistance before their product has reached the market, RouteSmith founders Matt DeWolf and Jeff Smith had a proven product when they teamed with CTEK Stapleton. RouteSmith had a solid business plan, existing customers and revenue to demonstrate the value of their routing solution. Rather than traditional startup experience, RouteSmith needed experienced advisors who could take them to the next level.

"CTEK provided us with tremendous access to the brightest business and technology people in the region," said co-founder and CMO, Matt DeWolf. "As a small company, I was really impressed by the number

of people who were willing to sacrifice their valuable time to help us grow. It speaks volumes about the CTEK organization and our community here in Colorado."

Like most early stage companies, RouteSmith also wanted additional investment. DeWolf and Smith had "bootstrapped" the company with personal funds and investment from friends and family. However, they knew that additional capital could help the company grow more rapidly. They found their capital through CTEK Angels, the largest angel network in the Rocky Mountain region. But it's one thing to have someone write you a check; it's something else to have that check come from someone who can add real value to your business. That value came in the form of an angel with specific industry expertise.

"Simply put, we teamed with some of the best Angels in the state. They not only brought financial resources to the table, but their logistics, software and business acumen have accelerated our business," said DeWolf. "We've built an All-Star team that is allowing us to rapidly deploy our industry-changing technology solutions."

According to Stephen Miller, Executive Director of CTEK Stapleton, "RouteSmith is the perfect example of our ideal client: two motivated and tenacious entrepreneurs who have an innovative solution that addresses a real business need in the marketplace, and the desire to leverage every resource possible to ensure their own success." Miller noted that Matt and Jeff

tapped legal, sales and marketing, software, logistics, and merger and acquisition experts from CTEK's 800-person database of advisors.

"RouteSmith is a great example for all entrepreneurs of how to do it right."

To learn more about RouteSmith's products, or to sign up for a 14-day free trial, please visit their website at [www.RouteSmith.com](http://www.RouteSmith.com).

*CTEK Stapleton is a business incubator for early stage technology companies located on the corner of Martin Luther King Boulevard and Syracuse in the Stapleton community. Fully furnished offices, suitable for 1-6 employees, are available for both technology and non-tech companies, and include use of 3 conference rooms, a kitchen and copy center. Rates start at only \$300/month, all-inclusive (including high speed internet). Contact Stephen Miller @ (303) 321-5555, [stephen.miller@ctek.biz](mailto:stephen.miller@ctek.biz), or preview the space at [www.ctek.biz](http://www.ctek.biz).*

## Primrose Students Graduate



It was standing room only on May 23rd when 45 students graduated from Primrose school's Pre-Kindergarten, Junior Kindergarten and Kindergarten programs (4-5 year olds). The children sang songs, stated what they want to be when they grow up, and watched a slide show of how much they had progressed during the school year.



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## Real Estate Corner

Information of interest from local real estate professionals

### News From Stapleton Builders

By Tammy Morran

Stapleton continues to be a dynamic, changing neighborhood. Central Park is under construction, the Eastbridge Town Center is being designed, new filings are being planned, and the builders have been busy. The plentiful home choices in Stapleton have always been a strong draw, bringing buyers into the neighborhood, and ever more options for current residents with changing needs. Here is some current information and offerings from the builders. KB is bringing two new lines to Filing 18 on the North Side of Central Park. They will continue the very popular Coach Home Series, but this time with optional basements! In addition, they will be offering the new Martha Stewart line of homes, with all the details that Martha Stewart is famous for. Theresa at KB Staple-



Tammy Morran

ton says interest lists in both home lines are now forming.

Infinity is releasing their MODA lofts. These homes will be contemporary, refreshing and will have great standard inclusions. The location and price will make these lofts a great attraction for many buyers in the \$250,000 to \$480,000 range.

John Laing Homes will be bringing their new line of homes to Filing 18. As Robert

Callum says, "Cottage Homes at Stapleton will be unique; they will feature creative yet comfortable living spaces and the quality of construction that John Laing is known for."

McStain Homes will be bringing their new Penthouse Row Home to the neighborhood. Brian Lee Karpowich of McStain says, "These homes will feature 2 master bedrooms, and open family rooms which connect to a gourmet kitchen, and both indoor and outdoor living spaces perfect for entertaining."

There are only 4 select homes remaining in Parkwood's Nantucket Close. The Close features an island park, private roadway, and brick sidewalk. White picket fences, larger lot sizes, and traditional touches create a special enclave within the Stapleton neighborhood.

Five builders making Urban Estate Homes have started 10 spectacular new homes on 25th drive just west of Central Park Blvd. Their diverse architecture is representative of Dutch Colonial, French Country, Modern Prairie, Spanish and Victorian among others, with prices from \$1,149,500.

Our builders agree that using a Realtor is in the best interest of the buyer. As Clint Gehde of Infinity states, "It is a team effort, and the real estate agent really helps in facilitating the sale, and helping the client manage all the details in the building process. Agent and Builder reps work together, guaranteeing buyer satisfaction and peace of mind that their new home is being looked after by a team of professionals." Sincere apologies to builders not mentioned in this article, all of our Stapleton Builders have wonderful news to share with you. We will continue to strive to bring the latest news to you in future articles.



# Westerly Creek Elementary Fun Fundraising

By Tina Turner

Last summer, in living rooms and kitchens throughout Stapleton, people came together to learn about our wonderful neighborhood schools. They responded by donating with amazing generosity!

