

Front Porch

Distributed to the Greater Stapleton Area

STAPLETON

DENVER, COLORADO

AUGUST 2007

Central Park Celebration Set for September 8th



The sun rises over Stapleton's Central Park, which will have its completion celebration Saturday, September 8th from 9:30 am until 2:30 pm (see schedule on page 2). Central Park is being constructed by M.A. Mortenson, Forest City Stapleton, Inc., and a team of contractors for the Park

Creek Metropolitan District. When completed it is scheduled to be transferred to the City of Denver's Department of Parks and Recreation.

The theme of the playground above is "fantasy landscape" with purple clouds that "rain" when activated by a button on

the pipe. The clouds are adorned with flying creatures, including a flying pig. Mountains, rivers and prairie are also part of the theme, with a "mountain" for climbing, shown at the far right of the photo. (See additional photos of Central Park on page 9.)

Businessman by Day, Artist by Night

By Kathy Epperson

You wouldn't know it from Stapleton resident Dean Yoder's profession in the software industry that he is a prolific amateur artist. "I started painting after reading a book about Jackson Pollock," Dean remembers. "I had just finished receiving an MBA and wanted to fill up my free time with something that interested me, so I bought some canvas and started painting on the floor of my apartment, just like Pollock."

Working mostly in acrylics, Dean is self-taught and has never taken a formal class. "I'm a big fan of learning while doing," he says. "The hardest part about painting like I do is knowing when the painting is done."

Dean paints out of a studio he set up in the basement of the home he shares with his wife, Meg Yoder, Bill Roberts' new PTA President, and their

(continued on page 23)



Dean Yoder

Sand Creek Regional Greenway "One of the Top Ten Fitness Trails in the U.S."



1998 photo of Sand Creek Trail with the former Stapleton Airport in the background.

Photo courtesy of Sand Creek Greenway

By Kate Kramer

Is it possible for humans, nature, business, and development to co-exist? The answer is a resounding – yes! The Sand Creek Regional Greenway Partnership, the cities of Aurora, Commerce City and Denver, Stapleton Development Corporation, many businesses and individual partners are currently rising to this modern-day challenge.

Just fifteen years ago, this area was an airport with no parks or trails. Ten years ago, a group of visionaries saw that Sand Creek could be reclaimed as an urban greenway – some areas were already being used by hikers (as shown above). Five years ago, though the trail was not "complete," sections were officially opened to allow people to discover this beautiful natural area in an urban setting.

During these last five years, incredible progress has been made along the Greenway. The final off-road section of the nearly 14-mile trail was completed, three new parks were opened, a new nature center was built, and many off-road links with regional trails were completed.

The next five years promise to be equally exciting. In the works are two more major parks, a new trailhead, paved trails next to the existing soft-surface trails in Denver, and recovery of more native habitat for our local wildlife.

The Sand Creek Regional Greenway was named by the American Hiking Society as one of the Top Ten Fitness Trails in the USA; and it won the coveted Starburst Award for best use of Colorado Lottery funds;

(continued on page 7)

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



Concert goes at Northfield dance to the music of Judge Roughneck.

Mark Your CALENDAR FOR LOCAL EVENTS



EVERY MONTH

Monthly

New Resident Orientation Meeting
[Call 720-249-5104 for date & location]

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
Thru Oct. 14th [303-442-1837]

3rd Tuesday

Stapleton Business Assoc.
Call for location 8am
[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

S.U.N. Transportation Meeting
(meets odd numbered months only)
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]

EVERY MONTH

4th Thursday

SUN Board Meeting at 6:30pm
Stapleton Development Corp,
7350 E. 29th Ave. Lg. conference rm.
[stapletonneighbors@msn.com]

1st Saturday

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

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, thru Oct.
[www.sweetwilliammarket.com]

AUGUST

Tuesday, August 7

"Why I love Stapleton" Video training
Stapleton Visitor Cntr, 29th Ave. 6- 9pm
[www.StapletonDenver.com
or call Allison at 303-382-1800]

Sunday, August 12

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

AUGUST

Monday, August 13

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

Wednesday, August 15

Back To School Night at Bill Roberts
ECE-8 for grades K - 3 [see page 15]

Thursday, August 16

Back To School Night at Bill Roberts
ECE-8 for grades 4 - 8 [see page 15]

Monday, August 20

School starts
Westerly Creek, Bill Roberts, Odyssey

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

Fundraiser for Sand Creek Greenway
Dick's Sporting Goods Park, \$55.00
5:30 - 7:30pm (see page 10 for details)
[www.sandcreekgreenway.org]

Saturday, September 8

Central Park Opening Celebration
[See schedule at right]

Saturday, September 8

Sand Creek Greenway
REI tree planting
Location: exact areas TBD
8am - 12pm - See page 10 for details
[www.sandcreekgreenway.org]

SEPTEMBER

Saturday, September 15

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

SEPTEMBER

Sunday, September 16

Sun Kickball Tournament
Westerly Creek Elementary, 11am
[Mehringer@gmail.com]

Sept 8th — Central Park Events

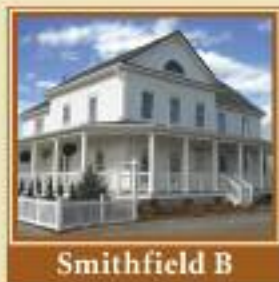
9:30 am - 9:45 am	Ribbon cutting
10:00 am - 12pm	Kids' sports & fitness events
Noon - 2:00 pm	Model boat demonstrations

Northfield Friday Night Concerts



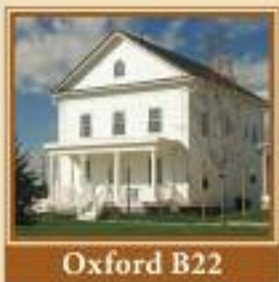
Byron Shaw, lead singer for Judge Roughneck, performs at Northfield's Summer Concert Series (see schedule page 3).

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EDITOR: Tom Gleason, Forest City 303-382-1800

PRODUCTION by FinePrint

303-526-1969 FrontPorch@fineprintco.com

MANAGING EDITOR: Carol Roberts

PHOTO EDITOR & PHOTOGRAPHER: Steve Larson

FEATURES EDITOR: Kathy Epperson

AD SALES: Karissa McGlynn 303-333-0257

Front Porch

www.StapletonFrontPorch.com

The Stapleton Front Porch LLC is published by Forest City Stapleton, Inc., 7351 E. 29th Avenue, Denver, CO 80238. A minimum of 35,000 papers are printed. The free paper is distributed during the first week of each month to homes and businesses in Stapleton, Park Hill, Lowry and Green Valley Ranch.

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AUGUST

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w/ Skate Legends and Rythergy
- 17TH** - Nacho Men Classic and Martini Shot
w/ Rythergy
- 24TH** - Conjunto Colores w/ Railbenders
- 31ST** - Chris Daniels and The Trampolines
w/ Skate Legends and Rythergy

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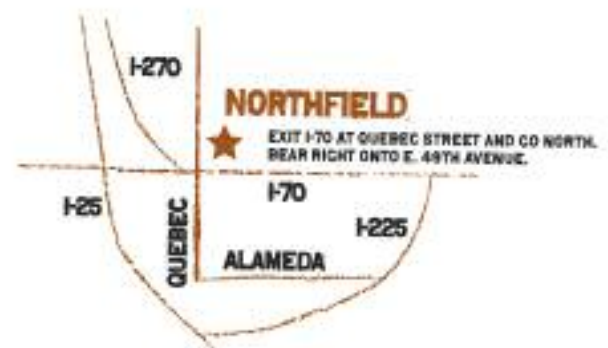
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Texas de Brazil
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JCPenney (Fall '07)
Jim 'N Nick's Bar-B-Q
(Fall '07)
Off Broadway
Shoe Warehouse (Fall '07)
Sephora (Fall '07)
Wetzel's Pretzels (Fall '07)



The Citizen's Advisory Board of the Stapleton Development Corporation — Who We Are, What We Do, and How You Can Get Involved

By Phil Flores

The Citizens Advisory Board (CAB) was appointed by the Mayor of Denver in early 1993. It was established to be involved in the redevelopment activities including the creation of the Development Plan for Stapleton. The initial Board included 42 members who represented a variety of perspectives and constituencies, including business, neighborhood and professional associations. (Stapleton Development Plan, *The Green Book*, March 1995)

The mission of the Citizens Advisory Board is to provide input from a broad spectrum of interests in the community to the Stapleton Development Corporation (SDC) regarding the planning and development process for the redevelopment of the former Stapleton International Airport.

The role of CAB is to advise the Stapleton Development Corporation Board and Staff on matters relating to the development of Stapleton from a community and citizen's point of view; to represent the views of constituent groups for officially designated by organizations; to support efforts to inform the community at large about progress at Stapleton.

Members are responsible for regularly attending and actively participating in CAB meetings; participating on at least one of the active CAB committees or another Stapleton related committee; annually disclosing information under the Conflict of Interest Policy; and assisting with a Stapleton presentation to at least one community group each year.

Currently the Citizens Advisory Board is made up of a group of individuals representing a broad cross section of the community from residents of Stapleton, surrounding neighborhoods and the community at large. The CAB is lead by co-chairs, Elizabeth Garner, a resident of Stapleton and myself, a Denver area Landscape Architect. The CAB is organized into several sub-committees that meet individually to consider specific issues as determined by the sub-committee, the CAB and the community at large. The sub-committees include: Membership, Housing Diversity, Work Force and Business Opportunity, Parks Advisory Group, Zoning and



Phil Flores

Planning Group, Transportation Group, and the Communication Committee.

Each subcommittee meets regularly to address the various aspects of the greater Stapleton complex as they relate to the CAB, the Stapleton Development Corporation and the community at large. They then report back to the CAB as a whole each month to provide information, direction and recommendations. Future editions of the Front Porch will include information about these subcommittees and projects they are working on.

The CAB meeting agenda is developed by the CAB Co-chairs. Topics or issues to be covered at the meeting are requested throughout the year. Members, organiza-

tions or groups are encouraged to submit topics or issues to the co-chairs as they come up and prior to the second week of the month if the topic is to be listed on the agenda.

A public comment section of the agenda is set aside to hear questions, concerns or comments from the public. Each person requesting to speak must sign in and provide contact information to the CAB prior to the Public Comment time period. Each person will have three minutes to speak. Depending on the comment or issue it could be either answered directly at the meeting or the issue assigned to a sub-committee or Forest City for further consideration. A written report to CAB is submitted by the next meeting indicating how it has been resolved. If the issue is not resolved and no further action can be taken by CAB, CAB will refer the issue to the SDC for resolution.

The regular monthly meeting of the Citizens Advisory Board is held the third Thursday of each month from 7:30 am to 9:00 am. The meeting is typically held at the Stapleton Development corporation offices at 7350 East 29th Avenue in Suite 300. For more information or to get involved, please email me at pflores@norris-design.com or Elizabeth Garner Elizabeth@garnerco.com or call the Stapleton Development Corporation office at 303-393-7700.

Phil Flores is a Co-Chair of the Stapleton Development Corporation's Citizens Advisory Board.

Cycling Through Stapleton

By Dustin Allison

With Denver becoming more bicycle friendly each year, it's no surprise that the 2007 Bike to Work Day was a huge success. The Bike to Work Day event has been growing in participation since 1956 when the state of Colorado announced the event to take place every fourth Wednesday in June. This year about 15,444 people registered with 5,738 being first time participants. An estimated 21-23,000 people got on their bikes this time around – a 12% increase from last year's 17,000.

