

Front Porch

Distributed to the Stapleton, Park Hill, Lowry, Montclair, and Mayfair neighborhoods

STAPLETON

APRIL 2008
DENVER, COLORADO

Nicole Foster, right, holding 10-month-old Maggie, keeps a careful eye on husband Bill to be sure he turns off the lights when he leaves the room. The Front Porch asked readers to share their suggestions for sustainable living. Their ideas are on pages 30-31.

Are you living green?

Forest City Stapleton Wins EPA Award

The U.S. Environmental Protection Agency (EPA) has named Forest City Stapleton as a 2008 Excellence in ENERGY STAR Promotion Award winner for its outstanding contributions to reducing greenhouse gas emissions by sponsoring significant consumer education efforts promoting energy-efficient homes. Forest City Stapleton's accomplishments will be recognized at an awards ceremony in Washington, D.C. on April 1, 2008.

The Excellence in ENERGY STAR Promotion Award is given to a variety of organizations to recognize their efforts to improve energy efficiency and reduce pollution, resulting in significant cost savings. Award winners are selected from more than 9,000 organizations that participate in the ENERGY STAR program. Forest City Stapleton was the only master-planned community developer selected for this distinction this year.

Forest City Stapleton is being honored for its work in promoting homes that meet ENERGY STAR guidelines for energy efficiency. Stapleton is the largest community in Colorado and one of the largest master-planned communities in the United States to have 100 percent builder participation in the ENERGY STAR program.

"Stapleton was designed to be a sustainable community — providing a pedestrian-oriented land plan with a focus on connectivity of homes, shops, schools and parks and open spaces — while also delivering a very broad diversity of homes with green and energy efficient features," said (continued on page 4)

Earth Day Celebrates

By Nancy Burkhart

Spring is the time when environmentalists all over the United States put public emphasis on the deterioration of the environment, urging clean energy and solutions for global warming.



April 22, 1970 - 2008

Its 38th Birthday

The April 22 celebration marks the birthday of the modern environmental movement. The movement started public recognition of the smoke, sludge and smog generated by industry throughout the United States, as well as an (continued on page 5)

Pre-Leasing Begins for Stapleton Office Building

Building at MLK & Syracuse Is Designed To Achieve LEED Gold Certification



Photo courtesy of Forest City Stapleton, Inc.

Stapleton's proposed new office building at Martin Luther King Jr. Boulevard and Syracuse Street is being pre-leased now by Forest City Stapleton, Inc.

Forest City Stapleton, Inc. has announced it will begin pre-leasing of a new five-story office building at the corner of Martin Luther King Boulevard and Syracuse Street adjacent to the E. 29th Avenue Town Center.

"This office building will further Stapleton's reputation as one of the nation's premier sustainable commu-

nities in which tenants enjoy working in quality, energy efficient offices within walking distance of homes priced to be affordable to everyone from the CEO to the receptionist," said David Ditchman, director of leasing and business development for Forest City Stapleton, Inc. "Forest City is fully committed to the future of Denver and Stapleton's exceptional potential for commercial and office development."

The 125,000 square foot building (continued on page 4)

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



5 Fitzsimons Bioscience Park | 6 Buying an Affordable Home | S.U.N./C.A.B. Forum 29 | Living Greener 30

It's hard to believe this sight is just weeks away.



CALENDAR

APRIL

Saturdays & Sundays

April 1 - June 29

Free class at Core Power Yoga 4pm
7485 East 29th Place
303-377-7444

Saturday, April 5

SCFD-sponsored Free Day at the
Denver Art Museum [SCFD.org]

Monday, April 7

10% of proceeds at Casey's Pub
to be donated to the Stapleton/
Park Hill Relay for Life

Sunday, April 13

9HealthFair
University Family Medicine - A.F.
Williams, 3055 Roslyn (720-848-9000)
[Brought to you by Forest City Stapleton]

Wednesday, April 16

Perfect Your Golf Swing and Joint Health
(Free) 6:30 - 8pm
Stapleton Community Room
2823 Roslyn St [303-403-6333]

Sunday, April 20

SCFD-sponsored Free Day at the
Denver Museum of Nature and Science
[SCFD.org]

Tuesday, April 22

SCFD-sponsored Free Day at Denver
Botanic Gardens [SCFD.org]

MAY

Saturday, May 3

Spring Fling, Founders Green

Saturday, May 17

Stapleton Block Party Day 3pm
[sununitedneighbors.org
click on outreach]

Saturday, May 17

Five Points Jazz Festival
Blair Caldwell Library I - 6pm

Saturday, May 26

Stapleton Pools Open for the Season
Blair Caldwell Library I - 6pm

JUNE

Saturday, June 7

Concert, Founders Green 6 - 8:30pm
Funkiphino

Sunday, June 15

Farmers Market Opening Day
Founders' Green 8:30am - 12:30pm
[www.coloradofreshmarkets.org]

JUNE

Saturday, June 21

Concert, Founders Green 6 - 8:30pm
Hazel Miller

EVERY MONTH

Monthly

New Resident Orientation Meeting
[Call 303.388.0724 for date & location]

Every Tuesday

Stapleton Rotary Club - Noon
Stapleton Radisson Plaza Hotel
3333 Quebec Street
[Michael@KearnsTeam.com]

Every Tuesday

AA Open Discussion Meeting - 7:30pm
MCA Community Room
2823 Roslyn Street
[Joe Mc at 303.912.7075]

Every Wednesday

Weekly Weeders, Bluff Lake Nature Center
9-12am [303.945.6717]

3rd Tuesday

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

1st Wednesday

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

2nd Wednesday

(Odd numbered months)
SUN Transportation Committee 6:30pm
MCA Conference Rm, 2823 Roslyn St.
[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]

4th Thursday

SUN Board Meeting - 6:30pm
MCA Community Room
2823 Roslyn Street
[stapletonneighbors@msn.com]

1st Saturday

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

2nd Saturday

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

*DCPA - Denver Center for
the Performing Arts

**THE BIBLE'S
BIGGEST
LOSERS**

NEW MESSAGE SERIES AT SFC
BEGINNING APRIL 6

Stapleton Fellowship Church

Join us at SFC for this series:
Sundays during April, 10:30am
*With Discovery Club for children of all ages.

Meeting at the Denver School of Science & Technology:
2000 Valentia Street, Denver, CO 80238

StapletonChurch.com • 303.321.1014

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Front Porch

www.StapletonFrontPorch.com

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



create
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Celebrate Earth Day Saturday, April 19,

10am - 3pm

at The Shops at
Northfield Stapleton

Show your **GREEN** side and
help make a difference!

- FREE eco-tote bag by dropping off 10 plastic water bottles
(While Supplies Last)
- Make the Switch, receive a FREE CFL light bulb
(While Supplies Last)
- Purchase a Gift Card April 19, and we'll donate 5% to the Sierra Club
(www.sierraclub.org)
- Learn from the GREEN pros:
 - Denver Recycles
 - Denver Urban Garden
 - Environmental Learning for kids
 - Valley Crest Landscaping
 - Environmental Recycle & more!
- Harkins Theatres 18 special showing of "An Inconvenient Truth"
\$5 Admission, proceeds to GREEN charity



The Shops at
NORTHFIELD
STAPLETON

NorthfieldStapleton.com
303.375.5464



FORESTCITY

New Office Building at MLK and Syracuse

(continued from page 1) has been designed to achieve the LEED Gold standards developed by the U.S. Green Building Council (USGBC). Designed by MOA Architecture, a Native American-owned firm in Denver, the proposed building mixes a traditional brick façade with a modern glass curtain wall and features a grand two story atrium, floor to ceiling windows that offer spectacular views to the west and efficient floor plates of 25,000 square feet. Mr. Ditchman said the building's convenient access to I-70 and I-270, as well as the rail service that is scheduled to link Stapleton to DIA and Downtown Denver as

part of the FasTracks program in 2014, will be of interest to potential tenants. The building will also have 535 parking spaces on site. More information about leasing the new Stapleton office building is available from Frederick Ross & Company by contacting Scott Garel, Joe Heath or Don Misner at 303-892-1111.

Photo courtesy of Forest City Stapleton, Inc.



Rendering of the new Stapleton office building.

Forest City Wins EPA Award

(continued from page 1) Melissa Knott, director of sustainability for Forest City Stapleton. "Our partnership with ENERGY STAR evolved naturally from these values, and together we've found ways to educate builders and residents on how ENERGY STAR homes can save money and protect the environment. We take pride in our partnership with ENERGY STAR to make energy efficiency a fundamental part of our community."

While Forest City Stapleton has been an ENERGY STAR partner since 2004—and many of the Stapleton builders were building to this level of performance voluntarily for some time—beginning in 2006 all of the builders at Stapleton have been part of the ENERGY STAR program. Forest City Stapleton has incorporated ENERGY STAR into all of Stapleton's marketing materials and has ensured that all of the Stapleton builders have properly implemented the ENERGY STAR program by holding a variety of builder training programs focused on the technical and

building science aspects of green building. Forest City supports the builders in the ENERGY STAR program by regularly monitoring performance testing, having building science specialists conduct product walk-throughs and trade training sessions and providing sales and marketing support for each builder team.

Last year alone, Americans with the help of ENERGY STAR saved \$16 billion on their energy bills and reduced greenhouse gas emissions equivalent to those of 27 million vehicles.

"Partners like Forest City Stapleton are leading the way by showing Americans how they can protect our environment through energy efficiency," said Robert J. Meyers, principal deputy assistant administrator for EPA's Office of Air & Radiation. "By promoting ENERGY STAR, they are making it easy for consumers to find energy-efficient products in the marketplace."

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Fitzsimons Science + Technology Park

Construction to Start This Year on 65,000 Square Foot Building

By John Chambers

Forest City Science + Technology Group, in partnership with the Fitzsimons Redevelopment Authority, is developing a 170-acre Colorado Science + Technology Park at Fitzsimons. The park is part of the 578-acre former Fitzsimons Army Medical Center in Aurora, Colo., which also includes the University of Colorado's Anschutz Medical Campus and the new home of The Children's Hospital. Research and development at the private bioscience companies will complement the current "bench-to-bedside" research and clinical endeavors already in progress next door at the Anschutz Medical Campus and The Children's Hospital.

"This large parcel of land in Aurora provides an opportunity to expand upon the existing Colorado life science industry and grow it into an even more significant industry for the State," said Jim Chrisman, Forest City senior vice president of development. The Colorado Science + Technology Park's new office and lab building, scheduled to begin construction later this year, will be 65,000 square feet. Other development planned to commence construction at the park this year includes a 40,000 square-foot, privately owned lab building, a 175,000 square-foot office building, a 15,000 square-foot credit union and a 200 room hotel with conference center. Total capacity in the park is over 6 million square feet.

According to Forest City's 2008 urban design guidelines for the park, the buildings, open space and streetscapes will be seamlessly designed and interconnected with Fitzsimons Commons, The University of Colorado Medical Campus and the adjacent neighborhoods and regional park system. "Public open spaces will foster a collegial atmosphere and provide



Above, a 65,000 square-foot lab and office building to be built by Forest City Science + Technology Group in the \$2.3-billion Colorado Science + Technology Park in Aurora, Colorado.

workers with a place to meet and converse. Park tenants and visitors alike will be encouraged to utilize these parks." In addition, park buildings will be constructed in line with Forest City's core value of sustainability, including xeriscaping, energy efficient building materials and other components that meet LEED® building standards.

Bioscience Park Center and Bioscience East are existing life-science incubators at the Colorado Science + Technology Park, and are currently home to 25 companies, said Vicki Jennings, director of business relations for the Fitzsimons Redevelopment Authority. "To date, we have graduated about 10 companies that have gone on to larger facilities."

Research and testing areas such as these grew 95 percent in Colorado between 1998 and 2002, compared to a national growth rate of 35 percent, according to a 2003 economic study released through the Colorado Office of Innovation and Technology. The Colorado Science + Technology Park's \$2 bil-

lion redevelopment is a 30-year project expected to add 10,000 high-paying jobs to the metropolitan area. The park and adjacent medical campus will support annual output of \$3.1 billion, a figure that could reach \$6.3 billion at build-out, according to a 2002 study conducted by economic consultants Hammer, Silver, George Associates.

"Over time, the Fitzsimons project [bioscience park and adjacent campus] will become a major source of local tax revenue," the Hammer, Silver, George Associates study states. "At full development, on-site development and activity will generate an estimated \$32.5 million in annual tax sales and property tax revenues."

For additional information, please call Forest City Enterprises at 720.941.7100 or visit www.FitzScience.com.