For the second year in a row, parents of Westerly Creek Elementary are organizing the Stapleton Direct Giving Campaign. The campaign will begin in July and consist of 4 house parties that will be sponsored by an individual or business. The sponsor will match up to \$2,000, the amount that is contributed by families who attend the parties. The campaign's goal is \$20,000 to \$25,000.

The money will help fund additional instruction in areas such as art, music and physical education that have been reduced by budget cuts to Denver Public Schools the past few years.

The Westerly Creek families believe the goal is realistic. Other DPS schools in neighborhoods with similar demographics as Stapleton raise in the range of \$80,000 to \$120,000 annually to enhance their education programs. Those schools are among those rated high or excellent on state report cards.

Creating an excellent school does not happen simply because it's located in a great neighborhood, campaign organizers point out. It takes a committed staff, considerable time from parents and the financial support of the overall community.

The parties will also provide an opportunity to learn more about Westerly Creek Elementary and to spend an evening getting to know the new principal of Westerly Creek, Ms. Jill Corcoran.

Anyone interested in attending or sponsoring an event should email Tina Turner- [tina@kandbsource.com](mailto:tina@kandbsource.com). Watch for invites in the mail!

# Stapleton Encourages Residents to Become YouTube Stars



Lisa Feiner rides a scooter similar to the ones being given away in Stapleton's video contest.

YouTube catapults those of us who dance in our living rooms, can't sing or need attention into stardom. The Internet forum has become a place to brag, learn or discuss important issues.

June marked the five-year anniversary of the first residents moving to Stapleton. In celebration of this, Stapleton developer Forest City, is hosting "Why I love to live at Stapleton" video contest and encouraging all residents to create videos about what makes living at Stapleton so amazing.

Videos are being accepted now through Aug. 31 and select entries will be shown at various movie nights throughout the summer. Residents can post their videos on [www.youtube.com](http://www.youtube.com). Anyone can vote on YouTube and the resident who earns the most votes will win two motorized scooters from Colorado-based Sportique Scooters.

A winner will be announced on Sept. 15<sup>th</sup> at the last concert of the summer on Founders' Green. Videos should be two minutes or less with a PG-type rating.

The Stapleton Visitor Center at 7480 E. 29<sup>th</sup> Ave. is holding video-editing seminars from 9 a.m. to noon July 14 and 6 to 9 p.m. Aug. 7. The seminars will also show attendees how to navigate YouTube.

Forest City Stapleton will donate \$5 to local charities for every video a resident submits. Half of all funds will go to the Urban Farm, a 23-acre farm and educational facility in Stapleton's Sand Creek Greenway. The remainder will go to Bluff Lake Nature Center, a 123-acre nature wildlife refuge on Stapleton's eastern edge.

We can't wait to see your video about loving life in Stapleton. Vote for all your favorite shots at [www.youtube.com/group/stapletoncontest](http://www.youtube.com/group/stapletoncontest).

More details are also at [www.Stapleton-Denver.com](http://www.Stapleton-Denver.com).

# Officer Medina Named Top Cop for District Two

Officer R.J. Medina has been selected as the "Top Cop" in Denver Police District Two for the month of May by a committee of citizens that honors police officers who serve Stapleton & the surrounding neighborhoods.

On 4-19-07, Officer R.J. Medina responded to a District Two location on the report of a disturbance. The suspect was gone upon Officer Medina's arrival. No law violations had been committed and Officer Medina could have just ended the call; however Officer Medina obtained the suspect's name and found that the suspect was wanted for Sex Assault on a Child, Felony Theft, and Contempt of Court.



Officer R. J. Medina

Through further investigation, Officer Medina found a relative's address in Westminster and had officers respond there.

The relatives told police that the suspect was possibly living in an RV in front of his father's house in another Denver neighborhood. Officer Medina put together an information packet containing all necessary information, and sent it to the Detective Bureau. Detectives attempted to arrest the suspect shortly thereafter using Officer Medina's information.

After a short stand off, the suspect was taken into custody.

After the suspect's arrest, detectives recovered two handguns from the RV in which the suspect was hiding.

The Top Cop Citizens Committee commended Officer Medina for his dedication and applauded all of the men and women in Denver Police District Two for the efforts they make on a daily basis to promote public safety.

# Discovering Roots (continued from page 1)

finally know their family heritage.

For Taylor, it was the conclusion of a very special chapter in his life, which began when he was 20 years old and met Haley in person.

"It was meeting him that motivated me to go to Africa and learn more than what was available in books," said Taylor.

He took an extensive tour of Africa, but felt a special connection with the people near the Sierra Leone area. Taylor's DNA test confirmed that his ancestors are from Sierra Leone. Upon learning about his ancestry, Taylor says he felt great.

"I'm more excited for my kids. They can now say, 'Hey, this is where my dad's family is from.' I'm proud of the fact that I can pass this information on to them," he said.

Butler is equally pleased with her DNA findings. "The emotion of finally knowing where my family came from was overwhelming. Words can't describe it. I just cried," she said.

Butler is from the Mende and Temne tribes in Sierra Leone and the Kru in Liberia.

"My four sisters were with me when I received the DNA certificate. It was like finally

finding the last piece of the puzzle. We're so excited," she said.

Since learning about her ancestry, Butler has read all about Sierra Leone and Liberia. She's especially excited about Liberia, which in 2005 became the first African country to elect a woman president.