For the last five years, the Stapleton Transportation Management Association has teamed up with Denver Regional Council of Regional Governments (DRCOG), to promote bicycling in and around Stapleton. The Stapleton Area TMA has hosted a breakfast station at King Soopers on 28th and Quebec for 5 years, and has expanded to another station at Perk Hill Coffee House located on 22nd and Kearney for the third time. With each event becoming more and more popular, the breakfast stations hosted by the TMA are working to transform the stations into mini bike fairs, and free bicycle tune-ups for participants. Bikers commuting from all over the Metro area have stopped by the breakfast stations year after year for the free breakfast, drawings, and giveaways such as the bicycle balloon hats given to every participant this year.

Each year, the Stapleton Area TMA breakfast station's level of participation has risen and has become more of an annual community event at Stapleton with bikers eagerly looking forward to future Bike to Work Days. Out of the 150 bikers at the two Stapleton TMA hosted stations, Stapleton resident Lisa Digan was the lucky winner of a brand new Fuji mountain bike. With 2.6 million driving miles saved on Bike to Work Day alone, we are hoping that this year's event gave participants motivation to use alternative modes of transportation more frequently in the future. The Stapleton TMA consistently promotes bicycling and other alternative modes of transportation in and around Stapleton in an effort to make the area more bicycle friendly, and has many volunteer opportunities for people who would like to help with biking activities coming up throughout the year.

For more information on bicycling at Stapleton or how to use other alternative transportation options, check out the Stapleton Area TMA website at www.stapletontma.org or contact Angie Rivera-Malpiede, Director, Stapleton Area TMA at 303.468.3231.

Dustin Allison is the Stapleton Area TMA intern.

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Since You've Asked...

Does anyone know anything about DPS plans to force Stapleton Kindergartners to attend elementary schools in Northeast Park Hill? This seems to be the direction in which the survey in this month's (June 2007) Front Porch Newsletter was heading. If DPS eliminates the boundaries for Westerly Creek and Bill Roberts, will these schools fill up and reject new students from Stapleton? Will this force kids into non-Stapleton schools?

Stapleton students will not be forced to attend schools outside of their enrollment area. There is more than enough school space capacity at Stapleton now and in the future to accommodate resident needs. Denver Public Schools policy gives Stapleton residents first preference to attend schools within their enrollment boundaries. Westerly Creek Elementary and the William Roberts ECE-8 school do not have separate boundaries. The boundaries for Westerly Creek and Roberts are all of Stapleton to the corner of Montview Boulevard & Quebec St.

The projected growth of any enrollment area in the city over time dictates how many students may "choice in" to that school. ("Choice-in students" are those who live outside a school's attendance area.) The option to "choice in" to a Stapleton school is limited given the steady growth in school-age children in Stapleton over the past few years and what is anticipated in the future. Planners for Denver Public Schools and Stapleton school principals weigh the needs of residents before accepting choice students.

DPS expects the space available in Westerly Creek and Roberts to accommodate student growth for the next two to three years in ways that are best for their academic programs. A third ECE-8 school is tentatively planned to open in 2009-2010; that date is contingent on actual enrollment trends and the availability of bond money. DPS and the Stapleton Foundation are assessing the needs in central northeast Denver to help the community better plan for the future. The recent questionnaire was meant to gauge attitudes about variations on current choice policies. There are no plans to alter choice policies that would eliminate the current neighborhood school assignment practice and resident preference.

(Response provided by Brian Weber of The Stapleton Foundation.)

What's the status of the park that runs along 26th from Clinton to Havana?

The City and County of Denver has begun environmental remediation on the parcel of land that will eventually be transferred to the Park Creek Metropolitan District. The park is currently expected to be open to the public in late 2009, but that is contingent upon the City of Denver's completion of remediation, entitlements, construction and the market demand for housing at Stapleton.

I am still not satisfied that the new town center may be quite expensive. Northfield restaurants are generally far more expensive than the old town center. You talk a good line about affordable housing but (the affordable for-sale homes) will not be served by the town center nearest them if it's like Northfield. Please include a couple of restaurants priced like Noodles and Udi's and super-market that is not so upscale beyond King Soopers.

Forest City strives to attract retail to Stapleton that serves the widest possible range of household incomes. We are negotiating with more than one potential grocery store for the Eastbridge Town Center that will open in late 2008 at Martin Luther King Boulevard and Geneva Court. That grocery store is expected to be smaller than the King Soopers that anchors the E. 29th Avenue Town Center.

What is the status of the air traffic control tower?

The former air traffic control tower has been stabilized for some future use yet to be determined. See the May 2007 Stapleton Front Porch ("Control Tower a Monument to Stapleton's Past") for more information about the tower.

What are the plans for the lot east of Digstown (Doggie Day Care Center)?

That parcel of land is zoned for Mixed Use development that could include residential and commercial uses or a civic use such as a church that are consistent with the Stapleton Development Plan. That portion of Stapleton already includes Hangar 61, which is being redeveloped for office uses.

Why must green space be watered during daylight hours? This is wasteful as evaporation results in greater water loss during the day.

Several entities oversee management of Stapleton's 'green space' including Denver Parks and Recreation, the Stapleton Master Community Association (MCA) and the Park Creek Metropolitan District. The MCA manages all in-tract parkland including the various mini-parks distributed throughout the Stapleton community.

Currently, Denver Parks and Recreation (DPR) owns, and is exclusively responsible for maintaining Greenway Park. DPR's irrigation controllers at Greenway Park are scheduled to run from 10:00 at night until about 8 or 9 in the morning on Monday, Tuesday, Thursday, and Saturday since the temperatures have been so high. Normally, Parks staff operates these controllers only three nights per week. DPR also supplements the night time watering in isolated dry spots until 10:00 a.m. if needed. If irrigation water is running after 10:00 a.m., Parks staff is performing zone checks and/or making repairs to the irrigation system. The Department of Parks and Recreation does expect contractors working on Park projects to follow the Department's watering window, however, exceptions can be granted for additional watering during a landscape establishment period.

Although Westerly Creek has been turned over to City of Denver ownership, part of the area remains under a maintenance contract managed by Park Creek Metropolitan District (Park Creek) in which contractors are responsible for irrigation.

Central Park is under construction so contractors will be watering throughout the day in order to promote establishment of the park's landscape. Central Park construction is managed by Park Creek and will not be turned over to the City of Denver until construction is complete and accepted by the City.

Are there plans to install photo-radar devices along Central Park, 29th Avenue and MLK? Too many people ignore the speed limits. A child is bound to be injured, sooner or later!

The Stapleton Master Community Association and the Stapleton Transportation Management Association have purchased a mobile speed monitoring radar trailer that is moved throughout Stapleton to identify streets where speeding has become a problem and therefore special enforcement by the Denver Police Department is required through the issuance of speeding tickets. Both Central Park and Martin Luther King boulevards have been and will continue to be monitored through that process.

We would like the market-rate apartments (planned for the Eastbridge Town Center) to be shorter (fewer stories) than the ones in E. 29th Ave. Town Centre. We live behind the future apartments and don't want apartments towering over us.

The E. 29th Avenue Town Center is a mixture of 4, 3, and 2 story buildings whereas the new Eastbridge Town Center will be a mixture of 3 and 2 story buildings with the buildings closest to the single family residential oriented to be perpendicular, not parallel to those homes. The buildings in Eastbridge will generally be shorter than those in the E. 29th Avenue Town Center due to the mix of buildings and flat roof design.

(Unless otherwise indicated, responses provided by Tom Gleason, Forest City Stapleton, Inc.)

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St Therese School Open for Enrollment



Laura Dement, principal of St. Therese School

St. Therese Catholic Grade School has been educating children in an Aurora neighborhood just south of Stapleton for more than fifty years, a contribution that was recently acknowledged by the City when it bestowed Historic Landmark status on the school of 200 students at 1200 Kenton Street.

As much as Laura Dement, principal of St. Therese, appreciates the historic honor, her attention is turned to the future and the opportunity to provide children enrolled in Pre-K (4 year olds) through 8th grade with what she describes as “a safe, nurturing environment with high academic standards.” The school has a core curriculum of language arts, mathematics, science, social studies and religion which is enhanced by music, art, physical education and computer lab instruction. St. Therese is a member of the Catholic Schools Athletic League which enables boys and girls in grades three through eight to participate in basketball and volleyball. The school also has a baseball program for boys.

St. Therese is currently open for enrollment as long as space is available. More information about enrolling for the 2007-2008 school year that begins August 20th may be obtained by visiting www.stthereseschool.com or calling 303.364.7494.

Colorado Free University A Local Gem in Adult Education

By Kathy Epperson

In 1987, Denver native and child of the '60s John Hand created a legacy. A key force in the running of Denver Free University during the mid-70s, John went on to create Colorado Free University (CFU). “John based CFU on the premise that adults should be able to direct their own learning and that communities have within them the resources to solve their own problems,” says Helen Hand, John’s sister and the current President of CFU. “He believed that the community is strengthened when people with expertise and passion have a place to share their ideas and skills with others who have an interest in learning or a need to grow.”

Now one of the few and largest independent education centers in the US and Canada, CFU has grown from offering just a few courses to about 450 courses in each catalog. “I get calls all the time from people who have moved from Denver asking if I know of a CFU-like institution in their location,” says Helen. “They don’t realize until they leave what a gem CFU is.”

Helen is proud of the vast diversity of courses offered at CFU. Among the largest is the Spanish language program, with classes offered at various times of the day and days of the week. Also popular are the computer classes run through the Compuskills Computer Center. A wide range of classes for professional and personal purposes – everything from basic computer skills to Quickbooks to web design – are offered.

Other popular classes are organized in the categories of Career, Business and Finance; Arts, Recreation and Entertainment; Tasting, Cooking and On The Town; Lifeskills, Relationships and Personal Growth; Meditation, Yoga, Wellness and Metaphysics; and Family Friendly and Pets.

“Our students are as diverse as our offerings,” Helen says. “You’ll find a 26-year-old in class with a 73-year-old and a person with post-graduate degrees sitting next to a high school graduate. The thing that all of our students have in common is initiative and independent-mindedness. We don’t offer certificates or degrees—people take classes for their own learning or enrichment. Our students are people who are

ready to take control of their lives, to step out of their comfort zone to try something new, or just have more fun.”

In March of 2004, John was tragically killed, but his legacy continues under the leadership of his sister Helen. “I am a clinical psychologist and have had a practice for over 25 years,” Helen says. “When John died, I cut back my psychology practice in order to become the president of Colorado Free University. I joined a dedicated, competent staff that was determined to keep the school going. The learning curve has been very steep for me, but I have become pas-

Photo courtesy of Colorado Free University.



A Colorado Free University class meeting outside.

sionate about the school and am driven to keep CFU as a resource for the Front Range community.”

Classes are described in the 10 catalogs a year CFU publishes. They do not follow academic terms but have continuous classes ranging in price from \$19 to about \$150. The goal of CFU is to make learning affordable, accessible, practical and convenient for adults. “I hear stories all the time,” Helen says, “about how people made career changes, met a future partner, got the skills to start their own business, mas-

tered Spanish, developed untapped talents, or made a breakthrough in communication skills.”

CFU has two primary locations: their original location at Colfax and York, which houses their administrative offices and computer center; and their Lowry location at 1st and Quebec in the renovated Fire Station. CFU also has a classroom in the Denver Tech Center that Webster University allows them to use for some classes, and many other instructors hold classes in their own locations. CFU screens instructors to make sure they have the knowledge, communication skills and viable class plan to craft a course that will be of value to students.