John Chambers is a marketing assistant at Forest City Stapleton.

Earth Day

(continued from page 1) awareness of the effects of vehicle gas guzzling on the planet.

This year, Earth Day will be celebrated for the 38th time since U.S. Senator Gaylord Nelson, from Wisconsin, put into action the idea he presented to Attorney General Robert Kennedy and President John F. Kennedy in 1962. Earth Day did not officially "flower" until 1970 when Senator Nelson brought in Denis Hayes as coordinator. Hayes, who has lived in the Denver area, now heads the Bullitt Foundation in Seattle, a \$100 million environmental foundation.

Denver resident John McConnell urged attendees of a 1969 UNESCO Conference on the Environment, held in San Francisco, to install Earth Day as a global holiday.

Earth Day encourages citizens to be locally and internationally environmentally conscious. The non-profit Earth Day Network encourages worldwide environmental action. About 175 countries observe the day, which more than 500 million people celebrate. The goal is to change human behavior and spur policy changes.

Earth Day information can be found at www.earthday.net.



April 19th HomeStart Conference Targets First-time Homebuyers

Qualified buyers may receive up to \$3,500 toward closing costs

American Sunrise Communities (ASC), a nationwide non-profit organization working with Forest City Stapleton, Inc. to educate potential homebuyers on the affordable home buying process, is urging prospective buyers to register now for a free April 19th conference to learn about opportunities to buy an affordable home at Stapleton.

The HomeStart Conference will be held on Saturday, April 19th from 10:00 a.m. to 2:00 p.m. in the Denver Improv Theatre, located at 8246 E. 49th Avenue, across from

Borders Books in Stapleton's Northfield Retail Center. The HomeStart Conference will educate potential buyers about Affordability and Deed Requirements, Money Management, and Homebuyer Counseling programs, as well as provide information about Syracuse Village (two bedroom homes are still available) and Stapleton's newest affordable homes, the 29th Drive Row Homes, which feature all new designs consisting of one, two and three bedroom units with attached garages. The 29th Drive Row Homes are priced from \$114,400 to \$169,400 (prices and specifications subject to change without notice.) These "income-qualified" homes may only be purchased by individuals whose annual household gross

income (before taxes) does not exceed \$40, 200 for a household of one person to a maximum of \$66,650 for a household of six people.

In order to attend the free conference, interested buyers must register either by calling 1-888-AM-SUN-CO (888-267-8626) or register on-line at www.stapletondenver.com or www.americansunrise.org. Space is limited and participants must arrive between 9:30 and 10:00 a.m. on the day of the conference.

Michelle Martinez and her son Cameron Thomas stand on the deck of the home they bought through the HomeStart program.



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Lunch 11:30-2:30 Mon-Sat. Dinner 4:30-10 Mon-Thurs, till 11pm Fri-Sun

GREATER STAPLETON BUSINESS ASSOCIATION

WWW.STAPLETONBUSINESS.COM

MEMBERS

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7505 E. 35th Ave. #3-385 OS
303.398.4780

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Dori Hennecken – 303.841.9304
2547 Kantha Ct. Denver, CO 80238 SE

FirstBank
2850 Quebec St., Denver, CO 80207 29TC
303.329.4762

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2675 Beecher St. Denver, CO 80238

UMB Bank
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303.839.2295

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www.10til2two.com

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www.advantagesoftware.net

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1799 Pennsylvania St. Denver, CO 80203

Colorado Commercial Services, Inc. – Commercial Janitorial Services
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www.wizbangsolutions.com

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Family Med – 720.848.9000; Therapy – 720.840.9010

Cherry Creek Wellness Center - Stapleton Plaza
Nicole Dority/R. Dean Hasse – 303.388.8188
3401 Quebec St. Suite 3100 Denver, CO 80207 SP

CorePower Yoga
7485 E. 29th Pl. Denver, CO 80238 29TC
303.377.7444

Cyberwise
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www.cyberwise.com/4442928

Exempla Family Medicine @ Stapleton
Kristine Walsh, MD, MPH – 303.403.6300
2803 Roslyn St. Denver, CO 80238

Exempla Stapleton OB-GYN
2807 Roslyn St. Denver, CO 80238
www.stapletonobgyn.com – 303.403.6333

Planned Parenthood
950 Broadway Denver, CO 80203
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Quebec Square Family Dentistry
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Hotels

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4685 Quebec St. Denver, CO 80216
kellias@comfortnortheast.com – 303.388.8100

Marriott Courtyard Denver Stapleton
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303.333.3303

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Trilogy Financial Services
Valerie Baker – 303.300.3323 x5191
www.trilogys.com

Newspapers and Publications

The Front Porch
Carol Roberts – 303.526.1969
2566 Syracuse St. Denver, CO 80238

My Monthly Shopper
Nathan Poniatowski – office: 303.482.1346
fax: 303.482.2947 – cell: 303.518.0774

Personal Development

Mike Giles Family Karate
Mike and Karen Giles – 303.377.5425
7506 E. 36th Ave. #480, Denver, CO 80238 OS

Runner's Edge of the Rockies - Marathon Training
David and Julie Manthey – 303.320.3343
www.RunnersEdgeoftheRockies.com

The Voice Builder – Speech and Singing
Nancy Harris – 303.355.1452
www.thevoicebuilder.com

Real Estate Agents

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www.ColoradoDreamHome.com
(c) 303.725.8152 – (e) 303.333.4490

TJK Management – Property Management Svcs
Tom Cummings – 303.324.6988
www.StapletonForRent.com – tjcmgmt@msn.com

Restaurants, Grocery and Food Prep

Jim 'N' Mick's BBQ
8264 E. 49th Ave. Denver, CO 80238
303.371.1566

Kiva – Southwestern Dining
3090 Downing St. Denver, CO 80205
www.kivarestaurant.com – 303.832.5482

La Sendia – Mexican Kitchen
8340 E. 49th St. Unit 1690 Denver, CO 80238 HF
303.373.9180

Ling and Louie's Asian Bar and Grill
8354 E. 49th Ave. Denver, CO 80238 HF
303.371.4644

Southenders Café
2306 Central Park Blvd. SE
www.southenders.com – 303.355.1452

Retail Stores

Art & Framing at Stapleton
7483 E. 29th Pl. Denver, CO 80238 29TC
303.534.1979 – www.ArtandFramingStapleton.com

Fantastic Sam's

7341 E. 29th Ave. Denver, CO 80238 29TC
303.316.7701

Instant Imprints - Decorated Apparel and Signs

7505 E. 35th Ave. Suite 305, Denver, CO 80238 OS
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PostNet

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Stapleton & Non-Profit Organizations

American Sunrise Communities
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7351 E. 29th Ave. Denver, CO 80238 29TC

Forest City Stapleton
Diane Deeter – 720.249.5710
ddeeter@stapletondenver.com

Master Community Association
Kevin Barnett – 720.974.4248
7608 E. 29th Ave. Unit 1, Denver, CO 80238 29TC

Stapleton Foundation
7350 E. 29th Ave Suite 300 29TC
Denver, CO 80238 – 303.468.3223

Transportation Management Association
Angie Malpede – 303.468.3231
amalpede@stapletonfoundation.org 29TC

Stapleton is designed as a model community to inspire active, healthy lifestyles, and America On the Move® is a national program, born in Colorado, that promotes the same healthy living vision. The America On the Move 'small changes' guidelines below can help you make the most of this map and the Stapleton active living design:

Move More – a step goal of just 2,000 more steps per day over your baseline (normal) level of activity plus small eating changes below can be enough to prevent weight gain. To find your baseline activity level, get a pedometer (step counter), wear it for 3 days, total the steps, and divide by three. With or without a step goal, Stapleton and this map make it easy and fun to explore and enjoy a healthy level of physical activity!

Eating Smarter – research shows that simply eating 100 fewer calories per day can prevent unhealthy weight gain in most people! Small changes add up over time, and this small change can be as easy as making healthier meal and snack choices, smaller portion sizes or a slight change in ingredients.

29TC – 29th Ave. Town Center
NF – Northfield
SE – South End
SP – Stapleton Plaza
OS – Quebec Square

Go to www.americaonthemove.org for more healthy living tips, tools, ideas and strategies for yourself and your family as Stapleton community members!

April 2008 6 Stapleton Front Porch

Since You've Asked...

Q. I would love to buy at Stapleton but I can't afford it. Are there any moderately priced houses at Stapleton?

A. The citizens who created The Stapleton Development Plan ("The Green Book") envisioned a community comprised of housing that would be affordable to a diverse range of incomes. As a result, pricing for the homes sold at Stapleton begins in the low \$100,000s for "Income Qualified" homes set aside for purchase by buyers whose annual household gross incomes range from \$40,150 (one person household) to \$57,350 (four person household).

Stapleton also has a wide range of market rate housing that starts in the low \$200,000s and extends beyond \$1 million. There is also a wide range of rental housing available at Stapleton. To obtain more information about for-sale or rental housing, stop in at the Stapleton Visitor Center (7480 E. 29th Avenue) or visit www.StapletonDenver.Com.

Q. I can never find anything at Macy's that I can wear. Why can't they carry a wider variety of clothing for all ages?

A. Let the manager of the store know you would like the store to carry items more appropriate for your particular taste and age group. While retailers cannot serve every segment of the market, they generally try to respond to any significant consumer demand that will help to broaden the base of support for their business.

Q. Once in awhile I will get a question about environmental clean-up. Is it safe to move to Stapleton?

A. The Colorado Department of Public Health and Environment (CDPHE) or its "sister agency," the Division of Oil and Public Safety (OPS), set standards for the environmental remediation at Stapleton. Cleanup is conducted by the City of Denver's Department of Aviation to comply with those standards. Residential development does not commence until the Health Department or OPS issues documentation stating that the cleanup meets its standards for unrestricted residential use.

Q. How committed is FC to getting a grocer in the Eastbridge Town Center and what steps have been taken to ensure this?

A. Forest City has contacted every active grocer in the market over the last two years and we are in active negotiations with the one that has expressed interest in being in Eastbridge. Watch future editions of The Front Porch for more information at the conclusion of those negotiations. (Response provided by Jim Chrisman, Senior Vice President – Development, Forest City Stapleton, Inc.)

Editor's note: Except where otherwise noted, responses provided by Tom Gleason, Vice President-Public Relations at Forest City Stapleton, Inc. He may be reached at tgleason@stapletondenver.com

Recycle It @ Stapleton Event

Saturday, May 31 from 10am-1pm at Quebec Square in the Walmart Parking Lot

Save the date & your items!

- Computer equipment
- Home electronics
- Tires & used motor oil
- Plastic bags
- Batteries (household & automotive)
- Usable moving boxes for others to pick-up or get more if you need them
- Shredding service for household papers

Saturday April 19th, 10am - 3pm

Northfield Celebrates Earth Day

Northfield Stapleton is the sole Colorado shopping center to have earned the Silver LEED (Leadership in Energy and Environmental Design) certification. Our Earth Day celebration is designed to increase public awareness of the multitude of ways we can save our precious resources. The public is invited to join the celebration on Saturday, April 19th from 10am to 3pm on Main Street at Northfield.

Activities include the following:

- 5% of gift card sales at Northfield on April 19th will be donated to an environmental charity.
- The first 750 guests to bring in 10 plastic water bottles for recycling will receive a free reusable canvas tote bag.
- The first 250 guests who pledge to 'Make the Switch' from inefficient incandescent light bulbs to fluorescent bulbs will receive a free bulb.
- Denver Art Institute will unveil its educational art sculpture made from plastic water bottles to illustrate how many an average household uses in one year. The sculpture will be displayed for one month to educate the public on the importance of recycling.
- Harkins Theatre will host a viewing of the global warming documentary, "An Inconvenient Truth." The nominal \$5 fee will be donated to an environmental charity.
- Northfield Stapleton has created a walking tour of the property that highlights all of the ways that this center was built with sustainability in mind. Tours will be held throughout the day.
- Eco-friendly organizations will be on hand to educate the public on various ways they can positively affect the environment with information on recycling, composting, xeriscape, home improvements and more.

- Recycling stations will also be set up to drop off electronics and bicycles.
- Northfield retailers who sell sustainable products or participate in recycling programs will be on hand to showcase their items or accept donations.
- Guests can pick up publications such as "Smart Energy Living Magazine" and a children's activity book called, "Horton's Activity Book, You Can Be An Energy Star."
- There will be a poster contest for local elementary schools, grades K-8, illustrating ways we can save the environment. 1st, 2nd and 3rd place winners will be announced at 1:00 pm on the day of the event and the artwork will be displayed at Borders Bookstore.
- CBS4 will launch their green initiative, Project Green Colorado, during the festivities.