Anyone interested in discovering their roots should visit the African Ancestry Web site at <http://www.africanancestry.com>. Cost for the DNA testing, which takes six weeks for results, is \$349.



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# Stapleton Dental Opens Wide

By Kathy Epperson

Starting her own dental practice in Stapleton was a dream come true for Carrie Dougherty. "My family and I have lived in Stapleton for the past year and a half, and knew that I would have my office here too," says Carrie. "We love the community and wanted to be a part of it by locating our business here." Stapleton Dental officially opened in mid-May in the 3055 Roslyn Medical Building.

A Fort Collins native and CSU graduate, Carrie went to dental school at Boston University and completed her general practice residency at Denver Health Medical Center. "I have always wanted to be in medicine — I got my first Fisher-Price medical kit when I was 2!" she says. "Then over the years I got interested in dentistry. A close family friend is a dentist, and he allowed me to observe his office and later work there as a dental assistant. That is when I decided

to go into dentistry."

Stapleton Dental provides dentistry for the whole family and offers general and cosmetic dental services. Carrie has taken care to create a warm, inviting environment with a caring staff, but also takes advantage of the latest technology. "Our office is a high-tech, all digital office," she says. "We have screens that allow patients to watch a TV show or movie of their choice while their treatment is being performed. And we have intra-oral cameras so that our patients can see what I am seeing when I look in their mouths."

Carrie and her husband Sean, a web developer for a local ad agency, enjoy being active members of the community. They love to swim, take walks or ride bikes around Stapleton with their two boys, Jack (age 2) and Cael (8 months). "I am a dentist because I love interacting with people and being a part of their health-care team," Carrie says. "And I am thrilled to be able to do it in my own community."

Stapleton Dental is located at 3055 Roslyn Street, Suite 260. Open Monday-Thursday from 8:00am-5:00pm. Call 303-399-1488 or visit [www.stapletondental.com](http://www.stapletondental.com).



Dentist Carrie Dougherty shows off her new office

# Two Exemplar Practices Move to Stapleton

Area residents now have two new medical options located on Roslyn Street, directly east of King Soopers, in Stapleton's 29th Ave Town Center.

Exempla Uptown Women's Healthcare Specialists is moving and changing their name to Stapleton OB/GYN. They offer a full line of OB-GYN services to women of all ages, from adolescence through motherhood, menopause and beyond. Prenatal care is provided, delivering at Saint Joseph Hospital or Rose Medical Center. The practice also offers a specialty in holistic and integrative health care and they offer herbal consultations, nutrition and wellness counseling, lifestyle and stress management consultations, Arvigo Mayan Massage, Healing Touch, and other integrative modalities. The team of three providers includes: Dr. Mark Simon, MD, Dr. Valerie Ginsburg, MD, and Cindy Aspromonte, NP. The office, managed by Judy Rickert, can be reached at 303-403-6333.

In addition, Exempla Family Medicine has also moved to Stapleton. The practice is committed to knowing patients and providing personal, individualized care. Family medicine offers the advantage of having one doctor know all members of the family — the practice has patients from newborn to great-grandma. Services include: same day appointments, management of acute and chronic illnesses, women's health care, chil-

dren's health care, geriatrics, preventive medicine, school and sports physicals, musculoskeletal problems, and minor surgical procedures. Dr. Kristine Walsh received her M.D. and a master's degree in public health from Tulane University in 2000. Dr. Walsh lives in Denver with her husband, Craig, infant daughter Ella and their yellow Lab Colby. For information or an appointment call 303-467-8900.



Kaycee Rhodes (left rear) of Stapleton Family Practice joins staff from Stapleton OB/GYN including Dr. Mark Simon, Crista Santos (left middle), Dee Pearson and Cindy Aspromonte (front) at the new building where both practices just relocated.



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# Sustainability at Stapleton

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

## Recycling Now Available at the Stapleton Pools!

Thanks to Stapleton's Master Community Association, recycling is now available at Stapleton's Aviator and Puddle Jumper pools! Look for the big blue bins located near the entrance to each pool, next to the trash cans.

Recycling will be picked up each week by Waste Management. You can recycle the same materials in the blue bins at the pools as you can at home through Denver's curbside recycling program. Accepted materials include aluminum cans, glass bottles and jars, plastic bottles and steel cans, mixed paper, newspaper, cardboard and paperboard. Please do not put any plastic bags or tubs in the recycling bins, make sure your items are free of food debris, and break down any cardboard. If you

are unsure about a specific material, look for the signs on the bins illustrating what can be recycled.

Photo by Karen Kingsbury



Photo by Tim Rehder, EPA

Forest City Stapleton recently won the EPA's Region 8 Environmental Achievement Award in recognition of superior vision, leadership and skill in establishing a standard for sustainable redevelopment at Stapleton. EPA Region 8 Administrator Robert Roberts presented the award to Forest City during a tour of the EPA's new regional headquarters, which includes the city of Denver's first green roof. From left to right: Heather Dock, Katy Hull, Lisa Hall, Karen Kingsbury, Robert Roberts, Kevin House, Brian Levitt, Melissa Knott, Gary Truesdale, and Heidi Majerik.



## THE CREAM OF THE CROP



**Stapleton Farmers Market**  
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## Support Your Farmers Market!

The Stapleton Farmers Market is your local farmers market. Help it grow with your regular patronage. Over time, you'll find more stands and more variety. Together we can build a great event for the community!