For more information, visit www.freeu.com or call 303-399-0093. Catalogs are available at various bookstores, grocery and natural foods stores, video stores, and other locations across town. In addition to the regular classes that are open to anyone, CFU also provides custom classes and onsite training to businesses and other organizations.

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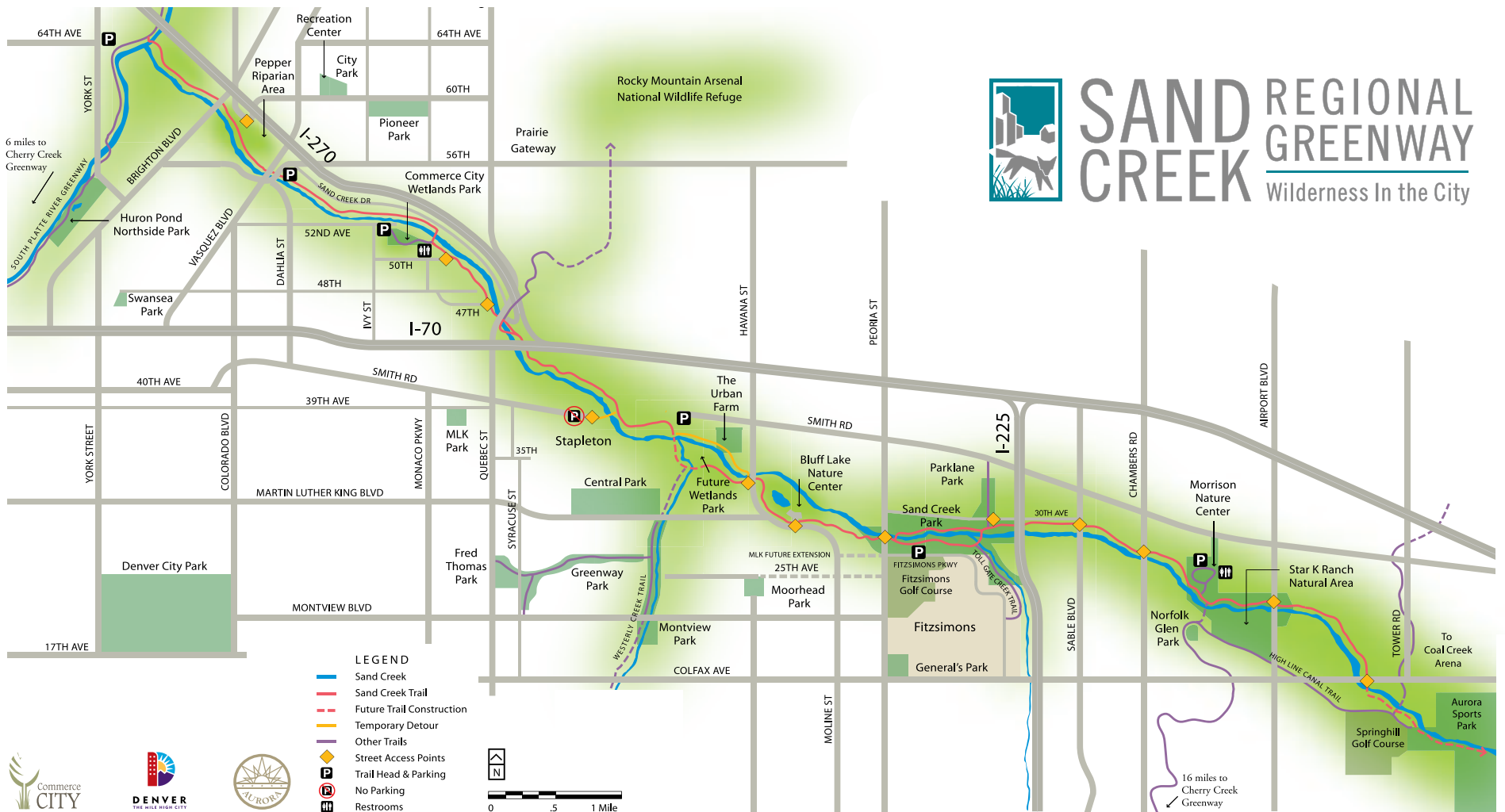
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Sand Creek Regional Greenway *(continued from page 1)*

held environmental education courses for over 20,000 students with our partners Aurora Parks and Open Space at the Morrison Nature Center and Bluff Lake Nature Center; and hosted thousands of visitors who bicycle, commute, run, stroll, picnic and bird watch along the Greenway.

If you have not yet discovered the Sand Creek Regional Greenway, summer and fall are perfect times to explore the trail – it is a great living classroom for children and adults. Along the trail there are many points of interest to visit and enjoy. From the Morrison Nature Center at Star K Ranch, to Bluff Lake Nature Preserve to the Commerce City Wet-

land Park – there is a lot to discover. Around any bend, you may spot the lovable and excitable mud swallows (which build mud nests under bridges), foxes, hawks, fish fry, egrets, eagles and many more critters that have recently returned to the area to live in their natural habitat.

Human visitors have also become greenway denizens, taking advantage of the now accessible and convenient trail used for bike commuting, exercise and recreation. The Sand Creek trail starts at Colfax Avenue near the High Line Canal in Aurora and treks west through the Denver/Stapleton section, extending further west into Commerce City until the trail connects with the

South Platte River Greenway. The Sand Creek trail is part of a 50-mile loop of trails around Denver.

This summer is the fifth anniversary of the trail opening. The Sand Creek Regional Greenway Partnership is hosting two special events. For more information visit www.sandcreekgreenway.org

Get out and enjoy the trail – right in your backyard! Happy Trails to you...

Kate Kramer is the Executive Director of the Sand Creek Greenway Regional Partnership. She may be reached at 303.468.3260 or at info@sandcreekgreenway.org.

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Cooking Up Fun

by Rich Marks
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Ahhh Summer...one of my favorite things about this time of year is all of the farmers markets around town. These summer establishments are meccas for the freshest ingredients and offer a great opportunity to support our hard-working farmers and local businesses. We are very lucky to have the Stapleton Farmers Market right here in our own backyard. If you haven't already, check it out every Sunday morning starting at 9:00am at the East 29th Avenue Town Center.

August is the perfect time of year to buy the best peppers, sweet corn, tomatoes, peaches, plums, and melons. But today's farmers markets offer much more than just locally grown produce; be adventurous and try the culinary herbs, fresh cheeses, baked goods and other gourmet food items. Talk to the vendors, many of them are the farmers themselves, and ask for recipe ideas using seasonal ingredients or their favorite items – they are always more than willing to help. I did just that and discovered a new way to spice up an old favorite – quesadillas.

Farmers Market Quesadillas

Start with fresh homemade tortillas (available at almost every farmers market in town) and load them up with local natural goat cheese, grilled seasonal vegetables (e.g., red bell pepper, poblano pepper – char and peel before eating, red onion, yellow squash, and eggplant), and top with fresh salsa.

To make the salsa, combine one diced red onion, four fresh diced tomatoes (try a couple different varieties like Big Beef, Early Girl, or Yellow Beefsteak), 1 minced serrano pepper, 2 fresh minced jalapeno peppers, 3 minced cloves of garlic, a squeeze of lime, and a pinch of fresh

cilantro. Season to taste with salt and pepper.

Take two fresh tortillas and brush with olive oil. Next, crumble on the goat cheese and add the grilled vegetables, a healthy portion of salsa, and another layer of cheese. Grill on high heat (oiled side down) for 4 minutes, flip and grill another 3. Remove from heat, slice and serve with additional salsa for dipping and slices of fresh avocado and lime wedges.

The spicy quesadillas pair nicely with another of my farmers market favorites – summer corn bisque.

Summer Corn Bisque

To prepare this fantastic summer soup, you will need to begin by making a corn stock. Take 6 ears fresh corn and cut the corn off of the cob – save cobs. Place in a large stock pot and add 1 gallon of water, 2 bay leaves, a dozen or so black peppercorns, and a pinch of salt. Bring to a rolling boil and reduce to a simmer for 30 minutes. Allow this mixture to cool for 30 minutes and remove the corn cobs, peppercorns, and bay leaves. Ladle the corn stock into a heavy duty blender, half full, and puree. Pass this mixture through a fine strainer and discard the remaining corn pulp. Repeat until all of your stock is pureed. Bring the stock back up to low heat and slowly add 1 pint of heavy cream to thicken (more or less to your desired thickness). Season with salt and pepper to taste. Allow to simmer for 15 minutes and garnish with salsa or avocado oil immediately before serving.

Rich Marks is a classically trained chef and owner of "Beyond Parsley", a personal chef and catering service. Please visit his website at www.beyondparsley.com. Feel free to email chefrich@beyondparsley.com



Northfield Cop Shop Now Open

Volunteer Dixie Witcher chats with (left to right) Technician John Brown, Technician P. Chanthavong and Corporal Matt Clark. Police officers can stop in to use the COP Shop computer to access information from the database at headquarters that is not available from their police

cars. Ms. Witcher is vice president of the board of Northfield Community Operated Policing Storefront, Inc. Cop Shops. See article on page 20 for more information about COP Shops and how to volunteer. The Northfield COP shop is located in the back of the stores along Main Street (facing the Target parking lot).

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A Neighborhood Springs Up North of Central Park



The north Central Park neighborhood (with the park shown in the foreground) is taking shape now at Stapleton. More than 400 homes, many offering new floor plans and elevations are springing up on the north side of Stapleton's Central Park. Visit the Stapleton Visitor Information Center in the E. 29th Ave. town center for information about builders and model homes.

The photo of Central Park below shows purple "moguls" for climbing and playing on, with the blue path signifying water running through them. The building at right will be used in the future as a concession stand and cafe.



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August 25th, Founders' Green at Stapleton Countdown to the Democratic National Convention

On August 25 the public is invited to Founder's Green in Stapleton to celebrate the Democratic National Convention coming to Denver exactly one year later. This "Countdown to the Convention" event will offer attendees a chance to meet local representatives, including Terrance Carroll, State Representative for House District 7, Michael Hancock

(Denver City Council President), Doug Linkhart (Denver City Council At Large Councilman) and Elbra Wedgeworth (Chair of the Democratic National Convention committee).

The "Countdown" will be held from 5:00-9:00pm. It will also help raise money for the Get Out the Vote efforts for the 2008 election and help recruit volunteers for both the convention and the election. All ages are welcome to join in the fun, with food and drinks and a special performance by Stapleton's neighborhood band The Mitch Lehn Folk Trio.

Cost is \$20/individual or \$30/family of four (2 adults and 2 children) at the gate; \$15/individual or \$25/family of four in advance (by August 12). Children 12 and under receive free admission. View the evite online at <http://tinyurl.com/25ay35>. To buy tickets in advance, email DenverDems7B@gmail.com.



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Sunday, August 19th - 11am - 2pm
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Sand Creek Greenway Events

Friday, September 7th – Fundraising Reception –
5:30 pm to 7:30pm at Dick's Sporting Goods Park.
Invitees include Aurora's Mayor Tauer, Commerce
City's Mayor Natale, Denver's Mayor Hickenlooper
and other dignitaries. Five special individuals, whose
vision and perseverance made the Sand Creek
Greenway possible, will be honored at the event.
There will also be tours of the soccer stadium, nature
displays, a silent auction and presentation of awards.
Tickets are \$55.00. For more information visit
www.sandcreekgreenway.org.