Participating businesses include:

Denver Recycles
Denver Urban Garden
Environmental Learning for Kids
Bicycle Recycle
Environmental Recycle
Valley Crest Landscaping
New Town Home Builders

For more information, go to northfieldstapleton.com.

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FREE HEALTH FITNESS CLASSES FOR ADULTS AND CHILDREN

PASSPORT TO Healthy Living 2008

CLASS DESCRIPTIONS

All classes are FREE, open to everyone 15 & up and are geared toward beginners. All sessions are facilitated by licensed and trained professionals.

Aerobics	A form of exercise that combines rhythmic exercise with stretching, designed to get your body moving.
Cardio Kickboxing	An aerobics class that combines general aerobics with kickboxing elements that will give beginners and the more advanced a kick in the butt.
Fitball Fitness	Develop your body's core muscles to improve daily activities and add variety to your fitness routine. Balance, strength and flexibility all in one class.
Funky Dance	A challenging aerobic workout combining hip-hop, salsa, hula, Latin dancing and more.
Yoga	Relax your mind, body and soul while improving your health using slow, gentle stretching techniques.

NEW FOR '08 AND JUST FOR KIDS!

★ Passport Kids Club

Passport Kids Club is a series of free physical activity classes for children 15 and under. The classes are offered at the same time and general location as the adult fitness classes. Classes are held outside by a trained professional. Activities in the Passport Kids Club include but are not limited to: jump rope, relay races, kickball, dodge ball, freeze tag, dance, kid's yoga and a variety of other fitness activities. (During inclement weather, Passport Kids Club will not be offered at the Stapleton location due to space. However, all other sites will offer alternative activities inside.)

TAKE THE AMERICA ON THE MOVE SIX-WEEK CHALLENGE — LEARN MORE AT EACH SESSION AND LOOK FOR INFORMATION AND DATES FOR KNOW YOUR NUMBERS FREE SCREENING EVENTS

SCHEDULE OF CLASSES

	APRIL	MAY	JUNE	JULY	AUGUST
MONDAYS at 6:30pm Stapleton Quebec Square (next to Sally's Beauty Supply) 7505 E. 35th Ave. Suite 360	Funky Dance April 7, 14, 21, 28 6:30pm ★ Passport Kids Club	Aerobics May 5, 12, 19 6:30pm ★ Passport Kids Club	Fitball Fitness June 2, 9, 16, 23, 30 6:30pm ★ Passport Kids Club	Yoga July 7, 14, 21, 28 6:30pm ★ Passport Kids Club	Cardio Kickboxing August 4, 11, 18, 25 6:30pm ★ Passport Kids Club
TUESDAYS at 6:30pm Park Hill Martin Luther King Rec. Center 3860 Newport Street	Yoga April 8, 15, 22, 29 6:30pm ★ Passport Kids Club	Cardio Kickboxing May 6, 13, 20, 27 6:30pm ★ Passport Kids Club	Funky Dance June 3, 10, 17, 24 6:30pm ★ Passport Kids Club	Aerobics July 1, 8, 15, 22, 29 6:30pm ★ Passport Kids Club	Fitball Fitness August 5, 12, 19, 26 6:30pm ★ Passport Kids Club
WEDNESDAYS at 6:30pm Northwest Aurora Fletcher Elementary School 10455 E. 25th Avenue	Fitball Fitness April 9, 16, 23, 30 6:30pm ★ Passport Kids Club	Yoga May 7, 14, 21, 28 6:30pm ★ Passport Kids Club	Cardio Kickboxing June 4, 11, 18, 25 6:30pm ★ Passport Kids Club	Funky Dance July 2, 9, 16, 23, 30 6:30pm ★ Passport Kids Club	Aerobics August 6, 13, 20, 27 6:30pm ★ Passport Kids Club
THURSDAYS at 6:30pm East Montclair Montclair Recreation Center 729 Ulster Way	Cardio Kickboxing April 10, 17, 24 6:30pm ★ Passport Kids Club	Funky Dance May 1, 8, 15, 22, 29 6:30pm ★ Passport Kids Club	Aerobics June 5, 12, 19, 26 6:30pm ★ Passport Kids Club	Fitball Fitness July 3, 10, 17, 24, 31 6:30pm ★ Passport Kids Club	Yoga August 1, 7, 14, 21, 28 6:30pm ★ Passport Kids Club
SATURDAYS at 9:30am Park Hill Hiawatha Davis Rec. Center 3334 Holly Street	Aerobics April 12, 19, 26 9:30am ★ Passport Kids Club	Fitball Fitness May 3, 10, 17, 24, 31 9:30am ★ Passport Kids Club	Yoga June 7, 14, 21, 28 9:30am ★ Passport Kids Club	Cardio Kickboxing July 12, 19, 26 9:30am ★ Passport Kids Club	Funky Dance August 2, 9, 16, 23, 30 9:30am ★ Passport Kids Club

The Passport to Healthy Living Program is a free public service of the Active Living Partnership of Greater Stapleton. Participants participate in all sessions at their own risk. The Active Living Partnership of Greater Stapleton nor its partners or affiliates will not be responsible for any liability related to or arising out of participation in any of the Passport to Healthy Living/Passport Kids Club sessions and/or activities.

new perspective REAL ESTATE

Harvard Communities Urban Estate Home.
Uniquely situated on lush pocket park.
Impeccable details and luxury amenities throughout.
Stunning cherry and alder woodwork.
2471 Alton St. \$1,100,000



NEW LISTING



NEW LISTING

Classic French Country inspired home. Stunning floor plan with custom finishes. Mountain, City and Greenbelt views. 2860 Clinton St. \$1,025,000



Photo courtesy of www.AronPhoto.com

Infinity Home Jasmine Model! Large corner lot. Over \$200K in upgrades. The perfect chance to move to Stapleton! 9100 E. 29th Ave. \$799,900

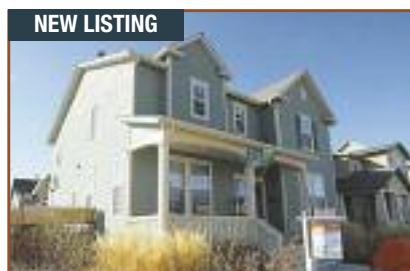


Infinity Model Home: Guggenheim. Live in a true work of art! Private Courtyards/Terraces for year-round enjoyment. 7901 E. 29th Ave. \$779,900



NEW PRICE

Infinity: Platino. Extensive upgrades. Great open floor plan. Gourmet Kitchen. True Great Room living. 3 fireplaces. 9120 E. 29th Ave. \$669,000



NEW LISTING

Affordable luxury. Situated on a sunny corner lot, this quality built John Laing Home provides classic living spaces and a warm environment. 2307 Akron Ct. \$509,500



NEW LISTING

New Town Clayton w/rare 3-car garage, Open floor plan, beautiful cherry cabinets, slab granite, great deck & landscaping. Lots of extras. 2940 Emporia Ct. \$475,000



NEW LISTING

Creativity throughout! Steps from Aviator Pool & park trails, this Victorian Style home is perfectly situated on a private courtyard. 8041 E. 26th Ave. \$449,900



NEW LISTING

Charming Wonderland Ranch. This bright and sunny Wonderland Chelsea is beautifully finished. Stunning upgrades. 2822 Clinton Way \$369,900



UNDER CONTRACT

Sunny KB Yorkshire is just footsteps from parks, walking trails, and Bill Roberts K-8. Upgrades in all the right places! 9158 E. 23rd Ave. \$334,900

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New Director Named at Bluff Lake



Glenn Fee, new director of Bluff Lake, stands at the observation deck that gives visitors an overview of the wildlife around the lake. The lake is currently in its seasonal dry period.

Glenn Fee, the recently appointed Executive Director of Stapleton's Bluff Lake Nature Center, says he is constantly finding surprises at the 123 acre natural area on the eastern portion of Stapleton.

"I am always finding surprises at Bluff Lake," Mr Fee says. "Whether it is a bald eagle hunting prairie dogs or having the opportunity to watch foxes, coyotes and deer in their natural environment, it really is a wonderful oasis in the middle of our city."

Prior to assuming the role of executive director, Mr. Fee served on the Board of Bluff Lake Nature Center for three years. He stresses the educational opportunities for youth at Bluff Lake when he talks about the importance of Bluff Lake Nature Center, which he says has served thousands of young people who receive structured science education that meets state standards. Those programs include "junior naturalists" classes for six weeks in the summer with a different theme each week, and "fireside chats" sponsored by the Nature Conservancy of Colorado and other organizations that allow participants learn about the

wildlife and ecosystems as the sun sets behind the mountains west of Denver.

"Bluff Lake is an 'unprogrammed space' that allows kids' imagination to blossom as they interact with wildlife and learn about themselves in the process," he says.

Prior to joining Bluff Lake Nature Center, Glenn Fee served as the Director of the Community Action Program at the University of Denver. He has spent extensive time in India, Nepal, and Southeast Asia. A graduate of Ohio State University, he has studied in the Graduate School of International Studies at the University of Denver.

Mr. Fee was a founding member of Rock the Earth, an environmental advocacy group. He currently serves on the board of The Park People and Thangde Gatsal, a Tibetan arts organization. In his spare time, Glenn says he enjoys cycling, traveling, listening to live music, and "exploring the world through the eyes of my infant son, Cedar."

For more information about Bluff Lake Nature Center including its "fireside chats" and other popular attractions, visit www.blufflakenaturecenter.org.

DSST Middle School to Open Fall '08



Rich Harrison, the new Denver School of Science and Technology (DSST) Middle School principal, was previously an English teacher and Principal at Cole College Prep in Denver. He received his B.A. in English Language and Literature from the University of Chicago and completed graduate course work in American studies from Columbia University. Rich is fluent in Japanese and proficient in Spanish. He is currently hiring staff and developing the curriculum for the new school.

Ground breaking for the new building will be in April. The first class of approximately 130 students will start classes this August in a nearby temporary space until their new building is completed after the winter holiday.



Rendering courtesy of Denver School of Science and Technology

Front Porch

Dining Guide

Average entree:
\$ - less than \$10
\$\$ - \$10 to \$15
\$\$\$ - over \$15
*-Family friendly

Meals served:
B-Breakfast
L-Lunch
D-Dinner

Italian

Anthony's Pizza & Pasta
7472 East 29th Ave (Stapleton)
303.398.2800
Friendly hometown service with pastas and NY style pizza in slices or whole pies. \$\$, LD, *

Mario N Wongs
6110 East Colfax Ave (Mayfair)
303.393.1888 New concept in Italian cooking – Wok style Italian made with the freshest ingredients. \$, LD, *

The Cherry Tomato
4645 E. 23rd Ave (Park Hill) 303-377-1914 Join us and enjoy great Italian food, wine, and an enjoyable atmosphere. \$\$, D, *

Miscellaneous

Chipotle Mexican Grill
7400 East 29th Ave (Stapleton)
303.316.0469 Food Fast with Integrity. Naturally raised meats. \$, LD, *

Noodles & Company
7401 East 29th Ave (Stapleton)
303.780.0044 Open Sun - Thurs 11am-9pm & Fri-Sat 11am-10pm. Visit noodles.com for more info! \$, LD, *

Udi's Bread Café
7357 East 29th Ave (Stapleton)
303.329.8888 Udi's offers fresh international cuisine for breakfast/lunch. M-F 7a-2:30p, Wkends 8:30a-2:30p. Be Udiful! \$\$, BL, *

American

Casey's Bistro
7301 East 29th Ave (Stapleton)
720.974.7350 Neighborhood Irish Bistro. Twice daily happy hour. Every Sunday kids eat free. \$\$ LD, *

Einstein Bagel Co
7300 East 29th Ave (Stapleton)
303.322.2585 Not only bagels – also great for pizza. \$, BL, *

Famous Dave's BBQ
7557 East 36th Ave (Stapleton)
303.399.3100 Most lip-smacking, finger-licking BBQ in Denver. Dine-in, take-out or catering. \$\$, LD, *

Solera Restaurant & Wine Bar
5410 East Colfax Ave (Park Hill)
303.388.8429 A Nationally recognized restaurant with elegant American cuisine and an award-winning wine list. \$\$\$, D

The Berkshire
7352 East 29th Ave (Stapleton)
303.321.4010 Serving refined comfort food in a comfortable and relaxed atmosphere. Visit www.theberkshirerestaurant.com. \$\$, LD, *

Asian

Blue Fin Sushi
7303 East 29th Ave (Stapleton)
303.333.4006 Happy Hour: \$2.50 on select hand rolls, sake 2 for 1, select beer \$2.25 \$\$, LD, *

Taste of Asia
7505 East 35th Ave (Stapleton)
303.388.8982 Chinese, Thai, Vietnamese cuisine for dine-in, take-out or delivery. \$, LD, *

Join the Dining Guide!