Did you know that the average piece of produce travels 2,000 miles before it reaches the shelf in the supermarket? Each day produce is in transit or sits on a shelf it loses more of its nutritional value. Stapleton Farmers Market customers enjoy the most nutritious produce at the peak of freshness.

Join us in our efforts to preserve Colorado family farms. With family-owned

Colorado farm acreage shrinking at an alarming rate, Colorado Fresh Markets (the Stapleton Farmers Market managers) was formed to provide retail sales opportunities for Colorado farmers and to support statewide agricultural pursuits. Shopping at the Stapleton Farmers Market puts more money in the farmers' pockets and keeps your dollars in the community. Preserving family-owned farms also sustains Colorado's wildlife corridors, preserves productive use of open space and ensures a quality food source for the people of Colorado and beyond.

Thank you for your support of the Stapleton Farmers Market!

## Call for Vendors and Musicians

Do you want to be a vendor at the Stapleton Farmers Market? Or are you a musician who would like to play at the market on Sunday mornings between 9 a.m. and 1 p.m.? If so, please contact Michele Burke of Colorado Fresh Markets at 303-442-1837 or [freshmarkets@comcast.net](mailto:freshmarkets@comcast.net).

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## 4 Paws News

by Michele Smith, D.V.M.  
29th Ave Animal Hospital



## Let's Talk Teeth

by Dr. Brett Kessler  
Town Center Dentistry and Orthodontics

### Does My Dog Need Depends?

Many owners find themselves in a panic when their dogs begin urinating inside the house. No one likes the messy clean up and the lingering scent of urine. Urinary incontinence affects many pets but often goes ignored and untreated.

The first question to answer is “Is it a behavior issue or is it incontinence or some other medical problem?” The most common presentation is a female, spayed, middle-aged dog that has begun urinating in the house.

A puppy most likely does not have a problem with incontinence. It just doesn’t understand where you want him to go about his business yet. A male dog urinating on furniture may be “marking his territory,” and incontinence is a less likely diagnosis.

Inappropriate urination often occurs when the animal is sleeping or in an extremely relaxed state. Owners commonly report that nighttime is when most of the problems are seen. When the dog gets up from a nap there is a puddle in that spot or a wet spot on the carpet.

The exact cause of urinary incontinence in dogs remains unknown. Some theories suggest urinary incontinence may be the result of urine pooling on the wrong side of the sphincter, outside the bladder, or it may be due to loss of sphincter muscle tone.

A urinalysis can detect a urinary tract infection, which may be the cause of the problem. Female dogs, due to the anatomy of their urinary tracts, are prone to low-grade urinary tract infections.

If the urinalysis is normal, the next step may be to do blood work and perhaps other diagnostic tests, such as radiographs and ultrasound examinations. These tests will rule out other medical conditions, an important precaution before administering any medications.

There are several drugs on the market now labeled for use in treating urinary incontinence in dogs. Phenylpropanolamine (PPA) is the most commonly prescribed drug to treat dogs with incontinence. It works by tightening the urinary sphincter.

The dose is entirely dependent upon the dog and the severity of the problem. Some dogs may need to be treated for life. Other dogs may experience an occasional bout with incontinence. Dogs with incontinence often are more likely to have urinary tract infections.

If your pet is urinating inappropriately or you have questions about urinary incontinence, contact your local veterinarian for more information.

*Dr. Smith’s clinic, The 29th Ave. Animal Hospital, is located in the East 29th Ave. Town Center at Stapleton in the courtyard next to Fantastic Sams. Call 303.394.3937 for more information.*

### Easy on That Bite!

Occlusion is a dental term for how your top and bottom teeth come together. Biting serves one purpose: to break up your food so it can more easily be digested. When you have a healthy bite all of your top and bottom teeth hit each other evenly with the jaw in its most comfortable (or orthopedically correct) position.

If you find that your teeth look worn, or you are constantly touching, clenching or grinding your teeth together when you are not chewing food, you will probably want to read on. You may be what dentist’s call “over-functioning” on your teeth this will cause problems down the road.

If your bite is not balanced, (or if you clench or grind your teeth, chew gum excessively, or bite your nails, etc.) your teeth are prone to poor performance. You can experience cracking, fracturing or excessive wear. Dental work may need to be replaced prematurely. You are more prone to gum recession or advancing gum disease, sensitive or loose teeth. Finally, your smile can be affected with ground down or chipped teeth, especially your front teeth.

An unbalanced bite can also affect the jaw joints (known as the TMJ) and associated muscles that open and close the jaw. Depending on the problem(s), over-functioning can lead to sore jaw and neck muscles, headaches (even migraines), clicking and popping of the jaw joints during opening and closing, severe pain and limited range of motion of the jaw.

Recognizing bite problems as early as possible increases the probability that you will have good looking and functioning teeth at an elderly age. Much of the dental work in an adult’s mouth might have been avoided if the signs of occlusal (bite) disease had been recognized and addressed in the early stages.

Treatment of occlusal disease commonly begins with a “bite splint.” This hard acrylic appliance is custom-made to fit snugly over either your upper or lower teeth. It becomes a temporary perfect bite for you. When it is fabricated correctly and worn as prescribed, many of the signs and symptoms often disappear as long as you wear the splint.

The properly adjusted bite splint can then be used as a guide to idealize your bite. In most cases if your bite is idealized, you won’t have to wear the splint anymore, and your teeth have the best chance of working for you over the course of your lifetime. See your dental professional to determine how best this can be done for you!