Saturday, September 8th – Annual Volunteer Work
Day – 8 am to 12 pm. Sponsored by REI, the Sand
Creek Regional Greenway Partnership, and
the cities of Aurora, Commerce City and Denver.
Volunteers will plant native trees and shrubs along
the urban greenway. All are welcome. Drinks and
work materials will be provided. Please register at
<http://www.voutdoors.org> or at
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"America the Beautiful: The National Parks & Federal Recreational Lands Pass" offers outdoor enthusiasts an easy way to enjoy America's vast public lands for a single annual fee. The pass covers entrance and amenity fees for all national forests, parks, wilderness areas and other lands controlled by the U.S. Forest Service, Bureau of Land Management, National Park Service, U.S. Fish and Wildlife

Service and Bureau of Reclamation. America the Beautiful annual passes are good for one year from the date of purchase; senior passes are good for life. Where a per-vehicle fee is charged, the annual pass covers the pass holder and accompanying passengers in a single, private, non-commercial vehicle. Where a per-person fee is charged, the annual pass covers a pass holder and three accompanying adults. Children 15 and under are fee exempt. Passes are non-refundable and non-transferable.

For more information on the "America the Beautiful: The National Parks & Federal Recreational Lands Pass," please visit <http://www.fws.gov/rockymountainarsenal/visitors/vc.htm> or call the U.S. Fish and Wildlife Service at 303-289-0930.

Volunteers Needed to Record for the Blind & Dyslexic

Recording for the Blind and Dyslexic (RFB&D) needs volunteers. RFB&D, a national nonprofit organization, was founded in 1951 with a mission to provide recorded textbooks to blind WWII veterans who wanted to attend college under the GI Bill of Rights. Since that time, nationally, they have provided more than 246,000 recorded books to nearly 138,000 individuals from kindergarten through graduate school and beyond, who are blind, visually impaired, learning or physically disabled.

Volunteer opportunities at RFB&D are varied and include: Readers, Directors, Bookmarkers, Office Assistants, and School Outreach. Volunteers have found their work at RFB&D to be re-

warding. Lisa G., an RFB&D volunteer states, "I fully embrace the concept: Teach a man to fish... Everyone should be empowered to achieve their educational potential and achieve their dreams." Jill T. an RFB&D volunteer states, "It is very important for me to give back. I have the ability to read technical books as I am an engineer. I hope that my reading will help someone achieve the career satisfaction that I have realized."

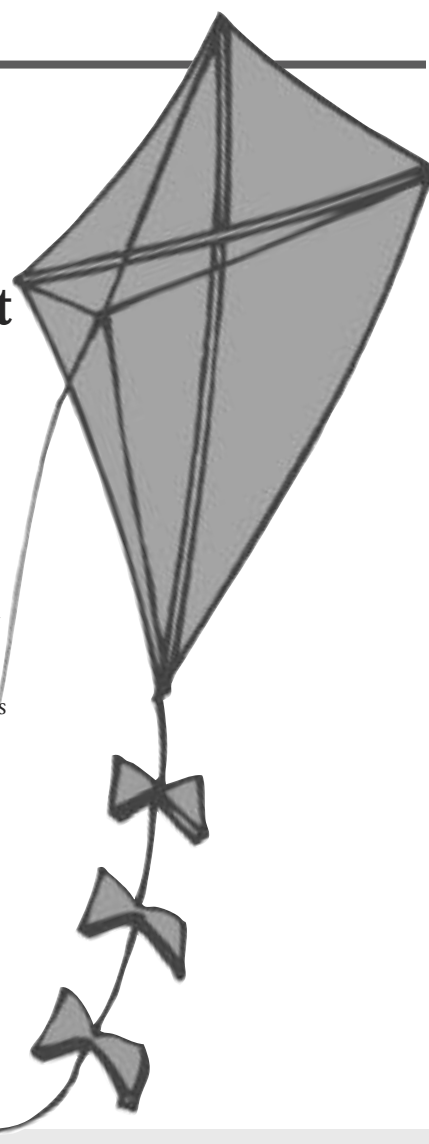
For information about volunteering at the Denver location, call 303-692-9213, or email betsyrfbd@qwest.net. RFB&D is located at 1355 South Colorado Boulevard, Suite C- 406, Denver, 80222.

Kites for Kids

Kite Flying in Crescent Park at Lowry

On Sunday, August 26th from 12 – 3 pm, Kites for Kids invites the public to Crescent Park (at 8th and Roslyn, in the Lowry Neighborhood) for an afternoon of games, food and kite flying. Enjoy a fun day in the park with your family and friends while learning about Invest in Kids' efforts to advocate on behalf of children and families in our state. Admission is \$10 for kids and \$5 for adults. The admission price includes a kite and tickets to all the games at the event.

Three hundred people attended last year's event and raised \$25,000 for at-risk children. Invest in Kids is a non profit formed in 1998 when a group of attorneys and community leaders were looking for a way to help at risk children by increasing their performance and health. Invest in Kids partners with leaders in 52 counties in Colorado to bring programs with proven effectiveness to children prenatal to age 5. The programs work to ensure that low-income children get off to a strong start.



Free Workshops - Open to the Public

"Parenting a Toddler" and "Managing Stress"

Saturday, Aug. 4th, 10am - "Parenting a Toddler" – Offered by Natural Balance in partnership with Simon Says Read Bookstore. The session will focus on child development during the toddler years, communication, and parenting skills. Location: Simon Says Read Bookstore 7349 E. 29th Ave. in the E. 29th Ave. Town Center at Stapleton.

Monday, Aug. 6th, 6:30pm - "Managing Stress" – Offered by Natural Balance. This workshop will focus on the physiol-

ogy of stress and developing coping skills to manage stress in healthier ways. Location: Natural Balance Wellness at Stapleton - 3055 Roslyn St., suite 120 (at the corner of Roslyn and Martin Luther King Blvd.).

Both workshops will be led by Lauren Ross, LCSW, and Elizabeth Taeubert, LCSW, therapists from Natural Balance. These are the first of a series of workshops that will be offered to the community. For more information, please contact Natural Balance at (303)355-0363.

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Grape Seeds Show Potential in Fighting Cancer



Chapla Agarwal, PhD, assistant research professor at the University of Colorado at Denver and Health Sciences Center's School of Pharmacy received a five year, \$1.9 million NIH grant to study the effects of grape seed extract on colorectal cancer.

By Jenni Prosser

A common theme continues to develop in cancer research; a concept that is far from new: eat your fruits and vegetables.

Chapla Agarwal, PhD, assistant research professor at the University of Colorado at Denver and Health Sciences Center's School of Pharmacy, recently received a five year, \$1.9 million National Institutes of Health grant to study the effects of grape seed extract on colorectal cancer. She believes it may become a major factor in the prevention or treatment of cancer.

"Our aim is to basically extract the grape seed, see how concentrated it is, observe how the cancer acts in the body and see how we can use the grape seed extract against the cancer. I don't know if it can cure the cancer, but it could help prevent people who are at high risk for colon cancer from developing the disease," Agarwal said.

Grape seeds are rich in antioxidants, which act as inhibitors against the disease by scavenging the free radicals that can cause colorectal cancer. Agarwal's pre-clinical trials at the School of Pharmacy have shown success in treating induced tumors in mice models and treating them with grape seed extract. Further research still needs to be done before the findings are applied to human cancers.

The potential benefits are huge. "If you could prevent the cancer somewhere, or at least stop one stage of the cancer development, it would help control the disease," Agarwal said. "Chemopreventative agents, such as grape seed extract, can do this."

Prevention is the best form of treatment for cancer, and chemoprevention is a rapidly growing area in the field cancer research.

One of the major interests in Agarwal's research stems from the lack of side effects from grape seed extract compared to other forms of cancer treatment.

"A promising element of studies so far is that, the mice haven't shown toxicity to very high doses of the extract. That's amazing, because toxicity is the main problem with the current cancer drugs and their side effects. Many people die, not from the cancer itself, but because of side effects from the treatment. That's why this natural product research is good," Agarwal said.

The antioxidants can be found in all forms of grapes, but they are especially prevalent in red grapes with seeds. Because the entire grape is used in the process of making wine, red wine is a good source of the antioxidants found in grape seeds.

Through the grant she received, Agarwal has been dedicating her research to the effects of grape seed extract on colorectal cancer, however, she believes it may also affect other forms of cancer, such as prostate, skin and breast cancers.

There is still a significant amount of research to do before any conclusions can be made, but Agarwal thinks grape seed extract has a lot of potential for the future of cancer treatment, "I think it will take my whole research career; there's a lot we don't know. Maybe it will take over as the main form of cancer treatment. That's what I want, but we haven't reached that point yet."

For now, she says, people should focus on eating fruits and vegetables.

Jenni Prosser works in the Office of Public Relations at the University of Colorado at Denver and Health Sciences Center's Anschutz Medical Campus.

Local Adoptees V

By Kathy Epperson

The story of adoption is an ongoing one, with new perspectives gained as the adopted child grows up and pieces together the different aspects of his or her life. This can be an especially long journey for children adopted from other countries who have experienced a radical change in culture and may know very little about their beginnings. The Front Porch spoke with two girls adopted from China – Tori Larson, almost 16 and a resident of Stapleton, and Lin Hill, now 15 and a resident of Park Hill – to ask about their experiences, their impressions looking back, and what advice they have for families in the process of adopting from other cultures.

At the age of almost 5 and almost 4, Tori and Lin were old enough to be aware of their adoption as it was happening. "I asked my nannies at the orphanage 'How long until they come?'" says Tori. "They were like 'Just 2 more weeks.' Then two weeks later I'd ask 'How much longer?' and they'd say 'Two more months.'" The delay resulted from restructuring in the Chinese bureaucracy and lost fingerprints in the US bureaucracy, but it's hard to explain that to a young child waiting to be adopted.

Tori and Lin were not in the same orphanage but have known each other since they were adopted. Their parents met through the adoption process and arranged with the adoption agency, Chinese Children Adoption International, to travel together for the adoption trip to China. Both families made their first trip back to China last year to show the girls their birthplace and see Chinese culture firsthand.

Both girls remembered their orphanages and were surprised and happy that their original caregivers remembered them all these years later. "Visiting my orphanage, I kind of felt like I was home," says Lin. "The director of my orphanage remembered me and started crying. It was just interesting to find out that she still thought about us and knew who I was. She still called me by my Chinese name."

In China, no information is available about the birth mother and family. The most an adoptive child may learn is where she was found. Tori and her family learned that Tori had been found as a 3-day-old infant in a cardboard box in a local market. While Tori's adoptive parents found visiting the site where she was found to be an emotional experience, Tori was not upset by it. "Maybe other people would think, 'Oh, my gosh, I was left here in a box in this market?'" she says. "But I didn't have any expectations. It didn't really shock me."

Tori and Lin loved their time in China but had feelings of being different than Chinese people. "It felt kind of weird because I'm Chinese but my culture is American," Tori recounts. "Most people could tell I was American by how I dressed and how I walked. And then when I didn't want to look American, I still had my parents walking with me." Lin agrees. "You'd walk in somewhere, and people would stare at you and stare at your parents. It was interesting to see how they reacted."

The families of both girls have made efforts to teach them about their native culture, including celebrating Chinese New Year, learning about the Chinese calendar and symbols, and attending a three-day Chinese Heritage Camp each summer for adoptees and their families. Despite these efforts, both girls report it wasn't enough to give them a strong connection to Chinese culture. Yet it's clear these experiences have made an impression, and they both plan to pursue future trips to their native land.