\$50 off for payments received by April 16.

The Front Porch Dining Guide runs four times a year – '08 guides will run in May, July, September & November. Ads can start in any issue, but are sold as a one-year package (four times) for \$300. Email advertising@fineprintco.com or call 303-333-0257.

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Dr. Carrie Dougherty

Stapleton Front Porch

9

April 2008



By Nancy Burkhardt

We all have seen the artistically designed sound walls on Denver's I-25 T-Rex project. But what few of us know is that a local Park Hill public artist, Barb McKee, created them through her business, Surface Strategy.

Barb took the money she earned through Surface Strategy to fund a Park Hill art studio and school for children and adults, called the Art Garage. Her new business opened last June.

"There are a lot of artists in Park Hill," McKee said. "I wanted to provide them with a place to teach. Park Hill and Stapleton are family-oriented. I thought by bringing artists together, we could bring art students together in the community."

Classes at the Art Garage include ceramics, painting, drawing, watercolor, mosaics, junk art, sculpture and mold making.

"Kids come in once a week for four weeks," McKee explained. "After each class, they take home something with them."

Many students' artistic efforts are on exhibit at the Art Garage, which is a former gas station located on the southeast corner of Kearney Street and East 23rd Avenue.

"We don't pump gas. We don't fill tires and wipe windows, but we left the character of the old garage as much as possible," McKee said. "You can really



get messy and not worry about it. It's ok to spill paint on the floors."

A giant chalkboard wall separates the would-be artists' work space from McKee's highway sound wall creation space. Tables are dry-erase boards that can be drawn on and erased.

"My goal is for the community to recognize that you can make money from being an artist," McKee said. "I like to expose people to the possibility of art. Students can see that there are opportunity beyond the classes."

Today, the Art Garage has more children than adult students, according to McKee. There is a market for budding artists from the age of 3 to 12. Some teenagers also ply their artistry at the Art Garage to amass portfolios for admittance to the Denver School of the Arts, McKee said.

McKee has a 19-year-old son who is a freshman in college and a 15-year-old daughter at East High, but they have chosen not to focus on art.

"I put too much pressure on them

Local Artist Who Created Sound Walls for T-Rex Teaches Art to Kids and Adults



(regarding art)," she said. "They both have talent, but they both go in other directions."

During the time when McKee's children were growing up, McKee joined a group of six local artists who recognized that the public schools had no art opportunities for their children. McKee said they started an art program at Park Hill Elementary School and, "When our kids left and went to Smiley, we went there (with the art program)." Many of these artists now teach at the Art Garage.

You don't have to be an artist or possess undisputed artistic talent in order to take a course at the Art Garage. Many introductory classes are offered in diverse mediums.

"We're not only visual arts," McKee said. "We have offered a creative writing class for kids and will offer a class for making musical instruments."

Barb McKee can be reached at the Art Garage, 6100 E. 23rd Ave., 303-377-2353.

Top left: Barb McKee opened the Art Garage in an old gas station in Park Hill last summer. **Above:** Zander Belleca works on a ceramics project. **Below:** Claire Wineman starts a project on a potter's wheel.



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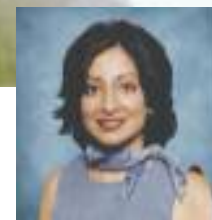
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New "Touchable" Art at Anchor School



This bronze and ceramic dimensional mural, titled "Homage to Matisse," is located in the tree house at Anchor Center for Blind Children's new teaching facility in Stapleton. The tactile artwork allows children to explore a tree, find animals hiding in the grass and experience an unexpected burst of nature just around the corner. Artist Barry Rose (pictured at left) was commissioned by The Strear Family Foundation to transport the children both magically and realistically into a place of discovery. Fritz Trask and Laura Schneider, trustees of the Trask Family Foundation that funded the tree house, get a first look at the mural during a dedication ceremony in February.

April is Financial Literacy Month

Free Classes at Young Americans Bank

Free classes are offered every Saturday in April for kids, teens and parents on budgeting, credit, markets around the world, saving, and being money wise. For more information visit www.yacenter.org ad select "Programs and Classes," then select "Money Matters." Call 303-321-2265 to register.

Valerie B. Ginsburg, MD
Mark M. Sloan, MD
Cindy Agorastos, RNC, NP, HNC

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Stapleton Front Porch

11

April 2008

Bluff Lake Volunteer Projects

Bluff Lake volunteers have four projects throughout the season to improve wildlife habitat, accessibility, and the beauty of the Nature Center. Each has a unique focus to match volunteers' interests. Breakfast and lunch are included, and volunteers get to work together with others who are passionate about conservation in Colorado. To register for any of the projects, visit www.voutdoors.org. Bluff Lake relies heavily on its volunteers and requests that they honor their commitment to attend sessions for which they have registered.

Upcoming Volunteer Days

April 5, Native Grass Planting – 8:30am -12:30pm

Help plant native grasses throughout the Nature Center to restore the native shortgrass prairie at Bluff Lake.

May 17, Invasive Species Roundup – 8:30am -12:30pm

Since the opening in 1994, Bluff Lake volunteers have worked tirelessly to remove invasive species along Sand Creek, and have dramatically improved the wildlife habitat as a result. Volunteers will take the next step by working with the City of Aurora to remove invasives on the adjacent property while planting native willows and cottonwoods along the creek.

April is Eureka! Invention Month

The Children's Museum

Visitors will learn about past inventions both silly and useful and build inventions of their own!

Target Tuesday – FREE play the first Tuesday of the month (April 1, May 6, June 3, July 1, and Aug. 5) from 4 – 8pm.

April 12th, 1pm. Ready Vet Go: The Amazing Microchip!

Learn how microchips & other inventions help veterinarians.

Saturday Family Showcase - Shows cost \$1 per person in addition to admission.

April 5th at 11am, Clare Murphy - traditional folktales

April 12th at 11am, Arvada Center Dance - Different styles of dance, including ballet, modern, and jazz!

April 19th at 11am, Denver Dance Starz - Tap and jazz.

Tuesdays and Thursdays 10am, Hovercraft - Learn more about hovercraft and make one to take home.

Super Science Sunday at 3pm - The Wright Stuff - How did those Wright Brothers finally get their plane to fly? Experiment with the forces of flight and make an airplane!

For more information visit cmdenver.org.

Free Program every 3rd Wednesday in '08 Health Staples at Stapleton

A series of FREE health/life classes from 6:30 to 8pm in the Stapleton Community Room at 2823 Roslyn St. Email stapletonobgyn@exempla.org or contact Cindy Aspromonte at 303-403-6333. The series is sponsored by the the Stapleton Master Community Association and Exempla Healthcare.

April 16 6:30-8pm

Perfect Your Golf Swing and Joint Health

Join Dr. Raz Bazaz, physical therapists and a golf pro to learn about prevention of shoulder, knee, and joint pain as well as improving your golf swing.

Temple Micah Community Seder

The public is invited to celebrate Passover at the Temple Micah Community Seder. Led by Rabbi Adam Morris, the seder will start at 5pm. Saturday April 19 at Montview Boulevard Presbyterian Church, 1980 Dahlia St. The Micah Community Seder has become an annual experience, commemorating the freedom of Jews in ancient Egypt. All are welcome, including children of all ages and guests of different religious upbringings. Chef Warren Paul has prepared a Mediterranean Seder Menu that includes matzah ball soup, Moroccan carrot salad, roasted pepper salad, and chicken with North African spices. The cost for non-member guests is \$35 per adult, \$22 per youth ages 5-12 or \$7 per child under 5. Seder reservations and payment, required by Saturday, April 12, can be made by calling 303-388-4239, email office@micahdenver.org, or visit www.micahdenver.org.

Upcoming Events at Denver School of the Arts

DSA Allstar Staff Showcase & Silent Auction, Tuesday, April 9th at 7pm – Staff at DSA will present a talent showcase; Silent Auction starts at 5:30pm. Adults \$35; students \$12 or view VIP ticket options online. Contact Michelle Ferguson at 720-424-1713 to donate silent auction items.

Too Much Light (DSA Theatre Dept) – 4/10, 11, 12 at 7pm

Bust-A-Gut Funny at the Impulse Theatre (Cinema & Piano Dept Fundraiser Event) – 4/20 at 6:30pm Adults: \$20 Students/Seniors: \$10

Opera Scenes (DSA Vocal Music Dept) – 4/21 at 7pm

Dance & Movement Show – 4/24, 4/25, 4/26 at 7pm

Jewels of Highlands home tour (3rd annual Stagecraft & Design fundraiser event), 4/27 from 12pm to 5pm – Tour begins at the Lumber Baron Inn at 12pm

For more information and to purchase tickets visit <http://dsa.dpsk12.org/performances> or contact Michelle Ferguson at 720-424-1713 MWF from 7:30am - 3:30pm or email michelle_ferguson@dpsk12.org.

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Active Minds Seminars

The Future of Pakistan

Wednesday, April 2, 2008 from 11am - 12pm. Cost \$1
Heather Gardens, 2888 S. Heather Gardens Way, Aurora, CO 80014. Call for directions: 303-751-1811
– And – **Monday, April 7, 2008 from 7 - 8pm. FREE event**
Denver School of Science & Technology, 2000 Valentia St., Denver, CO 80238. RSVP to Stapleton Foundation: 303-468-3223

Formed in 1947 by partitioning what was then British India, Pakistan has a brief, but colorful history characterized by periods of growth, instability, and regional conflict. In 1999, General Pervez Musharraf seized power in a military coup, and was later elected president in a process that many denounced. With the world's second largest Muslim population, internal strife intensified as Musharraf aligned with the United States in the wake of 9/11. Explore the seeds of the current situation and describe the ongoing political struggle in this important country.

Cuba: Past, Present & Future

Thursday, April 17, 2008 from 2 - 3pm. FREE event
Windsor Gardens (CenterPointe Rm), 597 S. Clinton St, Denver, CO 80247
Less than 100 miles from the United States, Cuba remains a mystery to many in the U.S. The program will cover Castro's revolution, the Bay of Pigs, the Cuban Missile Crisis, Guantánamo Bay and ongoing property disputes. It will also take a look at what the future holds for Cuba after Fidel Castro. This event is sponsored by Kaiser Permanente.

The History of Denver

Monday, April 21, 2008 from 7 -8 pm. FREE event
Denver School of Science & Technology, 2000 Valentia St., Denver, CO 80238. RSVP to Stapleton Foundation: 303-468-3223
Learn how Denver was founded and the roles played by James Denver, Robert Speer, Ben Stapleton, and others. The program will cover the booms and the busts and the story of why the 1976 Winter Olympics were not held here. Bring your favorite Denver trivia to share!

The Duality of India

Wednesday, April 23, 2008 from 2:30-3:30pm. FREE event
Cherry Oaks, 6800 Leetsdale Drive, Denver, CO 80224
RSVP to Cherry Oaks: 303-331-9963
Home to premier educational institutions and the second hottest economy in the world, India has become host to much of the world's technology, yet struggles with intense poverty and religious strife. The stakes are high as India seeks to continue its rapid economic growth while meeting the challenges of a post-cold war world, including population growth, relations with Pakistan, the U.S. and evolving global nuclear policies.

Botanic Gardens Events

April-Sept. 30 – Colorado Master Gardeners
Every Tuesday, Saturday, and Free Day from noon-4pm. In person at the Helen Fowler Library, by phone 720-865-3575, or by e-mail gardeninghelp@botanicgardens.org.

April 5-June 29 – Japanese Artists and Gardens
Paintings, Prints and Pages by Koichi Kawana. Woodblock prints by Nisaburo Ito. Rare books on Japanese gardens and gardening and Japanese art rocks will be presented. The history of the Botanic Garden's Japanese Garden, Shofu-en (Garden of Wind & Pines) will be recounted. In the Helen Fowler Library

April 19-Nov. 30 – Urban Nature, 2008 Signature Exhibition
Urban residents will find ways to suggest the natural world as buildings take over green space in the city. The paintings of more than 10 local, national and internationally-known street-style painters and mural artists will be displayed. Panel discussions, music performances, and educational classes on the issues of city life.

Local Performances

Dinner With Friends

April 4-8, 11-13, 18-20
Vintage Theater – 2119 E. 17th Ave.
Two married couples have been best friends for years, and expected "to grow old and fat together" but one of the men has left his wife for another woman. The couple is almost as crushed as the heartbroken wife. 303-839-1361 or visit www.vintagetheatre.com.