*Brett and his wife Gina Kessler, DDS, MS are co-owners of Town Center Dentistry and Orthodontics. They are pioneer Stapleton business owners located in the 29th Avenue Town Center and are long-time Stapleton Residents. Dr. Brett is also a Clinical Associate Professor at the University of Colorado, School of Dentistry. He and Dr. Gina have been practicing for over 12 years. They can be reached at 303-321-4445 or [www.makeyoursmilegreat.com](http://www.makeyoursmilegreat.com)*

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## Safe 4th of July Fun

Each year on July 4th, also known as Independence Day, Americans celebrate their independence from England with picnics, barbecues, fireworks and family gatherings. It is a great time to get your closest friends and family together and play!

Fireworks are a hit with all ages. When oohing and ahing at a fireworks display, discuss the colors and shapes your child is seeing. How do they sound? What do they look like?

The fourth of July is an excellent time for teachable moments, and not just in the field of pyrotechnics. The colors, the shapes, the sounds can all be enjoyable and educational. It's also a perfect time to review fire safety.

A fun, and safe, at-home explosive spectacle is the Mentos and Diet Coke fountain. No, this isn't a Mikey-and-Pop-Rocks urban legend. It's something fun you can do with your kids. Make sure you do this out in the yard. Open the Diet Coke and put as many Mentos as you can, as quickly as you can into the bottle. Beware, it will erupt instantaneously. Make observations. How many can you get in? How high did it go? Do any other candy and soda combinations work? (They do. Any combination of a carbonated beverage and a sugar candy will react.) A search on youtube.com will reveal numerous taped episodes of this experiment. And for the really ambitious try building a device that will allow for the maximum payload of Mentos to be added to the Coke at once (plans for such devices can likewise be found online).

Make a windsock out of a recycled oatmeal container and colored paper. Cover a cardboard oatmeal container with red, white, and blue construction paper. Encourage your child to cut out different shapes such as stars and stripes! Glue crepe paper streamers from the ends and if you don't have streamers, color strips of toilet paper or paper towels! Tie string about a foot long to the top and watch it blow in the wind! What else can wind be used for? Sailboats? Windmills?

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](http://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@cmdenver.org](mailto:tomd@cmdenver.org). He lives at Stapleton with his wife, Lori Fox, and daughters Cate and Ella.*



## Are You in Control of Your Environment? Or is Your Environment in Control of You?

If you have a family you've more than likely experienced highs and lows within the household. The good or high times are the most peaceful and picture perfect times and then there are the lows. Our jobs are demanding, the kids are going crazy, there's the pressure of bills, your parents are ill or just demanding a lot more of your time and you are just plain exhausted. What do you do? Well it's actually quite simple. This is where you step in, literally, YOU step in.

Life is such a rushed, multi-tasking, scheduled venture, and when things don't go as planned we quickly blame it on our husbands, wives, kids dressing too slowly, or the person on their cell phone driving too slowly.

But what if at these moments we actually took ownership of our environment by asking ourselves what did I do to create this situation and what can I do to change it for the better. Maybe our families/children need more of our ears and time than they need a 5-course meal or to know that Mom or Dad made it to management and they'll be talking on their cell phone or travelling more.

When your environment is in control of you, everything seems to go wrong and we can't quite put our finger on it. In martial arts we learn to "be where we are" at that moment. It helps us to focus on doing our techniques correctly, but it also teaches us how to give our attention to a single person or situation at that moment. We learn to feel that it is a very productive thing to "not" multi-task: and our bodies, mind and soul reflect our sense of peace and control. We are no longer standing on the outside of our lives pointing fingers and blaming everyone for our difficulties. We are now taking ownership of our lives.

But whether you practice martial arts, yoga, meditation or any other techniques, you have the ability to step in and not let life happen to you in an out of control fashion. Every life experience we have and the way we handle it can be a positive example we set for our family and community. It's really up to us to make our lives and environment a happy one.

*Mike Giles Family Karate is in its spacious, beautiful location in Quebec Square - Stapleton. 7506 E. 36th Ave. #480 - facing Sam's Club and Roslyn Street. For more information on Karate/Cardio Kickboxing family programs, visit [www.mikegileskarate.com](http://www.mikegileskarate.com), e-mail us at: [mikegileskarate@comcast.net](mailto:mikegileskarate@comcast.net) or call 303-377-(KICK)5425.*

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**S.U.N. Meetings are open to the public**

Meetings are held the 4th Thursday of the month at 6:30pm in the Stapleton Development Corporation Large Conference Room, 3rd Floor, 7350 E. 29th Ave.

## Over 1,000 Households Join in Block Party Day 2007

By Heather Baker

As new as Stapleton is, we do have some traditions that are only getting better from one year to the next. Block Party Day (BPD) is one such tradition, and it was a great success in 2007! On May 19, approximately 1,000 households across our neighborhood held a block party. Some blocks chose alternate dates, but the spirit of "getting to know your neighbors" was still part of the festivities.

Here is a rundown of Block Party Day 2007:

SUN tried something new this year in asking blocks to register their parties. The reasons for this were two-fold: 1) We wanted to be able to at least "guesstimate" how many neighbors participated in order to distribute some goodies for the day; and, 2) we wanted to be sure blocks were aware of where their neighbors were holding their parties in order to avoid crowding in parks or alleys. This effort turned out to be a great success!