The Chinese Heritage Camp in particular has given them a sense of camaraderie with other kids adopted from China. "It's a way for

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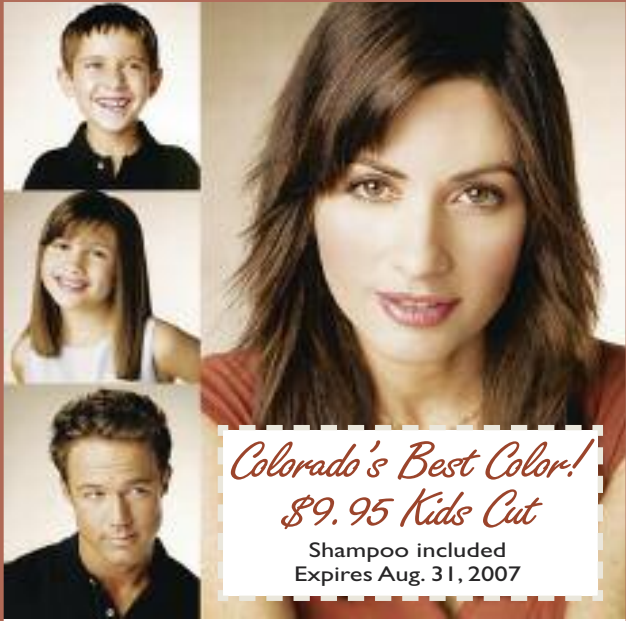
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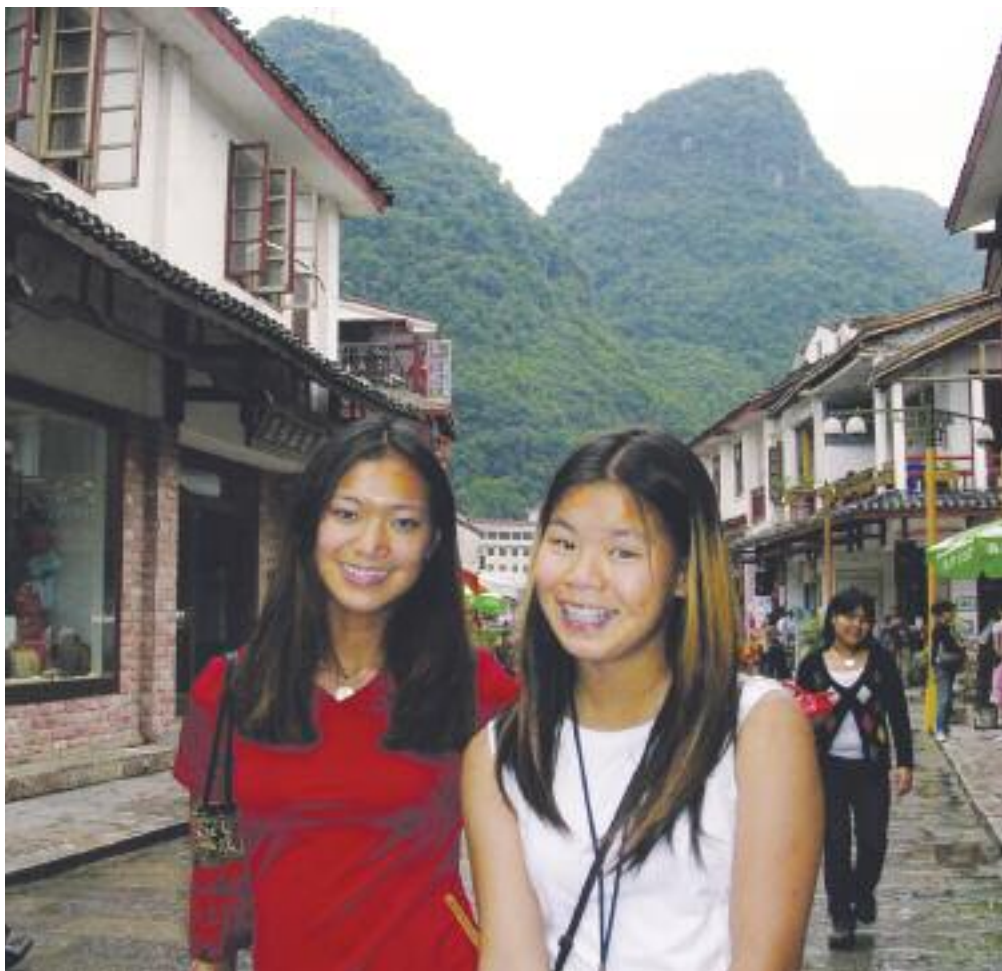
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Visit Their Homeland

kids to learn about the culture and do activities that are related to the culture,” Lin explains. “And then at middle school age, we talked about adoption and how it affected our lives, and how we felt different from everyone else. We get to hear how other people felt about being adopted and hear their stories. It’s nice to be around other people who understand what you’re going through.”

Asked what advice they have for families adopting children from other countries, both girls recommend teaching children as much as possible about their native culture. “Don’t shelter them from their culture,” says Lin. “I think it’s important they learn about it. Be open with them and tell them. I know my mom still tells me stories about my adoption.” Tori also points out the importance of being partnered with other adoptees from the same country for a sense of companionship.

"One thing I think kids should know about being adopted is that you shouldn't be ashamed of who you are," says Lin. "You shouldn't be embarrassed about anything. You should be open with it. I know my friends are interested in it, and they want to know about it."



Tori Larson of Stapleton and Lin Hill of Park Hill returned to China in the summer of 2006, ten years after they were adopted. They are shown here in a marketplace in Yangshuo, along the Li River. While in China they visited their orphanages as well as numerous tourist sites.

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Why I Love Stapleton – YouTube Video Contest

By Allison Hodge

It's not too late to submit your video for Stapleton's video contest.

You only have *one month* left to create a video and win the contest (videos must be submitted by Aug. 31). So wake up your buddy who is sleeping on the casting couch in your new pad and get out there and make some movie history! This contest would be a fun project for your family and friends as the summer winds down and before school starts. This contest is part of the Stapleton community's five-year anniversary celebration, and all Stapleton residents are invited to participate. We're looking for smart, original and creative video entries illustrating what makes living here so amazing.

Videos will be uploaded to YouTube.com and people will rank their favorite videos and one winner will be selected. While the director of the best video submitted might not win an Oscar, they will win **TWO motorized scooters** from Sportique Scooters (valued around \$2,400 each).

Rolling a few minutes of film with that camera that's sleeping on the top shelf of your closet could have you rolling around the neighborhood on a hot new scooter.

Tips for filming the award-winning submission:

- Don't pan back and forth during filming.
- Don't zoom in and out excessively.
- Lower quality video with great audio is much better than high quality video with poor audio.

- Keep editing simple. There is no need for lots of flashy effects.
- Plan your scenes before shooting them.
- Choose your actors and actresses wisely.
- Have fun and be original!

The winner of the Stapleton video contest will be announced on Saturday, Sept. 15th at the final summer concert at Founders' Green. Videos must be two minutes or less and fit within a "PG-type" rating. Check out www.StapletonDenver.com for more details on how to enter, sample videos, contest rules, etc.

If you want to enter the contest but feel a little intimidated by video-editing or working with YouTube, a series of free video-editing seminars are scheduled.

The next seminar will be **Tuesday, Aug. 7; 6 to 9 p.m.** at the Stapleton Visitor Center (located in the East 29th Avenue Town Center.) Stop in anytime during the seminar and you'll see how simple it really is.

A blockbuster hit for a good cause

For every video that Stapleton residents submit, Forest City Stapleton will make a contribution to the Urban Farm and the Bluff Lake Nature Center.

We hope to receive a video from you about why you love to live at Stapleton! Even if you don't enter the contest, be sure to check out the entries and vote for your favorites all summer long at the YouTube Stapleton Group at: <http://www.youtube.com/group/stapletoncontest>

Allison Hodge is the senior marketing manager at Forest City Stapleton.



The first video submitted by a resident on "Why I Love Stapleton" came from Derek and Tambralyn Peterson and features their dog Snoopy.

By John Chambers

First YouTube video posted for contest

YouTube viewers may have seen Snoopy recently riding around Stapleton in a Jeep, bragging about the community and all of the dogs he's meeting.

Derek Peterson narrated for his dog Snoopy, submitting the first video on the Internet site as part of a contest between Stapleton residents to tell the world why they love to live in the community.

"We wanted to do something a little different. Plus, our dog, Snoopy, is a big part of our life. And there are a lot of neighbors who have dogs, so we thought that one [video about Snoopy] was a good idea," Peterson said in an email. "We also tried to have fun with it and put a little humor into it."

Derek and his wife, Tambralyn, have posted two videos on YouTube; the second about their family. "We used some footage from the past few years and took a long weekend to get some of the other scenes shot. Tambralyn worked on the editing of each film for about six to eight hours per film," Derek said. "Hopefully, it will inspire a few people to buy homes here. It will show others what Stapleton is about."

"It also shows how family and dog friendly the community is. And I think that is a rather true statement. You can't take a walk for more than block around here without running into a stroller or a dog on a leash ... Even if someone is single and just looking for a community that is a lot of fun, I feel that it helps to attract them as well."

Homebuilders become YouTube stars

A separate YouTube contest is underway for Stapleton's homebuilders.

The homebuilder sales representative with the first place video will receive a \$1,000

gift card to Rocky Mountain Lodge in Cascade, Colo. The second place video winner will receive a one-year, limited series membership to the Wine of the Month Club.

Scott Fisher and Todd Gordon, senior managers of NuWest Custom Homes, posted the first homebuilder video on YouTube. It features their friend

Mike Ramos as he and Gordon drive around places in and close to Stapleton.

"We wanted to do something that would highlight the proximity of Stapleton to so many of Denver's great amenities," Fisher said in an email. "The Rapids' soccer fields and the Denver Zoo were obvious choices, but we also wanted to highlight Stapleton's proximity to downtown. Although hard to catch, there are also shots of Cherry Creek Mall featured during the driving sequences."

"Stapleton's location is certainly one of the top considerations for our buyers. Obviously, the quality of our homes and the community as a whole play a big role as well."

Fisher said the film took about 30 hours to produce.

"...We hoped that the fast pacing and loud sound effects would move the story along quickly and add a touch of humor," he said.

A video-editing seminar is scheduled for 6 to 9 p.m. Aug. 7 at the Stapleton Visitor Center, 7480 E. 29th Ave. The seminar will demonstrate how to navigate YouTube and post your video on the Web site.

Forest City will donate \$5 to local charities for every video a resident submits. Vote for all your favorite shots at www.youtube.com/group/stapletoncontest. More details are also at www.StapletonDenver.com.

John Chambers is a marketing assistant at Forest City Stapleton, Inc.

Officer Doug Grove Honored

Officer Doug Grove has been selected the Top Cop for the month of June for Denver Police District Two by a committee of citizens from Northeast Denver.

On June 4, Denver Police received information that there was a possible retaliatory gang situation developing between two rival gangs in District Two. At about 2110 hours, 15 to 20 gunshots were heard within District Two. A reporting party saw a vehicle leave the area. Officer Grove located and attempted to execute a traffic stop on that reported vehicle occupied by four gang members. The vehicle refused to yield until it hit a curb.

The occupants ran from the vehicle. After airing his situation, and capturing two of the fleeing suspects at gunpoint, a 9 mm handgun was found in the front yard of the home from where the suspects ran through. The crime scene was meticulously processed in preparation for estab-

lishing a strong case. A third suspect was later captured hiding in the area. In addition, a wounded victim/suspect showed up for treatment at a local hospital. He had powder burns on his stomach and a bullet wound on his left hand leading officers to believe that he shot himself while attempting to pull a weapon from his waistband. He lived in the area where the gunshots were fired and his injury was thought to be in response to the above shots that were fired. Officer Grove's attention to duty and his police actions undoubtedly prevented further violence in the area.