Eugene O'Neill's "The Emperor Jones"

April 11- May 11
Aurora Fox Arts Center – 9900 E. Colfax Ave.
A man makes the descent from power to madness while a rebellion brews. Call 303-739-1970 or go to www.auroragov.org/AuroraGov/Departments/Library_Recreation_/index.htm.

"Oleanna" by David Mamet

Through April 19
Avenue Theater – 417 E. 17th Ave.
A student accuses a college professor of sexual misconduct in this forcefully appealing drama. Call 303-321-5925 or see www.avenuetheater.com.

Arcadia

April 12 - May 17
John Hand Theater – 7653 E. 1st Place, Lowry
Scenes alternate between the 19th and 20th centuries as a graduate student tries to solve a 180-year-old mystery on an English estate. Call 303-562-3232, or go to www.johnhandtheater.com.

The Big Bang

Through October 22
Playwright Theatre – 2119 E. 17th Ave.
See what an \$83 million musical looks like before it hits Broadway. Call 303-499-0383, or go to www.playwrighttheatre.com.

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"How to Succeed in All Real Estate Cycles"

* Noon to 1:30 p.m.
Attendee gift cards provided for lunch at
Northfield Stapleton

* 1:30 to 4:30 p.m.
Three-continuing education credits
"Are You Fit to Succeed?"

Only 150 spots available - you must enter to ensure participation.
Stapleton homebuilders' availability listings provided at the event.

RSVP by Friday, April 18.
*For eligibility verification, please email Tasha Jones at tjones@stapletondenver.com.

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13

April 2008

Teacher Turns Kids on to Natural Sciences



John Babiak leads an after school enrichment program for Bill Roberts school. In this session the participants are observing plants and wildlife in the holding pond in the Greenway Park at Stapleton.

By Kathy Epperson

Stapleton is lucky to have a budding Marlin Perkins/Captain Kangaroo in our neighborhood with resident and enrichment teacher John Babiak. A veteran of the biotechnology industry, John and his wife Dr. Maya Bunik moved to Denver in 2003 for Maya's public health research fellowship with the University of Colorado. With 3 kids, one of them a newborn, John made the switch to stay-at-home dad and volunteer science teacher with Steck Elementary.

"Soon after I started volunteering, I learned about the need for an after-school science enrichment teacher, and now lead 5-7 classes a week for ages 3-12," John says. "Bill Roberts Kindergarten teacher and friend Romi Hovey introduced me to Principal Trish Lea and Molly Killinger at MyEnrichment. I now offer four classes a week between Bill Roberts, Westerly Creek, and Odyssey."

John says students love his Steve Martin personality and Mister Rogers teaching style. "If I am invited to speak about the moon, I dress up like an astronaut," he says. "If the students are learning about plants, I dress up like a farmer; if

about ecology, a park ranger; basic sciences, a scientist. I have a closet full of costumes and more identities than you can imagine...Farmer John, Chef John, Nature Ranger John."

But more than the costumes, John's students really respond to his innovative programs. "I go out of my way to teach kids to observe what is around them," John says. "This leads to discovery, appreciation, and knowledge. In my Kitchen Sciences classes, I want the students to appreciate that there is considerable science and technology behind the food that we produce and consume. How was the potato chip invented? Where do the holes in bread and Swiss cheese come from? What is the origin of the chocolate bar? How are smoothies or pasta made?"

The exploration of such topics leads to many hilarious hypotheses and good critical thinking. "I ask the students to imagine that they are in a food sciences laboratory and work as research and development scientists," John explains.

"When my classroom becomes the Acme Smoothie R&D lab, I partner up students, display an assortment of frozen fruits, fruit juices, yogurts and crushed ice and instruct each team to

create an original smoothie by following a very simple recipe. They think up a cool prototype name, come up before their classmates, and blend their smoothie concoction, share samples, and collect feedback just as if they were in a focus group." John finds that once his kids discover that meals don't just come from a can or a box, they prefer to cook from scratch and press their parents to help them learn more in their kitchens at home.

One of John's most popular programs is Nature Rangers, which is offered during the school year and during the Stapleton summer camp program through www.myenrichment.com. "My mission is to connect children with nature and have them take notice of their surroundings," John says. "For many reasons, kids have drifted away from exploring and appreciating nature. It is just not on their 'play list'. Yet when they are introduced to nature, they cannot get enough. There is so much nature around us here in Stapleton. Our backyards, Bluff Lake, Westerly Creek, Sand Creek, the marsh at 26th Ave and Xanthia, the prairie dog town near East 31st and Xenia and certainly the nearby Rocky Mountain Arsenal National Wildlife Refuge."

"Teaching children about nature and ecology at school is one thing, but when you have a 12,000 acre wildlife refuge under your feet plus a learning laboratory and visitor center at your disposal, this amounts to an enormous upgrade," says John. "I happened upon the Refuge one winter day and realized that

this would be an outstanding location from which to offer a naturalism camp. Three lakes, wetlands, prairie, migrating birds, raptors, Bald eagle habitat, coyotes, deer, a bison herd, amazing views of the Front

John Babiak shows his class participants a hibernating frog that he brought from home.



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Range — all within 3 miles of Stapleton.” John approached one of the Refuge Education Specialists and together created a curriculum for an adventure-filled camp. “Rangers learn basic orienteering, they bird watch, fish, dip net for invertebrates, search for a bison herd, explore the woodlands, study live raptors up-close-and-personal, dissect owl pellets, learn about conservation, meet ‘Real McCoy’ Refuge Rangers, pretend to be Rangers (vs. Power Rangers) and of course, make new friends and have some well-deserved fun along the way. Testament to the overall experience is when I see campers cry on Friday afternoon because the camp is over. That’s a tall compliment.”

A native of upstate New York, John says exploring was a big part of his childhood and credits his mother for teaching him about cooking and his dad for teaching him about science. John and his wife Maya now pass along this love of learning about the natural world to their own 3 children Larissa, Marko and Nicky. “At any given time we have frogs, turtles, snakes, hermit crabs, 2 aquariums of fish, tadpoles as ‘pets’ in our house,” John says. “We enjoy a host of bird feeders in the backyard and a Sharp-shinned hawk who eats a finch now and then in our backyard.”

“I could spend days on end exploring these areas with kids,” says John. “Personally, I find teaching offers immediate rewards—the students are so reinforcing, the same goes for parents and school faculty. I am a changed man.”

For more information about John’s enrichment programs in Stapleton, visit Molly Killinger’s enrichment program site at www.myenrichment.com. Email John at NatureRangerJohn@aol.com.

Local Artist Finds Painting Is Meditation

By Kathy Epperson

Jill McDougall paints for the love of it, focusing primarily on oils. “It is a meditation for me, a way to slow down in this fast-paced world,” she says. “I try to keep my painting more of a hobby. I love having painting be something that carries little pressure; in the past, when I’ve tried to make it my central focus or tried to make a living at it, it has seemed to lose its magic.”

Jill paints in her studio at the Stapleton home she shares with husband Bruce and daughter Skyler. A native of Denver, Jill also spent time living in Portland, Hawaii, and the San Luis Valley in southern Colorado. “I have been painting since I was young,” she says. “I realized in high school how much I loved all kinds of art, and went on to get a degree in psychology with an art minor. I began my masters degree in studio art at Adams State College in Alamosa. The San Luis Valley provided plenty of artistic inspiration! Since moving back to Denver, I’ve taken classes through the Art Students League and worked independently in my studio.”

Over the years, Jill has worked with all kinds of media, including watercolors, ceramics, and stained glass. “I have always enjoyed oil painting the best,” Jill says. “I love colors and texture, and work a lot with the palette knife to create the most vibrant, true colors possible, as well as depth with layers of texture. I have always enjoyed painting objects and scenes I see in my everyday life. Often a view from outside of my window provides plenty of opportunity to play with color and light. Nature always provides inspiration for my paintings; clouds and



Artist Jill McDougall, holding her cat Merlin, works with all kinds of media including watercolors, ceramics and stained glass.

water are some of my favorite subjects.”

While Jill has sold many paintings over the years at prices ranging from \$75-\$1500, to help maintain her painting as a hobby she also runs a business called Creative Spaces doing interior design and home staging. “I believe that art is a wonderful form of communication,” she says. “I love to create with other artists, and help to guide others to find their own unique expression of art.”

Jill’s paintings may be seen at the Art and Frame Shop in the 29th Avenue Town Center in Stapleton. For more information about Jill’s paintings or her Creative Spaces services, call 303-708-1111.

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Weight Loss is Short-Term; Maintenance is a Lifetime

By Nancy A. Burkhardt

Dr. Holly Wyatt knows from personal experience about weight loss and the tortuous task of keeping it off. Through high school, college and medical school, "I had to do a ton of activity just to survive," she said. "While I am at a healthy weight right now, I have to work at it."

To work at it, she has climbed Mount Kilimanjaro. She and her husband have run half marathons and marathons, gone wind surfing and attended outdoor boot camps.

Today, the Stapleton resident is an associate professor of Endocrinology, Metabolism and Diabetes at the University of Colorado Denver School of Medicine. In that role, she has won a 5-year, \$3 million grant to study weight loss and the best method, involving diet and exercise, to keep it off. The grant, from the National Institute for Health, is "Using the Energy Gap to Prevent Weight Regain."

"We call it the 'LOSE IT' study – 'Long Term Study of Exercise in the Treatment of Obesity,'" Wyatt said.

It is hoped that about 100 people will sign up for the study, according to Wyatt. Subjects should have between 20 and 60 pounds to lose.



Dr. Holly Wyatt measures the calories burned while her subject exercises on a treadmill at the Exercise Research Facility at the Anschutz Medical Campus.

"We're looking for that medium group... not that extreme obesity group," Wyatt said. "We will look at height and weight and body mass index to determine eligibility for the study."

Participants will receive four months of free weight-loss treatment. Those who lose at least 8% of their body weight will continue in the study. They will randomly be chosen for one of three treatment arms for weight maintenance.

The three maintenance treatments are:

1. A focus on diet, with less emphasis on physical activity.
2. A lot of physical activity, with not much stress on diet.
3. A combination, with equal focus on diet and physical activity.

"The specific thing with the grant is that we measure scientifically," Wyatt said. "Your prescription will depend on the amount (of weight) lost and specific metabolism. Your prescription will be specific to you."

Exercise is supervised five days a week at the Anschutz

Medical Center in Aurora. Supervision ensures that each person burns the amount of calories necessary to maintain weight. Workouts can take place during the day, before or after work. Depending on the maintenance treatment program, exercise could require 60-80 minutes a day.

Study subjects may receive compensation for time, but Wyatt stresses that pay should not be the motivation for doing the program.

"It's an incredible opportunity if you struggle with your weight," she said. "(It is a) long-term program that can help you keep the weight off. (It is) offering people accountability, giving them guidance for what to do."

Wyatt said she hopes that, at the end of the five-year study, there will be one clear successful maintenance group. This result would tell doctors how much activity patients should use to maintain their weight.

"If one group does a lot better, (we) can translate them so that everybody can benefit," she said.

Today, metabolic measurements are not normally done in a doctor's office. During the study, subjects will have their calories measured before, during and after weight loss. They will be measured in terms of grams of lean muscle, grams of fat and grams of lean bone.

"From them, we can decide whether it's something we can be doing in a doctor's office," Wyatt said. "It's looking at something that hasn't been done before... and coming up with recommendations for something that can be done best."

"I'm looking for as much success as we can get," she noted. "I would love for everybody to succeed, but we know that on average only 20% of people succeed at keeping weight off. Anything above that would be considered a success."

Subjects for the "LOSE IT" study will be recruited over the next 6-12 months. Small groups are organized to start together at the same time.

For information, call 303-315-4087, extension 5 or 8. Your message will be returned, or you can e-mail emily.schwall@uchsc.edu.

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Local Author's First Book Shows How Hate Wastes Lives

By Nancy Burkhart

Her own heritage as an African-American, fifth-generation Denverite and high school English teacher inspired Stapleton resident Charlene Porter to launch a new career as an historical novelist with her first book, *Boldfaced Lies*.

"All my grandparents had one black parent and one white parent," Porter said. "Hearing (from them) about the (Ku Klux) Klan (in Denver) and knowing about the 'passing for white' situation, it just coalesced. I just woke up with a title one morning. If you had one drop of African-American blood, it kept you from having places to live."

Porter remembers that one of her father's peers, a bus driver, had to ignore his own father because African-Americans were not allowed to drive buses at the time. The friend was forced to pass for white.