As part of this registration effort, SUN gathered some sponsored items and spent donated money on block party favors. Crystal Stephen, a resident of Filing 12, is National Special Events Sales Manager for Dave & Buster's. She got her company to donate Dave & Buster's PowerCard coupons for all block party participants, and they were distributed as parties were registered. With money donated by the MCA, SUN purchased cups and balloons to make the day more festive. Rather than dozens of smaller balloons, we tried something different this year with one giant balloon per party. The coupons, balloons and cups were a hit – thanks Dave & Buster's and the MCA!

Some blocks chose to collect money for catering, bouncy castles for kids, face painters and balloon artists, and others got together in the common courtyard to have a potluck. Most block parties were somewhere in between. A few had bands play – by most accounts at least one band member was a Stapleton resident, and they provided music for their neighbors for free.

Three blocks registered to close their street or alley with

the City, and this made those events less worrisome for parents of small kids running around enjoying themselves. It also helped avoid too many parties in one pocket park, or courtyard. SUN helped the process by delivering the paperwork and checks to the city and picking up the permits.

And, finally, SUN started a new tradition around BPD this year. On Monday, June 11 we held our 1st Annual Block Organizers Appreciation Party. As a thank you for those who worked so hard to pull the parties together, the Coral Room hosted the party on their patio. Anthony's Pizza donated "free slice" coupons as thank you for all organizers. Thanks to the Coral Room and Anthony's for your ongoing support!

SUN's goal in founding Block Party Day 3 years ago was to encourage such neighborly spirit. One of the best ways to foster better understanding, keep our streets safer, and to generally help each other more, is to get to know each other. Whether your block is 10 units or 24 houses, it is important that you know your neighbors – even if by sight. Block maps and directories are also an big part of the getting-to-know-each-other process, and keep communication going year round....until you have your next block party!

## 4th Annual Kickball Tournament

By Diana Kearns

SUN is happy to announce the upcoming 4th annual Kickball Tournament. Tap into your inner child and mark your calendars for Sunday, September 16th, 2007 at 11am. Once again, the SUN Kickball tournament is planned to be held at Westerly Creek School's playing fields.

Last year we had over 150 people take part in the competitive adult tournament. There will also be a loosely organized, fun, kid tournament to keep the youngsters busy. It's a great opportunity to have fun, see friends, meet neighbors and enjoy a great outdoor activity. More details to come. To volunteer to help with the planning, please contact Mark Mehringer at [Mehringer@gmail.com](mailto:Mehringer@gmail.com).

## Same Day & Location, Slight Time Change for SUN Board Meetings

To help accommodate parent schedules, the Stapleton United Neighbors board meetings will now start half an hour earlier, at 6:30pm, on the 4th Thursday of each month. These meetings are held at 7350 E. 29th Ave., 3rd Floor Conference Room. To find out more, review minutes from past meetings, or see what SUN's committees have been up to, check out SUN's website at [www.StapletonUnitedNeighbors.org](http://www.StapletonUnitedNeighbors.org)

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Sabrina Darzins, 7: "I am on Team WINN-er! We want to have fun and help Allison fight her cancer."

Lindsay Young, 7: "Our friend Allison was in the hospital with cancer so we want to raise money to help her get well."

Maddie Sorensen, 7: "I want to help people who have cancer - like Allison and my dad's friend Beth. I am so excited!"

Julianna Darzins, 9: "My Girl Scout Troop has helped set up the Luminaria since the Stapleton Relay began. I like getting together with my friends and doing something nice for others. This year we get to camp out!" (Julianna is participating with her own troop, not Troop #25)

## Jeff Farmelo

with his sons Anthony, age 7 and Brandon, age 5

"Our family participates in the Relay for Life because it gives us an opportunity to acknowledge the strength and determination of the boys' grandmother, Bonnie."



## Tammy Morran

"Relay is both a fun and a meaningful experience. We will have all sorts of activities for the family, food, and the opportunity for great conversations all thru the night. All while raising money for a great cause that affects so many of us."

## Mike Morran

"Working on Relay raises money for a deeply worthy cause, and helps build community within Stapleton."



## Preeti Singhal

with her son Raunak, age 5

"Ever since my mother-in-law could not survive the chemotherapy sessions for her breast cancer, the loss and pain lead our families to respect and celebrate life more. And what other best way to do that, than be with good friends, support and be a part of 'Relay for Life.'"



## Diane Gordon

with her daughter Ellie, age 9

"I participated in the Relay for Life to support friends in the past. Now as a one-year cancer survivor myself, I know that the love, encouragement and support a survivor feels during the Relay is priceless."

Contact Diane Gordon at denvergordons@msn.com to find out more about Survivor Events, including the Survivor Dinner and special events for cancer survivors the night of the Relay.



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# Stapleton Block Parties

Photos courtesy of block party participants



On May 19, approximately 1,000 households in Stapleton participated in a block party. Activities included (clockwise from upper left): bounce castles, pony rides, horseshoes, petting a baby goat, and “driving” a fire engine. See story on page 20.



## Mitch Lehn Folk Trio *(continued from page 1)*

that he doesn't play in the band, and I bought a bass and gave it to him.

**FP:** So how did the rest of the band form?

**Mitch:** We recruited. We wanted to be close to home, and we started talking to people at parties. People came out of the woodwork. Randy said “I play drums”, and I said “Really?”