Officer R.J. Medina

The District Two Top Cop Citizens Committee commended Officer Grove for the excellent performance of his duties and joined his superiors in thanking all of the men and women in the Denver Police Department for the work they do to protect the citizens of Denver.

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Bill Roberts School ECE-8 Fundraising is the C.A.T.S Meow!

By Eric Byrnes

Last year, many parents of Westerly Creek Elementary helped to organize a Direct Giving Campaign through individual and business-sponsored house parties. This summer direct-giving house parties will be held August 1st, 2nd, 8th, 9th, and 17th – all from 6-8pm. At the parties principal Trich Lea, teachers and PTA board members will talk about plans for the 2007-08 school year and how the additional money raised will help strengthen the school. These parties will also feature a chance to earn prizes from area businesses. Business sponsors include Baer-Simon Photography, Amore Fiore, Arvilla Skin Care & Spa, Dave & Buster's, Serioz, My Girlfriend's Kitchen, Sassy Suppers, Baby Power, Dance Institute, Showcase Landscaping, B. Alexander Designs, Laura Mahony Photography, and others.

A key part to this Direct Giving Campaign is the "C.A.T.S" program – Contribute Automatically To School, which allows flexibility in making direct contributions to the school. Through the website www.billrobertspta.com and the Click&Pledge feature, contributors use a credit card to make a one-time pledge or a monthly contribution that suits their needs. Most contributions are tax-deductible, but should be verified with a tax advisor.

Denver Public Schools (DPS) only provides a limited budget for teachers in critical areas such as art, physical education, drama, and music. Furthermore, recent budget constraints have reduced allocation for teachers, so supplemental funds can help the school

maintain a smaller teacher to pupil ratio.

Please invest in our community, our schools, and most importantly our children by attending one of these direct giving parties or visit our website to make your C.A.T.S. contribution today. For more information visit www.billrobertspta.com or e-mail Kristin Shassetz at kelshassetz@gmail.com. It's a great time to catch a little Bob-C.A.T.S. Fever!

Back To School Nights

Back To School Nights (formerly known as "Class Lemonades") at Bill Roberts ECE-8 will be held BEFORE the start of school (which is Monday, August 20th at 8:15 am). This will give all families an orientation to the building and give students a chance to meet their teachers and pick up school supply kits or drop off school supplies before the first day of school! Please meet in the gymnasium at the following times:

Wednesday, August 15

5:30pm - Kindergarten

7:00pm - 1st, 2nd, and 3rd Grades

Thursday, August 16

5:30pm - 4th and 5th Grades

6:30pm - 6th, 7th, and 8th Grades

Because parking is limited, and we are accommodating a large number of families, please try to walk or bike. For more information call the school at 720-424-2642.

Stapleton MCA

Communication

The Stapleton MCA keeps current community information and notices on two websites. Please log onto www.StapletonOnline.com or www.StapletonCommunity.com to find out current community information on services, programs, events and other relevant issues within the Stapleton community. We also send out special "email blasts" to all residents signed up on www.StapletonOnline.com. To receive community information emails please log onto www.StapletonOnline.com and register for a username and password. In addition, the MCA has been working with the Stapleton Citizens Advisory Board (CAB) to post meeting information for the CAB and its various sub-committees. For the current CAB information go to www.StapletonCommunity.com and click on "Resources"

Stapleton Pools
Both Stapleton community pools will be moving to fall hours as of August 12th. Please see the either community websites for exact days and hours of operations. It is the goal of the MCA to operate both community pools for as long as possible depending upon available staff. Due to the public nature of the pools at Stapleton we are unable to operate them without proper staffing levels. It is our intent to stay with normal hours for as long as possible throughout the month of August. We do have to rely heavily on local high school and college students for a major part of our life guarding staff, many of whom return to school by mid August and are unable to continue working at our pools. Both pools will close for the season Monday September 3rd.

Stapleton Events
The MCA continues to host several events at Founders' Green throughout the month of August. Join your neighbors for the "Stapleton Concerts on the Green" series Sunday August 12th for "The Motet." Friday August 31st will be our last summer Movie on the Green with the showing of "Curious George." The Stapleton Farmers Market will continue in the 29th Avenue town Center each Sunday through October 14 and the Sweet William Market will be on Founders Green the last Saturday of the month through October.

Community Maintenance / Facilities

The MCA Board of Directors has given approval to initiate a preventative maintenance program as well as major repair work on several of the older Stapleton alleys. Specifically this program applies to alleys located in Filings 2, 3, 4 & 5. MCA main-

tenance staff will be surveying alleys throughout the month of August to determine the extent of all repairs that are most in need of repair prior to winter. Our goal is to bid out all the concrete work as a single project.

If you feel that you have a particular section of alley that requires immediate attention, please call the MCA office with an exact location or email us at alleys@stapletoncommunity.com. All work will be allocated on a priority basis and will be accomplished based upon funding availability. However, once an alley project is placed on our maintenance list it will remain there until repaired.

Miscellaneous

The Stapleton MCA grounds staff does enforce the Denver City sign code when it comes to signage placed a public right-of-way throughout the Stapleton Area. Specifically, signs placed within the medians on Quebec, 29th Ave, Central Park Blvd. and MLK will be removed from the right-of-way when grounds crews are working. Specific language in regard to Denver's public right-of-way ordinance is posted on our community's website.

The Stapleton Master Community Association (MCA) is responsible for the operation, maintenance, programming and improvements of identified common elements located within the Stapleton community including: Community Pools, Parks, Town Centers, Pedestrian Paths and Roadway Medians (29th Ave, CPB, MLK & Quebec) For a current map of Association Managed Facilities please log onto www.StapletonCommunity.com or contact the Stapleton MCA office at 303-388-0724. The Stapleton MCA is located at 7608 E. 29th Ave Unit #1. Office hours M-F 8:30 – 5:00 pm.

Keven A. Burnett, Executive Director

Stapleton Development Update

Forest City Stapleton, Inc. has received a Letter of Intent from the Carmax automobile dealership that will be purchasing approximately 5.56 acres east of the JC Penney's Store now under construction at Northfield. A contract is not likely to be executed for a few months with closing not likely until spring of 2008 at the earliest.
For more information, contact Troy Gardner of Forest City Stapleton at 303.382.1800.



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Forest City Employees Give the Urban Farm a Makeover



Landri Taylor, Vice President of Community Affairs, Forest City Stapleton, Inc., joined the group of employees who spent their company's community day volunteering at Stapleton's Urban Farm. Each year approximately 5000 Forest City employees across the nation spend a day working in their communities.

Local Moms Tippy Toe Into New Business

By Kathy Epperson

An innocent glance at their feet while at the pool inspired a new footwear business for Stapleton residents Kelly Stava and Erin Williams and their friend Patty Myers. "You get really creative when you have little kids!" says Erin. "Each of us has 2 children under the age of 5, so we live in comfortable shoes. Tippy Toe Flip Flops was born 1 year ago when we looked down at our feet at the pool and realized we wanted something with a little bling!"

The three came up with the idea of a value-add business, creating embellishments for Brazilian-made Haviana flip-flops. They use vintage ribbons and rhinestone crystal buckles, and each hand-embellished flip flop is an original. They even make a Wedding Collection flip-flop for the bride and her wedding party to wear for beach weddings or to change into for comfort. A line of flip-flops is also available for young girls.

Kelly, Erin and Patty consider moms-on-the-go who want both comfort and style to be their target market. "We have a focus group that consists of our book club," says Erin. "They preview all of our ribbon samples and ideas. We are hoping to launch a line in the fall with a new twist on the buckle."

All residents of Denver for about 10-15 years, Kelly, Erin and Patty previously had corporate jobs in the cable television, restaurant and pharmaceutical industries and have since quit to be stay-at-home moms and to volunteer in the community. "We are energetic moms who wanted out of the corporate world and yet still wanted to have our own thing," Kelly explains. "What we have enjoyed the most out of our business is the



Left to right: Patty Myers, Kelly Stava, and Erin Williams show off their custom flip flops.

unexpected camaraderie that we have found among other mommy entrepreneurs, many of whom are right here in Stapleton. We have realized that you can get a lot done between the napping hours of 1 to 3 pm!" The trio sells their embellished flip-flops online at www.tippytoeflipflops.com and also through retailers such as Brandis B. The children's line is sold online and at local shops Belly and Studio Bini. Patty is amazed at the publicity they've had in such a short time. "We haven't been around long, but WOW have we been around!" Patty says. "Three months after starting Tippy Toe Flip Flops, we were part of the celebrity gift bags for the 2007 Sundance Film Festival, then within six months we were in L.A. magazine's fashion issue [May 2007]. Our flip flops have been featured on the Today Show, and next we're shooting for Oprah!"

For more information, call 303-512-3833.

Artwalk and Home Tour



The Stapleton Urban Estate Homes program raised just over \$5000 for Brent's Place at their June 23rd Annual Stapleton Artwalk. Attendees enjoyed hours of sun and fun including music, food and art for every taste. Over 40 artists featured a variety of art, such as painting, sculpture, jewelry and more.



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Sustainability at Stapleton

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



The Big Green Bus made a stop at Stapleton on Mon., July 9th to learn about how to recycle an airport into a new community. The Big Green Bus is run by a group of Dartmouth students committed to promoting the use of sustainable energy through education and example. The students travel around the country on a school bus converted to run on used vegetable oil, and seek to discuss environmental responsibility, the viability of alternative fuels, and tangible solutions to local and global energy issues. For more info, visit www.thebiggreenbus.org.

Back To School Shopping Tips

It's time again to get kids ready for the upcoming school year. When choosing products this year remember to help your kids and our environment by making eco-friendly choices in your back to school purchases.

The first step before preparing for a new school year is to sort through your old materials. Many of last year's supplies can be reused or recycled. Then, once you have figured out what you need, follow these handy tips below:

Backpacks - Reuse your backpack! If you absolutely need a new pack then look for backpacks that have a lifetime warranty or can easily be washed and reused by other family members.

Lunchboxes - Purchase a lunchbox and then fill it with reusable containers. It will save you money over the school year by decreasing your use of disposable plastic and paper bags, as well as reduce your school's garbage.

Refillable Pens and Pencils - When you use refillable pens or pencils you are saving natural resources as well as the need for your student to carry a pencil sharpener or worry about breaking their pencil in the middle of a test.

Folders, Notebooks and Paper - If you are shopping for pocket folders, notebooks, and paper look for the made from recycled paper symbol. This symbol identifies products made from recycled material, and by purchasing these products you help to close the loop on recycling. Some stores even carry 100% post-consumer recycled content notebooks.

Packaging - Waste from packaging accounts for more than 30% of all the waste generated each year. Use school supplies wrapped with minimal packaging; use compact or concentrated products; or buy products that come in bulk sizes.

Spread the Word - Don't be shy about telling the managers at your favorite stores that you and your friends are interested in seeing more green items on the shelves.

For more ideas on environmentally-friendly back to school shopping tips visit the EPA's *Consumer Tips* section (www.epa.gov/epaoswer/osw/specials/funfacts) or the *New American Dream's Back to School Guide* (www.newdream.org/buy/bts).

Answers to Your Stapleton Farmers Market Questions!

The Stapleton Farmers Market is in full swing Sunday mornings from 9-1 in the 29th Avenue Town Center with an average of about 20 vendors each week. Many more fruits and vegetables grown in Colorado start ripening in August and September, so if you have not made it out to the Stapleton Farmers Market yet this year be sure to stop by soon!