"That impacted me the most," she said. "That story kind of hurt me. I knew the people well."

Today, years later, Porter deemed it an appropriate time to take on the task of writing about Denver's unsavory history.

"It just seemed significant for these times," Porter said. "I thought maybe other people are trying to have this discussion. I'm a proud black woman. I'm interested in forging ahead and forming bonds with people."

Why did she put the spotlight on an African-American family interacting with different races and religions?

"(Best-selling author) John Grisham's people are always attorneys," Porter said. "Why can't we (African-Americans) be people on the world stage? My stories are an ongoing saga about an achievement-oriented family. That's my focus."



Charlene Porter, author of *Boldfaced Lies*, talks about her book with a class at East High School.

To write about history accurately, Porter read books about Protestant history, issues rising from the flood of Irish Catholic immigrants, Colorado problems, the 1920s era, and the Ku Klux Klan (KKK) in Denver. She noted that many of the politicians during the 1920s were KKK members, with some historians citing Mayor Ben Stapleton as a Klan member.

"They literally controlled Denver," she said.

Porter found that in 1845 a lot of emigrants came from Ireland, which made many Protestants unhappy. She said the KKK dates back to the English-Irish conflict, with the second generation of the KKK surfacing in the 1920s. Although Porter's book has a few photographs, she refers interested readers to the Western History Department of the Denver Public Library, which has a large collection.

Porter's mission with her book is "to show the waste of

hate, how hate produces destruction and wastes lives," she said. "I let the characters produce their own case. We are all so mingled as people. There are several related tragedies (and) lots of hypocrisy (in the book). I'm hoping for rational discussion about the past so that we can burst the boil and heal ourselves."

Boldfaced Lies is for all ages from teenagers to seniors, Porter said. With white, black and Chinese characters of all ages and religions, there is something for everyone.

"The book is multi-generational, so I think it's a great family discussion," she said. Grandparents can discuss what they remember. And children can ask their parents why they made the choices they did.

"It's like a prism. There are so many facets," Porter said.

Students in both a history and an English class at East High School are using the book. Porter also does book readings at local book clubs.

Porter never married or had children, but she is an extremely busy person – often skiing, golfing, swimming, snowshoeing or hiking when she isn't writing.

There are two sequels that are ready for publication in January, 2009. *Eeny Meeny Miney Mo* and *If She Hollers* follow the same family founded in *Boldfaced Lies*, but with the next generation. Three books won't end the series. Porter has the next 10 books outlined.

Boldfaced Lies, which Porter has self-published, can be found at the Tattered Cover, Cultural Legacy Booksellers and Aurora Community College.

Charlene Porter can be reached at 303-322-7951.

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4 Paws News

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

Do I Look Fat in this Collar?

Obesity has increased dramatically in the United States during the past 20 years, according to the Centers for Disease Control and Prevention. While the CDC data describe the human population, other studies indicate that a substantial proportion of American pets also have become obese.

The American Veterinary Medical Association (AVMA) predicts that nearly 45% of all pets in the U.S. are overweight and at risk for health woes such as diabetes, heart disease, arthritis, high blood pressure and cancer. They also have shorter life-spans than leaner, fitter animals. But helping your pet lose weight is easier than you think. Some tips.

Pooch power walk and kitty cardio. Most pets won't exercise on their own, so it's up to you to start a routine and stick with it. Plan out an exercise program for your flabby furry face, a program that may also help you out as well. Aim for 30 minutes twice a day for dogs and 15 minutes once or twice a day for cats.

Rid your Lab of flab. Many overweight pets have slow metabolisms due to inactivity. Counteract this by reducing the amount of food you give your pet or by using a brand that has fewer calories. Choose low fat treats as rewards.

Enforce controlled feedings. Feed your pet twice a day and in measured amounts. This allows you to monitor and adjust the animal's consumption. If you have several pets, use separate bowls for each one.

Keep an eye on those cookies. Don't use treats as a substitute for attention or a cure for guilt. Bond with your pets duing playtime and on walks. Distract them between meals with loving praise and by brushing them or engaging them in games of fetch or tug-of-war. Most pets prefer affection to food.

Keep pets away from the dinner table. Those big, loving eyes can be hard to say "no" to. While you eat, place your pet in another room with soft music, a plush bed and a few favorite toys. Put cats in view of a bird feeder. And remember: You're doing this to extend your pet's lifespan and improve its quality of life.

Obesity shortens life expectancy. Overweight dogs live about 15% less (long) than dogs with a healthy weight. The extra pounds can lead to many health problems in pets - everything from arthritis and diabetes to feline fatty liver problems. Check with your veterinarian to see if your pet needs some help losing weight.

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

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Smiling at Stapleton

by Preet Clair, D.D.S.



Detecting Oral Cancer

What do Pap smears and colonoscopies have in common with visiting the dentist? All three are capable of detecting cancer. The American Dental Association in collaboration with OralCDx Laboratories is embarking on a three-year nationwide public service campaign to boost awareness of the dentist's role in detecting early stage cancer. Oral cancer screening is a routine part of a dental examination. Regular check-ups including an examination of the entire mouth are essential in early detection of cancerous and precancerous lesions. You may have a tiny but dangerous oral spot and not be aware of it.

Oral cancer strikes 36 000 Americans each year. Specifically, the incidence of oral cancer in women has increased significantly in the past 5 years due to an increase in female smokers. Oral cancer often starts as a small red or white spot. It can affect any area of the oral cavity including the lips, gums, tongue and the cheek lining. A sore that bleeds easily or doesn't heal needs attention. Other things to look for are color changes, lumps, thickening, rough spots, eroded areas, pain, tenderness or numbness in any area of the mouth and the lips. Tobacco use in any form greatly increases your risk, and alcohol use in combination with smoking doubles the risk. Living in beautiful Colorado means prolonged exposure to the sun which can also increase the risk of lip lesions. Your primary care doctor and your dentist should pay particular close attention to examining the lips during check ups.

Twenty five percent of people exhibiting lesions have no known risk factors. This is why routine examination is important. Most people see their dentist more times a year than their primary care physician. If a lesion is suspected, your dentist may perform some palliative treatment and then bring you back for an evaluation to re-examine the area. If there is any question, usually a referral to an oral surgeon for a brush biopsy will be suggested. A brush test collects cells from a suspicious lesion and these cells are sent to a lab for evaluation. If precancerous cells are found, the lesion can be surgically removed. Radiation treatment is necessary for more invasive cancers. Increased brushing and extra fluoride are recommended aids.

One of the newer tests soon to be introduced is a salivary test. Testing a few drops of saliva may help detect early stage breast cancer. Channel 9 news reported on this study. The lead researcher (a dentist) found that breast cancer may change the proteins found in saliva. This is a non-invasive easy way to test for breast cancer. What's easier than spitting into a cup! Fine tuning the test into a lab on a film would make the test easily accessible to dentists. Be informed, know the signs and see your dentist regularly!

Dr. Preet Clair is a Stapleton resident. Her dental office, Quebec Square Family Dentistry, is located at 35th and Quebec in Stapleton. Visit www.qsfamilydentistry.com or call (303) 322-2081.

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Stapleton Parks and Schools
Connecting to
Recycled Water System

During the 2008 irrigation season many of Stapleton's parks and schools will be connected to Denver Water's recycled water system. Irrigation systems in Central Park, East-West Greenway Park and Westerly Creek Park, along with the Denver School of Science and Technology and Bill Roberts K-8 School will be switched over to the recycled water system.

Denver Water began operating a Recycled Water Treatment Plant near York Street and 56th Avenue in 2004. Using recycled water has helped meet water needs for irrigation, industrial applications and lakes while freeing up enough potable water (drinkable water safe for human consumption) to eventually serve 40,000 households annually. Denver Water's recycled water system is completely separate from its potable water system. A separate set of purple pipes has been laid to distribute recycled water.

Recycled water begins as wastewater that is then treated to a higher standard suitable for use other than drinking. Denver Water owns rights to a significant amount of water that the Metro Wastewater Reclamation Plant treats and discharges into the South Platte River. Instead of losing the water downriver, the recycle plant captures and treats this water and

provides it to certain irrigation and industrial customers to be used again. This recycled water meets the quality requirements of the Colorado Department of Public Health and Environment, which enforces state regulations governing the recycling process just as it does the treatment of drinking water.

Existing recycled water customers include Xcel Energy's Cherokee power plant, Wash Park, City Park, the Denver Zoo, Bruce Randolph Middle School and the Park Hill and City Park golf courses. Recycled water is not available for residential irrigation since it requires its own separate plumbing all the way from the recycled water

treatment plant to each tap.

Areas using recycled water are marked with signs (see sample sign above). Valve boxes and some sprinkler heads are also colored purple, the designated color of the separate pipes used to carry the recycled water through the system. Even though the recycled water is highly treated, it does not meet drinking water standards and should not be consumed.

For more information, please visit www.denverwater.org or call 303-628-6320.



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Sustainability at Stapleton

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

New Leaf and New Leaf for Kids



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Free Treecycle Mulch

Mulch is ground wood chips that can be used to control weeds, help soil retain moisture and protect shallow-rooted plants from weather extremes.



LeafDrop Compost Sale

Compost is a nutrient-rich soil amendment made from decomposed organic materials such as leaves.



Free Mulch!

Mulch Giveaway & Compost Sale: Saturday, May 3, 2008, 8 AM - 3 PM

Mulch and Compost Site:
Front-end loader service for trucks and trailers
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Mulch will be available at these sites while supplies last.
Southeast:
Veterans Park: Iowa & Vine streets
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Reminders: Please bring your own pitchfork or shovel, and containers, and bring a tarp to cover your truck or trailer. Due to limited quantities, Denver residents only please.

For more details on the Treecycle Mulch Giveaway and LeafDrop Compost Sale and pricing information call **720.865.6810** or visit **DenverGov.org/DenverRecycles**



Earth Day Activities

Earth Day 2008 is Tuesday, April 22nd. Throughout the month of April you will likely see activities and promotions with an environmental theme that relate to Earth Day. The combination of Earth Day and the arrival of spring make it a great time to cultivate a new environmentally-friendly practice or habit. Below are two of the many events going on around town in honor of Earth Day. Also, the Denver Botanic Gardens is holding one of its SCFD free days for Colorado residents on Earth Day. **Denver Botanic Gardens Sustainability Fair – Sunday, April 20th 9am – 5 pm** The Denver Botanic Gardens' Green Team, a cross-departmental group of staff members committed to implementing earth-friendly practices at the Gardens, is hosting their first annual Sustainability Fair on Sunday, April 20th. Highlights will

include an exhibition hall featuring environmental organizations and sustainable businesses, educational activities, "urban homesteading" workshops and lectures on sustainability issues like plant conservation and green roofs. The Sustainability Fair is included with standard admission to the Denver Botanic Gardens on April 20th. **Earth Day Fair at Civic Center Park – Tuesday, April 22nd 10 am – 2 pm** The City and County of Denver will host a 2008 Earth Day Fair in Civic Center Park at the Greek Amphitheater from 10 am – 2 pm. The public is invited to attend the Earth Day Fair to learn more about energy and water conservation, recycling, composting, pollution prevention, transit options, renewable energy, natural resources and more!

Free Compost Classes!

Denver Recycles (a program of Denver Public Works/Solid Waste Management), in partnership with Denver Urban Gardens and Metro Wastewater Reclamation District, recently released their 2008 schedule of free Learn to Compost classes which are offered from May through October. The hands-on, two-hour composting classes will teach you all you need to know to make terrific compost in your backyard at home in just a few weeks. New to the schedule this year are several Wednesday evening classes. Special worm composting (vermicomposting) work-

shops will be held once in May, June, September and October.

To see the complete class schedule or to register, go online to www.DenverGov.org/DenverRecycles. Classes are already filling up, so sign up soon! Availability is on a first-come, first-served basis. All classes are held at the Denver Backyard Composting Demonstration site located in the Gove Community Garden at E. 13th Ave. and Colorado Blvd. Classes are free, but participants are asked to register at least one week before the class, so proper staffing can be arranged.

Biodiesel Film Wins Award

Fields of Fuel, a feature-length documentary film about ending the world's oil addiction one gas tank at a time, won the 2008 Audience Award for Best Documentary Film from the Sundance Film Festival. *Fields of Fuel*

takes viewers on an alternative power trip through Louisiana's polluted bayous, Detroit's misguided corporations and Washington's corruption. Learn more at www.fieldsoffuel.com.