**Randy:** I said I hadn't played drums since high school, but that was enough.

**Mitch:** And then we knew Nadine played piano, so that was a shoe-in. And then Jen moved in, and as soon as I found out she played guitar, I just tried to befriend her.

**Jen:** No, it was the other way around. I moved in, pregnant with my son, and the first week we were here I said “I swear, I think I hear a band practicing! This is great!”

**FP:** Was this with the idea of playing block parties?

**Mitch:** It was solely for the idea of seeing if we could get 4 songs.

**FP:** Had any of you played in a band before?

**Russ:** Mitch, Jen, and Nadine played in a band before. I was in a local acappella group.

**Mitch:** Sara and Jason had been in an all-state band in college — that's a funny story.

**Russ:** Yeah, they're the real professionals. They can actually read music.

**Katy:** I'd never sung before — just in the car and the shower.

**FP:** Who came up with the name?

**Mitch:** We went through a couple of names. We were going to be Two Guys Who Can't Play, and then we were going to be The Dandelions or something.

**Matt:** I just liked the campiness of it. Sounds like Mitch Miller, the Kingston Folk Trio. I wanted it to be non-sensical and also make sure Mitch's name was in it.

**FP:** You play a broad mix of everything — from a little Sugar Hill Gang rap, to an Irish folk tune to George Michael, R.E.M., The Ramones and Men at Work. Is there any limit to your repertoire?

**Mitch:** Oh, absolutely. We have a strict criteria. Anything

more than 3 chords was our limit at first, now it's up to 5 chords. We look online and see if the chords are actually doable.

**Randy:** Yeah, we've thrown out a lot of good songs because they were just too hard.

**FP:** Now for my touchy-feely question: I know you're all having good fun with this, but has this band come to mean something to your persona or your outlook on life?

**Katy:** Now I totally feel like I can check something off of my things-to-do-before-I-die list. I'm very proud of it. I think it's fun, and it's definitely an outlet for being creative and having a good time and sort of getting outside of your safety zone.

**Matt:** That's absolutely true. It's also a reason to be able to hang out in the garage without your wife and kids and drink beer on a weekend.

**Russ:** Feeds my ego when I need it.

**Mitch:** Oh, yeah, being a rock star for one day is really cool.

**Katy:** After a performance, you have a high for like a week.

**Nadine:** It's pretty cool with children to. You know, Emma will say “My mom's a rock star!” and I say “Yes, I am!”

**FP:** I've actually heard other would-be musicians in the neighborhood say they're going to give The Mitch Lehn Folk Trio a run for its money. Do you welcome a battle of the bands here?

**Jen:** Bring 'em on!

**Mitch:** Well, we'd actually like to steer clear of the word ‘battle’... maybe ‘showcase’ since we're not all that competitive. So, really, we have some competition coming on?

**FP:** A couple of guitarists on the east side, I think.

**Katy:** West Side! (does ‘w’ gesture to her chest)

**FP:** Do you have any particular plans for the band?

**Mitch:** Well, there are always the block parties. And I'd like to play somewhere in Stapleton — that'd be cool.

**Matt:** And then Red Rocks. Then our European tour.

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Stapleton's Neighbor to the North  
Birding at the Rocky Mountain Arsenal

Red-tailed hawks, American white pelicans and burrowing owls. These are among the many birds that make the Rocky Mountain Arsenal National Wildlife Refuge their home.

"I love getting out of the house and away from town to bird watch and enjoy nature at the Arsenal," said Diane Buell, longtime birder and U.S. Fish and Wildlife volunteer. "Plus, you never know what other animals you'll see while birding...deer, fawns, coyotes and others."

Photo courtesy of Rocky Mountain Arsenal



Burrowing owl at the Rocky Mountain Arsenal

Birdwatching, often called "birding," has become a popular attraction at the Rocky Mountain Arsenal National Wildlife Refuge. If you're a novice, join a guided birdwatching tour to learn the ropes. Or, bring your binoculars and birding book and hit the trails with a good friend. Don't have binoculars or a book? No problem! The Visitor Center has binoculars you can borrow, and the bookstore has plenty of great birding books you can purchase.

With extended drop-in visitation hours, the Refuge is a great place for birders to add new species to their list of birds they've spotted. This year, the Refuge is open every Tuesday, Saturday and Sunday from 6:00 a.m. to 5:30 p.m. Dusk and dawn are the best time of day to observe birds so come early, pick up a bird checklist from the Visitor Center and head out for a day of birding.

The Refuge also offers other outdoor activities, such as hiking the lakeside trails, fishing in Lake Ladora and Lake Mary for trophy-size fish and taking a guided tour of the refuge to see natural prairie wildlife, including the new herd of bison. Please call the Visitor Center in advance to reserve space on the free tours.