The Stapleton Farmers Market strives to be a well-rounded market with a variety of vendors so that shoppers can buy Colorado fruits and vegetables, fresh bread, meat and fish and other agricultural items. Many of you are familiar with farmers markets around the country, as well as other markets around the Front Range. In general, farmers markets take years to grow. The Stapleton Farmers Market is just in its fourth year, and it takes a while for a farmers market to mature. For comparison's sake, the Boulder Farmers Market was established over 20 years ago and the Cherry Creek Fresh Market has been operating for over 10 years now. While the Stapleton Farmers Market is a relatively young market, it is already showing great potential.

So far this year we have heard from over 60 Stapleton Farmers Market customers who have filled out feedback questionnaires either at the market or on the Stapleton intranet. Thank you for your honest feedback! Many people had similar comments and questions, so we will try to answer some of the most common questions below:

Fruit and Vegetable Vendors: As of the middle of July, we had two regular fruit vendors (Forté Farms and Ela Family Farms) and three regular vegetable vendors (Palizzi Farm, Fud Local Edibles and The Tomato Stand). We are trying to get another large vegetable vendor to come to our market, but in order for potential new vendors to be interested in joining the market they must feel like there is strong community support each week. If you want the market to grow – and we've heard from many of you that you do – encourage your family and friends to come each week and buy as much as possible!

Organics: The market managers are aware of the desire for organic options at the Stapleton Farmers Market. There already are some organic options: Ela Family Farms grows organic peaches, The Tomato Stand has organic tomatoes, Fud Local Edibles grows organic salad greens, herbs and other vegetables, and this year from Goodnight Loving Natural Beef you can even buy beef from cattle raised without the use of hormones, steroids and antibiotics and who are fed only natural grasses, grains and water. If you have any questions about how an item was grown or raised, feel free to ask the vendor.

Prepared Food: Paz Tortillas cooks up a tasty quesadilla on site and also offers hot tamales and breakfast burritos. You can also buy apple strudel from Styria Bakery, or pick up some coffee and breakfast breads from Thomas Bros Coffee & Chai. Many people have asked about bringing back Steve's Snappin Dogs, a favorite vendor



New Resource – ReDirect Guide for Denver, Boulder and Fort Collins

ReDirect Guide recently published its first comprehensive green business directory and resource guide for the Denver/Boulder/Fort Collins region. ReDirect Guides are also available for the Portland/Vancouver area and Greater Salt Lake/Park City region. The mission of the ReDirect Guide is to make living green and spending with intention easy for everyday people, and to promote the growth of healthy and sustainable businesses. Each ReDirect Guide presents consumers with a full spectrum of choices for healthy and sustainable lifestyles in their local area. Learn more at www.redirectguide.com.



THE CREAM OF THE CROP



Stapleton Farmers Market
Quebec & E. 29th Ave.
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June 17 - Oct. 14

StapletonDenver.com

from the first and second seasons of the Stapleton Farmers Market. They now have a permanent, year-round operation near Colorado and Colfax so they no longer participate in markets. We understand you want more prepared foods and the market managers are working to bring in more options.

Location: The Stapleton Farmers Market moved from Founder's Green after the first season because the layout and logistics of that site did not function well for the vendors. We have been investigating moving the Stapleton Farmers Market to Central Park. This location would still be near major arterials, which is critical to the vendors for visibility and the ability to attract drive-by traffic, and would also put the market in a more central location to more Stapleton residents. The drawback of this location is that it would likely reduce participation from adjacent neighborhoods such as Park Hill. Once Central Park opens we will be able to determine if there is a suitable location for the market in the park, and work on securing the proper authorizations since Central Park will be part of the City and County of Denver's park system. We do not want to relocate the Stapleton Farmers Market each season, so if and when we do move it we want to make sure that we are moving it to its final location.

Starting Date and Times: The reason the Stapleton Farmers Market does not open until June is because we are focused on providing access to Colorado grown produce. Not a lot grows in Colorado in the spring! In fact, if you look at the Colorado Crop Calendar sign at the market, most Colorado produce does not come into season until August and September. As for the market operating from 9-1, we will revisit this at the end of this season. We recognize that many members of the Stapleton community would like the market to open earlier, but we have to balance the needs of the buyers with the needs of the vendors.

Thank you for your input and support; we appreciate the time you have taken to provide feedback. Continue to take advantage of the feedback forms on site at the Stapleton Farmers Market to let us know what you would like to see at the market. It is your local farmers market and it will continue to grow as the Stapleton community grows!



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Whole-istic HealthCare

by Megan Moon, L.Ac.
Natural Balance Wellness at Stapleton

Facial Acupuncture Rejuvenation – A Natural Anti-Aging Treatment

An estimated 11 million cosmetic surgical procedures were performed in the United States in 2006, according to statistics released by the American Society of Plastic Surgeons (ASPS). These cosmetic procedures and surgeries might have immediate results, but come with risks and a hefty price tag. Side effects of these procedure may include heavy scarring, bruising, inflammation, lengthy recovery time and the need for secondary procedures. Many consumers wonder, “what else is available to combat the signs of aging?”

Facial acupuncture rejuvenation is an alternative treatment to help slow the aging process and give our face a natural “lift.” Aging is inevitable, but does not have to be a stressful process. With facial acupuncture treatments, a relaxed, refreshed and rejuvenated version of yourself will surface. Many will wonder how you achieved that natural glow!

Facial Acupuncture is a safe, painless and effective treatment for renewing the face as well as the whole body. The Journal of Clinical Acupuncture reports that 90% of clients have marked improvement in their faces and experience an overall rejuvenation that is not confined to the face.

What are the Benefits of Facial Acupuncture?

- Improves collagen production and muscle tone
- Helps reduce bags and sagging tendencies
- Helps eliminate fine lines and soften larger wrinkles
- Helps reduce double chin and lift drooping eyelids
- Tightens pores and brightens eyes
- Increases local blood and lymph circulation
- Improves facial color and skin texture
- Reduces stress and promotes total health and well-being

During the treatments, fine needles are placed at a variety of acupuncture points on the face, neck and around the eyes to stimulate the bodies natural energies (or qi), blood circulation, and lymph drainage. Needles are also applied on the arms, legs, hands, feet and torso to achieve a “whole” body treatment. After the first visit, you will see more color and circulation in the face, with small lines starting to fade, soon after. For maximum results, it is recommended that an individual complete a series of 10 treatments, followed by periodic tune-ups. Facial acupuncture treatments are not intended to replace a facelift or produce instant results. It is a gradual process that builds upon itself, not a sudden lift. For clients who do not want or need cosmetic procedures, facial acupuncture rejuvenation is an attractive alternative.

Megan Moon is a nationally board certified acupuncturist practicing at Natural Balance Wellness in Stapleton's East 29th Ave. Town Center. For more information or questions on facial acupuncture rejuvenation treatments please call (303) 355-0363 or visit www.nbstapleton.com.



Smiling in Stapleton

by Preet Clair, D.D.S.
Quebec Square Dentistry

Pregnancy and Your Oral Health

Should I get my teeth cleaned if I am pregnant? Is it safe to bleach my teeth? These are questions frequently asked by patients concerned about dental treatment during pregnancy. As dental practitioners it's our job to determine the efficacy and necessity of these procedures and making sure pregnancy wellness is our main concern.

Is it safe to get my teeth cleaned? Yes! In fact, preventive dental cleanings and exams every 6 months is the dental standard. The increase in hormone levels during pregnancy causes the gums to swell and bleed and this can lead to pregnancy gingivitis. Preventive dental work treating gum disease is essential to avoid oral infection which has been linked to preterm birth.

Are local anesthetics used in dental treatment safe? It depends. The studies are conflicting regarding possible side effects on fetal development. Lidocaine is the most popular anesthetic used for dental treatment. It does cross the placenta barrier after administration. If dental treatment is necessary, the smallest amount of anesthetic possible to achieve numbness is recommended. However when you are comfortable, the amount of stress on you and the baby is significantly less. Most dental practitioners will use carbocaine because it doesn't contain epinephrine (adrenaline rush) and the studies are less vague on its efficacy and therapeutic margin of safety.

Is regular dental work safe during pregnancy? Elective treatment such as cosmetic work or bleaching (office and at home) should be avoided. Though the risk is minimal why take a risk? Treatment during the first trimester should be avoided since fetal organ development occurs during this period. Treatment during the second trimester is the safest. Anything that potentially can lead to an oral or dental infection should be treated. However emergency treatment like a root canal or extraction shouldn't be postponed and referral to a specialist can monitor your vitals during treatment.

Are dental x-rays necessary? If possible postpone routine annual x-rays until after the baby is born. In an emergency situation an x-ray will be necessary. According to the American College of Radiology “no single diagnostic x-ray contains a radiation dose significant enough to cause harm to the developing fetus.”

The American Dental Association provides a list of recommendations regarding dental needs during pregnancy:

1. Eat a well balanced diet and brush your teeth and gums with a fluoridated tooth paste twice a day. Floss daily!
2. Let your dentist know you are pregnant.
3. Routine cleanings and exams are recommended.
4. Postpone non emergency treatment until the second trimester or until after delivery if possible.
4. Postpone elective treatment until after delivery.
5. Maintain healthy circulation in the dental chair by keeping your legs uncrossed during your visit.
6. Use a pillow to keep you and baby comfortable.

Dr. Preet Clair's dental office Quebec Square Family Dentistry is located in Stapleton at 35th and Quebec. Please visit www.qsfamilydentistry.com to learn more about her practice and to meet the staff.



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Family Kicks

by Mike and Karen Giles
Mike Giles Family Karate



Transitions Really Can Be Positive

It's August already and besides the month of January, this has to be the biggest transition month of the year, new jobs, schools, careers, retirement, maybe even a new city, Denver! Whatever your new "transition" may be, consider it a positive one and look for all the good features in it. Sounds easier said than done? We know first hand, because this year our son will be leaving for college and though we are happy for him, we know we must prepare for a change in the dynamics of our family, and a few tears from Mom.

So how exactly do you prepare for a smooth transition? One way is by knowing that even the best laid plans have flaws and there might be a bit of turbulence for a while, so allow for some flexibility in your life. Another way that could help is finding different opportunities that could make the transition easier, such as staying in touch with old friends or family or writing an old-fashioned letter to someone, reading that book you haven't had a chance to read, learning the art of microwave fast cooking or starting a new sport or hobby; I hear karate is a great one!

Change really is inevitable, as we watch our children grow, and ourselves, life reminds us of this fact. So if we really want to embrace and celebrate the changes in our lives we must prepare ourselves and loved ones by developing strong, healthy and positive mind sets. Anyone can come up with a long list of bad things that might happen when someone makes a change, creating negative energy is simple. But it takes a person with a strong and healthy mind to encourage and list all of the thousands of positive possibilities that await each one of us when we accept the new transitions in our lives.

For your children teach them everything you can and make sure they are in a positive healthy learning environment at all times; places that help to develop their character. For your loved one, always re-assure them that their happiness is very important, and never make them feel guilty for making transitions in their lives. For you, surround yourself with great family, great loved ones, participate in a family activity together, (rafting, skiing, martial arts) something that involves teamwork and perseverance, and develops a strong bond.

For us, we have together prepared and taught hundreds of children to be strong, persevere, inspire hope in others and become whatever it is they can dream; it is the martial artist way of living. And since our son has been training in martial arts since he was 3 years old, we know we have given him the tools he will need to conquer the world.

We are going to make this a positive transition because endless possibilities exist when we allow change!

Mike and Karen Giles own Mike Giles Family Karate in Stapleton's Quebec Square at 7505 E. 35th Avenue across from the United Air Lines Flight Training Center. Call (303) 377-KICK for more information or visit www.mikegileskarate.com or email mikegileskarate@comcast.net.