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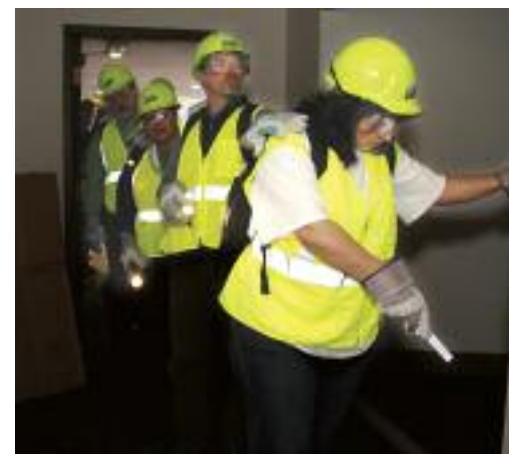
6/3 - 6/13 – Exploring the Garden
6/16 - 6/27 – Out of This World
6/30 - 7/11 – Wild, Wild West
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Training Simulates Tornado Disaster



Johnson & Wales Partners with Community Emergency Response Team (CERT)

Left: As CERT trainees enter the completely darkened basement of the Johnson & Wales chapel, they hold one another so no one gets lost as they go from room to room finding the volunteers playing the role of injured victims. Victims are hidden, making them harder to find and speakers are broadcasting loud screams, sirens and background noise.

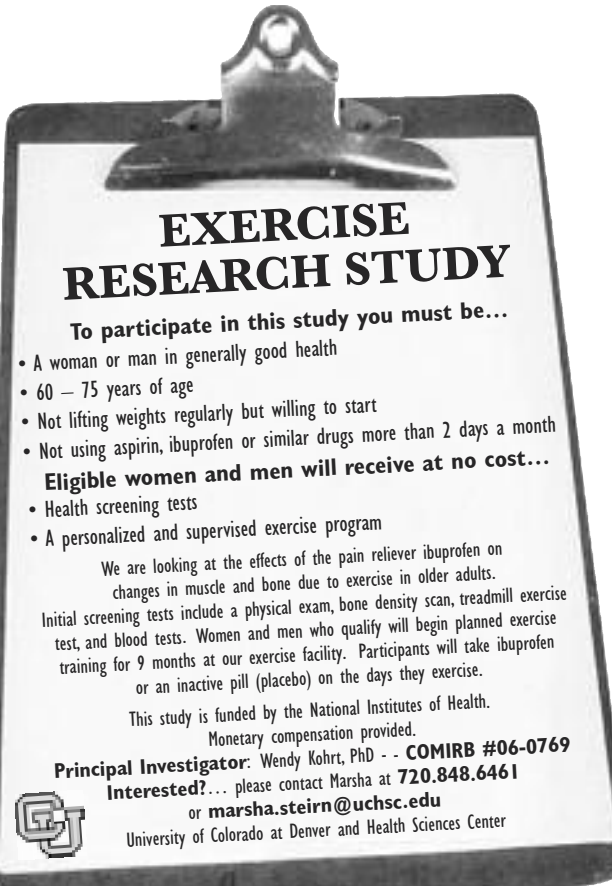
Below: CERT trainees stabilize an “injured” victim, working only with the light from their flashlights.



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This study is funded by the National Institutes of Health. Monetary compensation provided.

Principal Investigator: Wendy Kohrt, PhD - - COMIRB #06-0769
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Johnson & Wales University (JWU) hosted a “disaster drill” for 50 participants who had recently completed the Community Emergency Response Team (CERT) program. For approximately three hours on March 14th, individuals from downtown businesses, along with students at JWU, participated in this mock tornado disaster, where some of the participants played the role of victims.

The CERT Program is administered by the Federal Emergency Management Agency's (FEMA) Community Preparedness Division.

CERT is a training program that prepares people to help themselves, their families and their neighbors in the event of a disaster in their community. Through CERT, citizens can learn about disaster preparedness and receive training in basic disaster response skills such as fire safety, light search and rescue, and disaster medical operations. With this training, volunteers can provide critical support by giving immediate assistance to victims before emergency first responders arrive on scene. CERT volunteers also support the community year-round by participating in community preparedness outreach activities and distributing materials on disaster preparedness and education.

The event was organized by Vincent Wincelowicz, Chair of the College of Business at Johnson & Wales, who is a FEMA trainer.

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The Stapleton Resource Directory provides comprehensive information about the redevelopment process for Stapleton, as well as the numerous participants in that process. Those participants include The Stapleton Foundation for Sustainable Urban Communities, master developer Forest City Stapleton, Inc., the numerous agencies of the City and County of Denver, and citizen groups such as the Stapleton Development Corporation's Citizens Advisory Board and Stapleton's registered neighborhood association, Stapleton United Neighbors (SUN). The directory will soon be available on line at www.StapletonOnLine.com, www.StapletonCommunity.com and www.StapletonDenver.com.

NE Denver/Park Hill MS Support Group

The NE Denver/Park Hill MS Self-Help Support Group invites those who have MS, their family and friends, to attend a special meeting on Saturday, May 10 at 10:15 a.m. in the Denver Police District 2 Station at 3825 Holly Street. The keynote speaker will be Mike King, Chairman of the Colorado Chapter of the National Multiple Sclerosis Society. Mike will talk about what's happening at the National and Colorado Chapter, and how the Chapter and the Support Group can be a benefit to those who MS.

MS Walk – May 3, 2008

The Park Hill Steppers will meet at East High School on Saturday, May 3, at 8:30 am for the 2008 MS Walk in City Park. Register at www.fightmscolorado.org. Click on the Register Now, MS Walk, and then select Find A Team, type "Park Hill Stepper" and then click on Park Hill Steppers. Participants can take pledges from family, friends and co-workers or "ePledge" if unable to participate in the Walk.

The NE Denver/Park Hill MS Self-Help Support Group meets the 2nd Saturday of each month at the Denver Police District 2 Station (3825 Holly Street) from 10:15 am to 11:45 am. Contact Lillie L. Fuller at llfuller53@msn.com for more information.

MS Bike Ride June 28th

Registration is underway for the Colorado Chapter of the National Multiple Sclerosis Society's annual fund-raising bike ride June 28 – 29, 2008.


Named as the "Bicycle Event of the Year" by Bicycle Colorado, the two day, 150-mile scenic loop ride will begin and end at Front Range Community College in Westminster, with an overnight on Saturday, June 28 in Fort Collins hosted by Colorado State University. More than 3,000 cyclists are expected to participate with a target of raising \$2.9 million to support MS programs and research. "Colorado has one of the highest prevalence of MS in the nation," said Carrie Nolan, president, Colorado Chapter, National MS Society. "One in every 550 Coloradans has this disease, which affects the central nervous system by disrupting the flow of information from the brain to the body."

Riders are required to raise a minimum of \$300 in donations and are asked to turn in that minimum before receiving their ride packet. The registration fee includes a custom ride t-shirt, six catered meals, rest stops every 10 – 15 miles, bike mechanics, medical staff, police support, the WOW music and entertainment festival and a weekend of fun that makes a difference. For more information, visit www.curemscolorado.org.

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Chefs, Heath Stone and Kevin Kester of Johnson & Wales Univ. prepare a full dinner for eight couples at the home of Melissa and Erik Darzins. The dinner was a donation by the University for the Bill Roberts School auction last year. The eight couples were the winning bidders.

Johnson & Wales Hosts World-Renowned Master Chef



Photos courtesy of Johnson & Wales University



Thomas Keller, who in 2001 attained *Time* magazine's distinction of "America's Best Chef," brought his culinary expertise to Johnson & Wales last month for the inaugural event in Johnson & Wales' new demonstration kitchen. Before Disney-Pixar's movie *Ratatouille* was created, Thomas Keller was filmed to provide correct information on how an exclusive restaurant kitchen looks and operates. Everything from Chef Keller's kitchen equipment to his knife chopping techniques were analyzed so they would be accurate in the movie.

Keller, who currently has eight restaurants across the United States, started his culinary career working in a restaurant managed by his mother. Keller's demonstration menu included purebred lamb saddle with caramelized fennel bulb, King Trumpet mushrooms, glazed pearl onions and "Sauce D'Agneau." Johnson & Wales students showed Keller their appreciation by preparing dinner for him. In 2003, the university bestowed upon Keller an honorary Doctor of Culinary Arts for his contributions to the culinary industry and its students.

Clayton Bookfair

Saturday, April 19th, 10am to 3pm – Books, Storytellers, Face Painters, Pony Rides

The public is invited to the Clayton community's book exhibition showcasing the best subject matter for children, young teenagers, and parents. In this 1st edition, Tattered Cover Book Store brings some of the finest educational books available in the market today as well as material supporting parenting, personal wellness,

growth, and development. Entertainment will include storytellers, face painters, and pony rides. The fair will be held at 3840 York Street, and is sponsored by Tattered Cover Book Store, Inner City Health Center and NCCheck Solutions. For more information please contact Scott by email at sam@ncchecksolutions.com

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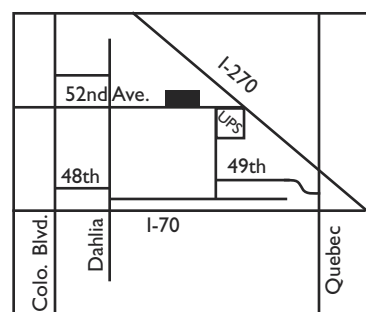
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Stapleton MCA



Keven A. Burnett,
Executive Director

**Summer Concert
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nounced** The Sta-
pleton MCA and
Forest City Sta-
pleton will spon-
sor five summer
concerts begin-
ning June 7th.
Concerts will be
hosted on Saturday
evenings from 6pm
to 8:30pm at

Founders' Green. Residents are encour-
aged to bring blankets and coolers to
enjoy some of Denver's most popular re-
gional bands performing live in Founders'
Green.

Sat. June 7th: Funkiphino

Sat. June 21: Hazel Miller

Sat. July 26th: Legendary Nikators

Sat. Aug. 2nd: Something Underground

Sat. Aug. 16th: Opie Gone Bad

The Stapleton Spring Fling will be held on
Saturday May 3rd from 3 to 7 pm at
Founders Green. This annual spring festi-
val will host numerous family oriented ac-
tivities, food, crafts for the kids as well as
live music on the Green for all ages by
Conjunto Colores. In addition the Staple-
ton TMA will be sponsoring a number of
bicycle education activities for all ages. For
a complete list of Spring Fling activities as
well as all Stapleton Community events
please log onto www.StapletonCommu-
nity.com for the latest information and
updated schedules.



Stapleton MCA Collection Policy Changes The
Stapleton MCA Executive Board has ap-
prove an amended collection policy for past
due and delinquent accounts in accordance
with SB-100 statutes. Please refer to the
community website (www.StapletonCom-
munity.com) for specific changes and how
they impact future delinquent assessments.

**Avoid the Last Minute Rush and get your Pool
ID Updated Early** All residents 12 months and
older need to have a MCA issued pool ID
card to use the pool facilities. ID Sessions
during April will be held every Wednesday
from 2:30- 4:30pm in addition to each Fri-
day from 1-3pm at the MCA Office (2823
Roslyn St) in the 29th Ave Town Center.
Contact Jenifer, MCA Office Manager at
303.388.0724 with any questions regarding
Pool ID Sessions. The May ID Sessions dates
will be announced in May edition of the
Front Porch as well as online at www.staple-
toncommunity.com.

Who Needs Updated Pool ID's? All New Resi-
dents without a MCA Issued Pool ID must
get a card for each person living in the resi-
dence. Children between 12 months and 9
years must have an updated photo taken for
the computer system. Youths turning 10
need to have a new card issued. Residents
over the age of 10 who used their ID card

during 2007, do NOT need
to update their ID card.

Stapleton pools are now
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District Two Top Cops Honored

A committee of citizens and business and civic leaders from Northeast Denver recently honored "Top Cops" in Denver Police District Two, which serves the Greater Stapleton Area Neighborhoods.



From left: Officers Alvin Thompson, Timothy Luke and Craig Miner

The "Top Cop" for the month of December, 2007 was Officer A. P. Thompson. On December 13, Officer Thompson learned of a family with three little girls who had financial problems and faced a very bleak Christmas. Officer Thompson gathered information about the family and turned it over to the annual "Christmas Crusade for Children" but discovered the deadline for nominating families for help through that annual program had already passed. Officer Thompson then contacted a local merchant who offered to provide a gift certificate for the purchases of presents for the girls and then shopped for the children, adding his own personal funds to ensure they would enjoy a brighter Christmas holiday.

The Top Cop Citizens' Committee also announced it was honoring District Two Police Officers Craig Miner and Timothy Luke for their excellent work in a case involving a sexual assault.