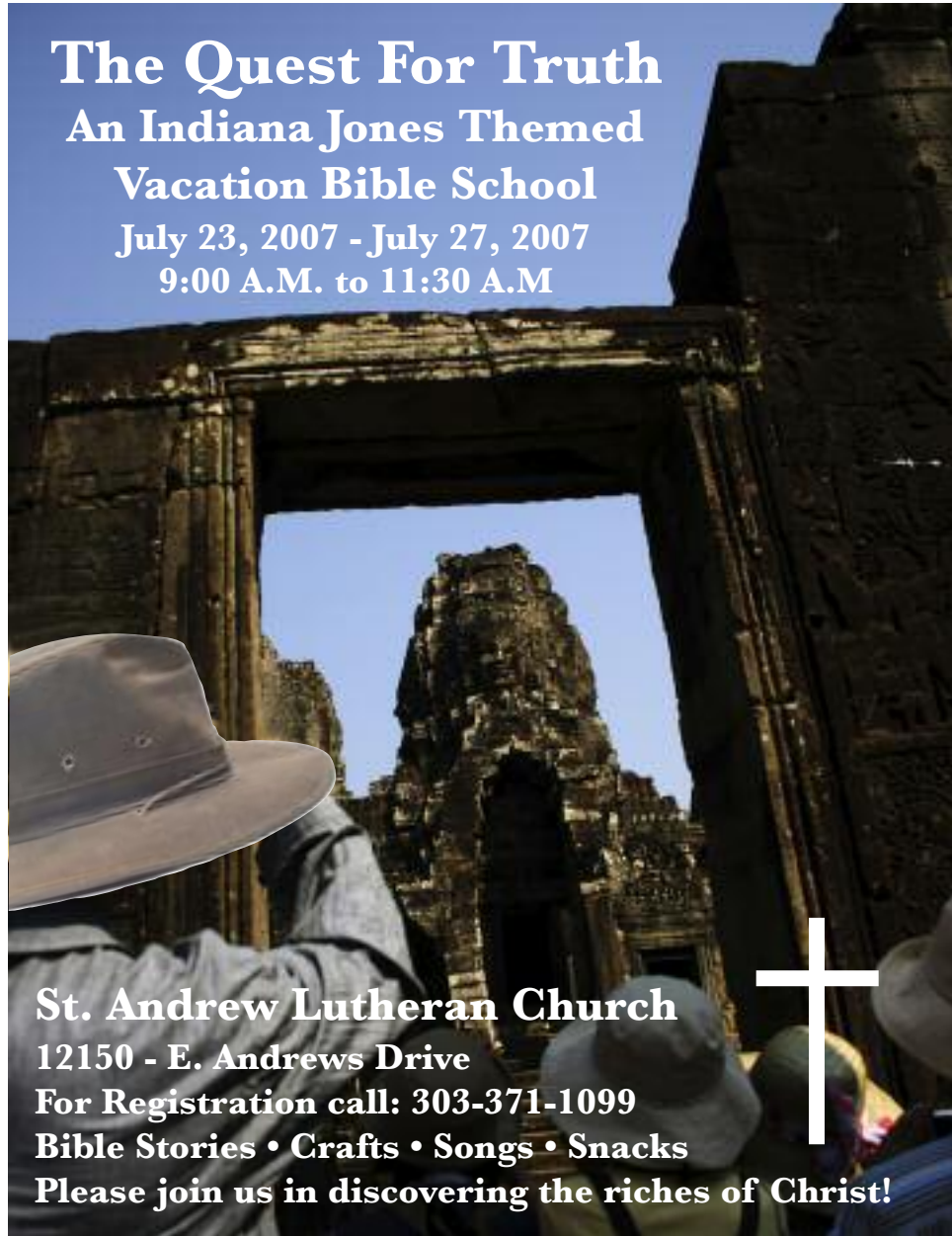
Please call the U.S. Fish and Wildlife Service at 303-289-0930 to learn more about other programs and opportunities or visit our website at [www.fws.gov/rocky-mountainarsenal](http://www.fws.gov/rocky-mountainarsenal).

Neighbors Rally to Support Brain Cancer Research



When Allison Winn, a 7-year old girl in the Stapleton community and daughter of Brian Winn and Dianna Litvak, underwent chemotherapy for brain cancer, neighbors and family rallied their support by shaving their heads and raising funds for the clinical research program of Allison's doctor. Pictured is neighbor Steve Bowen shaving the head of his son, Nathaniel Bowen, while mother Kathy Duda (standing, in sunglasses) looks on. Also pictured are younger brother Elliot Bowen (far right) and Elizabeth Price (far left, in blue dress). Donations may be made to the Neuro-Oncology Research Fund of Children's Hospital (Foundation Tax ID: 84-0813462) and mailed to Tracy Perez at 8234 E. 28th Ave., Denver, CO 80238.

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# Local Fundraiser Supports Projects in Africa



Stapleton's Town Center Dentistry reached its goal of raising \$10,000 to support several populations in need in West Africa. With matching commitments, Town Center Dentistry sent more than \$23,500 to three worthy programs—The Peniel School in Niger, the Village of Hope orphanage in Burkina Faso, and an AIDS outreach program in Benin. The Peniel School in Niger was still under construction when Town Center Dentistry started its fundraising effort. The school is now open and has spawned a surrounding village in a place where once only barren desert existed. The money raised by Town Center Dentistry will provide many more children an education and community. The second charity, the Village of Hope in Burkina Faso is home to more than 315 orphans. The money raised will provide food, medicine and clothing to orphans in one of the world's poorest countries. The third charity, the AIDS outreach program in Benin will provide hundreds of AIDS victims with badly needed food and medicine, in a country in which the afflicted are shunned by family and community. If you would like to contribute or learn more about this fundraiser and other ways to assist those in need in West Africa please contact Kevin Lanoha at home: 303-377-6522, Cell: 303-946-2387 or Kevin.Lanoha@qwest.com.



These photos are all of the Peniel school in Niamey, Niger. The building was erected and opened this year. The children in these pictures are from the first of two classes to attend the school. Fundraising efforts by Stapleton's Town Center Dentistry contributed to their classroom supplies.



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