Teachable Moments

by Tom Downey
Children's Museum of Denver



Making Books Come Alive

It's hard to believe that it's August already and that the summer break is almost over! Now is the best time to start thinking about heading back to school!

One fun and exciting way to get your child into the back-to-school groove is to focus on literacy by making books come alive. Story time shouldn't just be a bed time ritual, and books are not necessarily just for reading, they are experiential! Make reading more fun by engaging your child in activities that go beyond just reading a story.

For example, after reading *Green Eggs and Ham*, make actual green eggs and ham for lunch or dinner! It's a great way to teach your children kitchen safety and basic cooking skills. Not to mention that the food itself is so much fun to eat! For your younger children, choose books that rhyme or can be sung. The Itsy Bitsy Spider is a classic book that children love and Chicka Chicka Boom Boom is a great book to learn your ABC's. It's also a lot of fun for kids to rhyme and sing along with! Read *We're Going on a Bear Hunt* and go on your own "hunt" throughout your neighborhood! There is no better way to get outside and enjoy the nice summer days!

Encourage your child to use his or her artistic talents by drawing pictures and creating sculptures of the characters and things that they just read in a book. One simple clay recipe is to mix together 1 cup of flower, 1 cup of water, 1/2 cup of salt and 1 teaspoon of oil. Or have your children dress up and act out their favorite story! *Fancy Nancy* is a fun example of dramatic play! After reading the story, dress up "fancy" with your child and go to your favorite restaurant or coffee shop. Say things like "darling" and be sure to stay "fancy" throughout the entire outing!

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

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



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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.

Getting to Know Stapleton United Neighbors: The SUN Transportation Committee

By Paul Frohardt

The SUN Transportation Committee works with the community, Forest City, the Stapleton Development Corporation, the Stapleton Citizens Advisory Board, the Stapleton Foundation, the City of Denver and other transportation authorities to address neighborhood and nearby traffic and transit issues, as well as bicycle and pedestrian transportation issues. With street connections and the number and locations of residents at Stapleton continually evolving, new transportation issues continue to arise. The Committee provides input as future plans for transportation at Stapleton move forward, while also helping to facilitate discussion and resolution of issues that arise in areas of existing development.

Regular meetings of the SUN Transportation Committee are held on the second Wednesday of every odd-numbered month at 6:30 p.m., at 3126 Elmira Court. Please consider joining us to help provide input into our community's traffic and transportation issues. To be added to our SUN Transportation Committee distribution list, send your name and email address to paul.frohardt@comcast.net. Three examples of issues being addressed by the Committee follow.

The SUN Transportation Committee and the SUN Board have consistently expressed support for developing safe and convenient options for bicycle and pedestrian crossings of I-70, to link north and south Stapleton. Although there is a current bicycle/pedestrian crossing of I-270 at Quebec, which then connects with the Sand Creek Greenway trail under I-70, there are a number of shortcomings to this alternative. Unfortunately, due to legal constraints and use for construction activities, the existing "cargo bridge" across I-70 is not an option for bicycles and pedestrians for the foreseeable future. SUN has discussed with Forest City and others options that include (1) a new, separate bicycle and pedestrian bridge across I-70 and (2) bicycle and pedestrian features in conjunction with the planned new Central Park Boulevard I-70 interchange that do not require crossing traffic (e.g., ramps over the highway entrance and exit lanes).

SUN representatives have participated in numerous

discussions with Forest City and Denver Public Works about pedestrian safety crossing Syracuse and Roslyn at 29th Avenue. The City has determined that traffic and pedestrian volume at this intersection do not presently warrant adding traffic signals. The City has added large, bright yellow pedestrian crosswalk warning signs, and added white stripes on the street to make the crosswalks more visible. In addition, as of July 12, Forest City has installed electronic driver feedback signs on both Syracuse and Roslyn to warn drivers when they are traveling too fast.

A third example of an issue being addressed by the SUN Transportation Committee (as well as the Zoning and Planning Committee of the Citizens Advisory Board) is safe bicycle and pedestrian access to the new Eastbridge Town Center, which is scheduled to begin construction later this year. Our Committee first explored the possibility of adding traffic signals across both the eastbound and westbound lanes of Martin Luther King Boulevard at Geneva Court, which will be the main street of the new town center. This was determined not to be feasible, since traffic signals are already in place at Fulton and at Havana. The Committee is currently exploring the feasibility of access to the town center "island" at the Fulton crosswalk. This option would allow bicycle and pedestrian traffic to utilize a traffic signal to access the town center from either the west or east sides of Stapleton.

In addition to the issues of broader community interest such as those described above, the SUN Transportation Committee addresses numerous site-specific issues concerning speeding, speed limits, stop sign placement, etc. We welcome you to join us in our efforts!

Stapleton COP Shop Needs Volunteers

By Julie Cameron

The SUN Safety Committee is actively recruiting volunteers for a community COP Shop! For those of you who are unfamiliar with the concept of a COP Shop, here are a few details:

COP Shop = Community-Operated Policing storefront

Community-Operated means it is staffed entirely by volunteer citizens within the community (it is **not** staffed by the Denver Police!!)

- The more volunteers who are available = the more hours the COP Shop can be open
- Denver Police Officers will stop by the COP Shop from time-to-time to file reports, check-in with the community, and help us with current issues
- The purpose of the COP Shop is to give the community a way to help make their neighborhoods safer, and encourage positive working relationships between law enforcement and the public
- The following is a list of just a few of the programs that we would like to see coming out of our COP Shop:
- Reports/referrals to city agencies such as reporting potholes, dark traffic lights, and other 311-types of issues
- Reporting on criminal complaints and activities such as burglaries, graffiti, smashed house and/or car windows, suspicious activities
- Self-defense classes for men, women, and children
- Speed-check/Radar gun training to track speeding in your area
- Bicycle registration program for more effective recovery of stolen bicycles
- Important helmet training for children
- Neighborhood Watch Training
- Scheduling Home Visits with the DPD to provide home safety tips
- Provide a resource on where to go for more information such as the Denver Citizens for Crime Prevention, neighborhood crime statistics, and updates on registered sex offenders

The Quebec Square COP Shop is not due to open until January, 2008. But the Northfield COP Shop is open now, and needs volunteers! Let's get started there while we are waiting for the Quebec Square COP Shop to open! We can begin training, and become actively involved in safety now!! This is your chance to get actively involved in Safety in Stapleton!

Please contact the S.U.N. Safety Committee Chair, Julie Cameron (cameroj@comcast.net), for more information and to volunteer! Or go to the S.U.N. Safety site at www.StapletonUnitedNeighbors.org, click on "Safety" from the list on the left to read more about the COP Shop and how to fill out an application to volunteer!

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Views on the Street

What do you do to “recharge your batteries?”



Sid and Kim Hodison
with their children Vanessa, age 2,
Sydney, age 8 and Andre, age 5
Not pictured, daughter Chelsie, age 16

Sid: I exercise, lift weights, play basketball and watch sports to recharge. I’m a contractor and when I’m working I deal with the stressful part of the job. Then I see the completion and it makes me feel good

because it takes a lot of work to get it done right. When a customer is satisfied it makes me feel good.

Kim: Each evening I go to my room, close the door and meditate. Sometimes I run a nice bath with candles. I read for relaxation, it helps me unwind.

Ruth Baldivia

with her daughters Chava, age 7
and Lillian, age 10

I work with kids and they help me recharge my batteries and keep my prospective. Also, playing with my own kids as well as drawing and painting children.



Karina Irizarry

with her niece Is  belle Irizarry, age 8
visiting from Puerto Rico

I’m a pediatric gastroenterologist fellow and my husband and I work so much that we don’t get much time off. When we have some time, we take family trips or go to the mountains.

Maureen Toomey

with her daughter Bailey, age 9
and son Hayden, age 7

I recharge with physical activities like tennis, biking and cross-country skiing. A long hot bath with a good book helps me too, along with playing with my kids.



Steve Cox

I recharge by coaching my son’s baseball team and hanging out with him. A vacation in Playa Del Carmen, Mexico also does the trick.



CLASSIFIED ADS

EVENTS

SPIRIT TALK IN STAPLETON -Join us monthly for open exciting talks about spirituality. All are welcome. Thursday, August 23 at 6:00pm at Panera's. 3700 Quebec. 303-366-1373

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ATTENTION DESIGNERS: Let me be your neighborhood connection to Crate & Barrel. Info on Designer Rewards Program, Fall Furniture Collection, and Custom Upholstery Sale. Call Carol, 303-398-3325.

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NEED HOME FURNISHINGS? Let me be your neighborhood connection to Crate & Barrel. (continued)

SERVICES

(continued) Info on new Fall Furniture Collection and Custom Upholstery Sale. Call Carol, 303-398-3325.

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COMMUNITY GARAGE SALE



Photo by Michael Kearns

SUMMER EVENTS AT STAPLETON

Relay for Life: (Left photo, from left to right) Haley Gonzales, 7, Sadie Havens, 7, Lindsay Young, 7, are classmates of Allison Winn at Westerly Creek and participating on Team Winn-er to support Allison, who is battling brain cancer. At right, children run ahead during the survivors lap at the start of the July 20th event at Stapleton's Town Center to raise funds for cancer research.



RELAY FOR LIFE

We've Moved to the heart of Stapleton
AND WE'RE HAVING AN OPEN HOUSE

Join us Saturday, August 25 from 9am to noon at the new location for summertime refreshments, giveaways and chair massages!

Our new location is near the Stapleton Town Center, right behind King Soopers. Dr. Kristine Walsh and her staff will continue to provide the same great care. We look forward to meeting you and your family at our open house.

Family Medicine at Stapleton
PHYSICIAN NETWORK

Our new contact information:
2803 Roslyn, Denver, CO
303-403-6300



4TH OF JULY

Community Garage Sale: (top photo) The Second Annual Stapleton Community Garage Sale was held on July 14th – 142 homes signed up to participate.

4th of July: (above) Stapleton's 2007 4th of July parade turned out residents in great numbers for what has become a very popular annual community event.

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Country Buffet sponsored a child safety event at Quebec Square on July 16th for children to meet local police and fire fighters. Above, Officer Mike Jimenez and Officer Mike Rappe (not pictured) from the District 2 police station fingerprinted children at no charge. (Families who missed the event can get fingerprints at the District 2 police station for \$7.) Fire Station 26 placed trucks in the parking lot and allowed children to explore the vehicles. Fire fighters also taught "Stop, Drop and Roll" techniques to the kids.

Artist Dean Yoder *(continued from page 1)*



Stapleton artist, Dean Yoder

three children. Like many artists, Dean has developed a process that helps him take advantage of his creative instinct. "I start with three blank canvases and apply a single color on all three canvases," he explains. "I just keep adding color until the paintings seem done. It can take a couple of nights or a couple of months. I usually hang the paintings in my house after they are done to see if I like them over time. If they don't pass the time test, they go back in the studio and get reworked. The paintings that pass the test either get stored, hung in my house, or sold."

While Dean occasionally sells his paintings to friends and family, the joy of it is in the creative process. "I am a director of implementation for a small software company in Denver," Dean says. "My job requires a lot of client communication, along with technical and business knowledge. Painting is a great way for me to let go of everyday issues and immerse myself into nothing but color and artistic instinct."

Dean has one artistic claim to fame few know about. Fifteen years ago he produced a series of 200 clay sculptures called

Dogman. "A well-known collector in Chicago purchased one of the Dogmen," Dean says, "and included the piece when she donated her collection to the Rockford Illinois Art Museum in 1995."

To inquire about his work, call Dean at 303-726-7879.

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