On January 2, the two officers were part of a detail investigating the report of an assault on a pizza delivery employee. The victim related that she had delivered a pizza to a home where she was pulled inside and sexually assaulted by two males. Officers Miner and Luke briefly interviewed the victim and were able to determine a sexual assault may have occurred, so they quickly obtained the suspects' descriptions. As they were responding to the house where the assault had allegedly occurred, they observed a vehicle with two males matching the descriptions inside a car stuck in a snow bank. They detained the suspects and arranged to have the alleged victim view the two individuals, after which she positively identified the suspects. In just a 22 minute window, Officer Miner and Officer Luke had interviewed the victim, obtained suspect descriptions, stopped the suspects, and placed two individuals in custody for the sexual assault.

In honoring the three officers, The Top Cop Citizens' Committee expressed its gratitude to all of the men and women of Denver Police District Two for their daily efforts to create a safe community.

Statewide Symposium on School Safety

The Johnson & Wales University will host an annual statewide conference on the prevention of school violence from 7:30 a.m.-4:30 p.m. on Friday, April 18 at the university campus. Teachers, parents, administrators, counselors, law enforcement officers and government officials can attend at a cost of \$15 each. Participants need to fill out an application online and mail it with check or money order payable to the Foundation for the Prevention of School Violence.

Conference topics will include: Indicators of Violence/Profiles of School Offenders, De-Escalation of School Incidents, Public Relations-Crisis Management Protocol, and Physical School Safety Audits. Among the presenters will be John Nicoletti, a police psychologist with more than 25 years experience in the field of violence and violence prevention. Park County Sheriff Fred Wegener and Bailey's Platte Canyon High School Principal Bryan Krause also will be presenters.

For more information, go to www.preventingschoolviolence.org.

May 3rd Bike Hikes

By Evelyn Baker

The Stapleton Area Transportation Management Association (TMA) is sponsoring a bike station at the Spring Fling event scheduled for May 3rd at the Founders' Green. Neighborhood bicyclists will be kicking off a series of adult and family friendly "bike hikes," with the first annual bike hike/scavenger hunt. Guided by the bike hike map, families can explore the neighborhood on bikes and pick up fun prizes at designated spots on the day of the event. Representatives from the new DPD Cop Shop will be on hand to register your bicycle, and the Mobile Cyclery can show riders how to fix a flat tire or answer simple bike maintenance questions. Recycle Bicycles will also be there to accept bicycle donations to go to area residents in need. Try out an electric bike, or practice loading a bike onto the bike racks on RTD buses. It's a great reason to dust off the bike and see what all the fuss is about. Come. Join us. Be one of the happiest commuters on the road.

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S.U.N. Meetings are open to the public
 The SUN Board meets at 6:30pm
 on the 4th Thursday of every month at the
 Stapleton Community Room, 2823 Roslyn Street.

SUN Elections Coming in April!

The next Stapleton Forum has been scheduled for April 22. A key agenda item for that forum will be the election of 7 of SUN's 14 board positions. SUN will soon post the names and candidate statements for all candidates on SUN website at www.StapletonUnitedNeighbors.org. If you would like to run for a SUN Board position, please email a letter of interest to StapletonUnitedNeighbors@gmail.com

Block Party Day is Coming!

Stapleton's Fourth Annual Block Party Day will be on Saturday, May 17th starting at 3 PM. This event is sponsored by SUN, but organized by each individual block. Therefore, you can tailor the party to meet the specific needs of your block. It can be a celebration to welcome spring and reconnect with old friends, or a way to draw people out and bring all the new neighbors on your block together. The goal of this event is to build community and traditions - and continue to make our neighborhood a great place to live and raise families.

Even if you don't have a designated "block captain" it just takes one person to get the party started! If you'd like to find out who your block captain is, please email StapletonUnitedNeighbors@gmail.com with your name and address.

SUN will coordinate fire department visits to a variety of parks throughout the neighborhood, but please keep in mind that emergencies and time may preclude the fire

department from making an appearance at all parties. Just in case, you may want to keep the fire department visit "under wraps" for the little ones and have it be a great surprise if they are able to come to your party.

In some of the newer parts of the neighborhood, it may be a good idea to join together with a few other blocks, since space is relatively limited. If you choose to have your party on a street instead of in someone's yard or a pocket park, you must purchase a permit from the city (the cost of insurance from the city is about \$160 per block). SUN can help you find the forms you need to get that process started.

Here are a few more suggestions as plan your party:

Create invitations. Hard copy invitations are easier for some people to track (especially if collecting money for permits) but some prefer Evites, which of course only work if you have everyone's e-mail address.

Decide on food/beverages - will it be a potluck, or will you have everyone pitch in and buy food and/or beverages? Remember, the simpler, the better (and the less organizing for the Block Captain to do!).

Don't forget things like paper products, cups, etc. Name tags and markers are a great idea for newer blocks where not everyone knows each other yet.

See if anyone on your block owns a business and would be interested in sponsoring part of your block party (cost of the permit, beverages, paid entertainment) in exchange for advertising their business.

Have a back-up plan for weather. We all know how unpredictable the weather can be in Colorado. One idea is to open up

garages on an alley and have people "party hop" between garages.

For more information on Block Party Day, including a "Block Party Toolkit," please visit the SUN website at www.stapletonunitedneighbors.org and click on Outreach.

Neighborhood Watch

The National Sheriff's Association created the National Neighborhood Watch Program in 1972, with financial assistance from the Law Enforcement Assistance Administration, to unite law enforcement agencies, private organizations, and individual citizens in a massive effort to reduce residential crime. A work plan emerged for use by sheriffs, police, and citizens for putting together local neighborhood-based programs. Since its establishment, Neighborhood Watch has developed thousands of such local residential crime prevention programs in which individual citizens work to 1) make their own homes and families less inviting targets for crime, and 2) cooperate with law enforcement through block and neighborhood groups to control crime throughout the community.

The prevention of crime-particularly crime involving residential neighborhoods-is a responsibility that must be shared equally by law enforcement and private citizens. The fact is, the impact on crime prevention by law enforcement alone is minimal when compared with the power of private citizens working with law enforcement and with each other. Neighborhood watch is based on this concept of cooperation, and nationwide statistics

prove that it works. When citizens take positive steps to secure their own property and neighbors learn how to report suspicious activity around their homes, burglary and related offenses decrease dramatically.

To ensure a successful, sustainable and impactful program within Stapleton, the Neighborhood Watch committee has identified three areas of need: Organizational Structure, Block Meetings, and Events.

ORGANIZATIONAL STRUCTURE:

- Form Neighborhood Watch committee
- Devise structure & job responsibilities
- Identify program goals
- Integrate block captain network

BLOCK MEETINGS:

- Develop communication strategy
- Determine block captain needs
- Establish block goals
- Create agenda
- Design sustainability program

EVENTS:

- Conduct feasibility study
- Build sponsorship program
- Assign Budget
- Generate event calendar
- Develop marketing/promotional plan
- Plan and execute events

The Neighborhood Watch Committee is looking forward to a productive 2008. Should you want to get involved please contact your block captain, or the Neighborhood Watch coordinator, John Chrisbensen @ 303-250-0347.

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Letter to the editor

Now that you have your trusty Greater Stapleton Business Association walking map (see page 5) what will you do with it? I personally plan to get to know our beloved Stapleton businesses better and to increase my exercise levels. I now know how many minutes it is to a particular spot, I'm thinking I need to venture out on-foot to my favorite place instead of driving.

I live just a couple of minutes away from the dog park ("DP" on the map) so I can pretty much figure out how far it is to all the places to which I normally drive. For example, my 2-year old son, Patrick, likes getting his hair trimmed in the Town Center (is TC on the map), which is only a 16 minute walk from our house. Not bad! While we're there

we can also grab some books and maybe even some ice cream if he's well behaved before our trek home..

I have to admit that in my family, we have been driving to Quebec Square, but I may have to change that whenever I have the time, especially now that I know it's a 28 minute walk each way. A one hour trip will be a great way to wrap fitness into an errand or two.

Many of us were drawn to Stapleton because it's a community that is pedestrian centric. Especially now that the weather is getting warmer I hope to see more of you on your way to or from the "29TC," "CP," or "DP."

Valerie Baker, Stapleton Resident

Community Forum

Tuesday, April 22nd from 7pm to 8:30pm

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Letters to the Editor

The Front Porch will publish letters to the editor as space allows. Please mail your letters to: Tom Gleason, editor, The Front Porch, Forest City Stapleton, Inc., 7351 E. 29th Ave., Denver, CO 80238. Or email: T.Gleason@StapletonDenver.com



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Valerie Baker, Stapleton Resident

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Above: Charlie, 4, Paul, and Sophia Means, 5, show how to compost in your basement.

Our initial inspiration was partly a desire to reduce our waste and partly a desire to create a science experiment for the kids. Success on both counts. The worm box takes very little upkeep and we've now got a place for food waste. It's always a big hit when kids visit. From my initial pound of worms about 9 months ago I've now started boxes for 4 friends as well as a second box at home. Everyone seems to be pleased with how easy it is to manage.

I'm not a great gardener, but I'm told the resulting compost is "rocket fuel" for plants. In the Master Composting class through the Denver Urban Gardens we learned that about 20% of the materials that go to landfills could be composted. Apparently, they view composting on par with recycling as critical methods to reduce the amount of waste. For more information visit: www.denvergov.org/Portals/582/documents/Worm%20box_final.pdf

*Views on
the Street*

*What
are you
doing
to live
greener?*



“Going green has been one of the easiest home improvement ‘projects’ we



Keep reusable bags or a laundry basket in your car. If you forget to take your bags into the store, put items back in the cart without bags and load them up when you get to your car.

Left: Jo-Nell Herndon and Katharine, 6

Recently, we decided as a family to stop using plastic bags or other disposable store bags. There have been various reports on television and in the paper on the build-up in the ocean of plastic that is only growing. As part of these efforts we take reusable bags to all types of stores. I would estimate that we have saved about 20 bags a week since we started - that adds up quickly.

Additionally, to reduce our amount of waste we have made other efforts as a family. These have included banning juice boxes, using concentrated OJ with smaller packaging, and using fabric napkins and towels in the kitchen. They go in our weekly towel wash loads so we don't do any extra laundry. We also purchased bulk metal forks and spoons to replace using plastic utensils for parties and guests - though we still have a bunch of leftovers that we are working through.

I know that we as a family we have taken a few small steps headed in the right direction.



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Front Porch readers share their suggestions

Left: Nicole, Maggie (10 months) and Bill Foster

Kermit the Frog once said, "it ain't easy being green." But with the rise in popularity of sustainability, going green has never been easier or more cost effective. From diapers to light bulbs, composting to recycling, there isn't much we do in a day that can't be made greener. We found that not only are cloth diapers cheaper than disposable, they are easier to use, plus they don't fill landfills. Another easy green idea, compact florescent light bulbs. Less time on the ladder, less time at the store and less money to the power company. Don't forget the easiest green living idea, recycling. Here are some of the things our family does:

- 1 Use environmentally safe cleaning products (like baking soda & vinegar).
 - 2 Do only full loads of laundry and dishes.
 - 3 Use cloth diapers.
 - 4 Use rechargeable batteries.
 - 5 Buy products that come in recyclable containers.
 - 6 Use canvas bags.
 - 7 Re-cycle everything we can.
 - 8 Use hand me down clothes for the kiddo.
 - 9 Keep the house at 62 degrees when not home, 66 when home in winter (and wear sweaters and keep a blanket on the couch). In summer 78 and 72.
 - 10 Grow lots of house plants for indoor air quality.
 - 11 Use energy efficient light bulbs.
- Compost.
 - Donate anything we haven't used in a year, that doesn't have sentimental value, to charity.
 - Follow my husband around and turn off lights after him.

Left: Tera, Julian and Leonardo, 2, Balerio

The greening of America's psyche will be one of the biggest movements this country has ever experienced. It will permeate everything we do, and how we live our lives, from what we think when we turn a light switch on, to what we demand from our leaders. A few things my family is doing to reduce our eco-footprint:

- Hang clothes to dry on a clothesline.
- Installing Permaculture Landscaping.
- Eat local and/or organic whenever possible.
- Buy used/buy LESS!
- Keep our winter thermostat at 68 degrees.
- Use only natural cleaning products: vinegar/baking soda.

Dry your clothes on a rack or clothesline.



Left: Jackie Van Ruler and Austin, 3

I purchased solar panels for my condo and also compost with worms due to the fact that I don't have a yard and can't compost the traditional way.

Other things that I try to do is hang my clothes to dry when the weather is nice and bike to work whenever possible.

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