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 Promotor 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.

Pre-Leasing Begins for Stapleton Office Building

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 Jr. Boulevard and Syracuse Street adjacent to the E. 29th Avenue Town Center.

“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 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)
**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**
- WeikubFarm
  - University Family Medicine - A.8
  - 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  - [303-403-4333]

**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
  - [stapletonneighbors.org]
  - click on outreach

**Saturday, May 17**
- Five Points Jazz Festival
  - Blair Colwell Library 1 - 4pm

**Saturday, May 26**
- Stapleton Pools Open for the Season
  - Blair Colwell Library 1 - 4pm

**JUNE**

**Saturday, June 21**
- Concert, Founders Green 6 - 8:30pm
  - Hazel Miller

**EVERY MONTH**

**MAY**
- Monthly
  - New Resident Orientation Meeting
    - Call 303.388.0724 for date & location

**Wednesday, May 13**
- Perfect Your Golf Swing and Joint Health (Free) 6:30 - 8pm
  - Stapleton Community Room
  - 2823 Roslyn St
  - [303-403-4333]

**Saturday, May 17**
- SCFD-sponsored Free Day at Denver Botanic Gardens [SCFD.org]

**Saturday, June 7**
- Concert, Founders Green 6 - 8:30pm
  - Farklights

**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**

**JUNE**
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**Every Tuesday**
- Stapleton Rotary Club – Noon
  - Stapleton Radisson Plaza Hotel
  - 3335 Quebec Street
  - [Michael@KaareTeam.com]

**Every Tuesday**
- AA Open Discussion Meeting – 7:30pm
  - MCA Community Room
  - 2823 Roslyn Street
  - [JoeMc at303.912.7075]

**Every Wednesday**
- Weekly Weiders, 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**
- Old numbered months
  - SUN Transportation Committee 4:30pm
  - MCA Conference Rm, 2823 Roslyn St
  - [stapletonneighbors@msn.com]

**3rd Thursday**
- Stapleton Citizens Advisory Board Mtg
  - Stapleton Development Corp. (SCD)
  - 7310 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**
- N.E Denver/Park Hill MS Self-Help 
  & Support Group, Pauline Robinson Library
  - 10:15-11:45am – 5575 E 33rd Avenue
  - [Paula Sussman 303 813.6691]

**2nd Saturday**
- NE Denver/Park Hill MS Self-Help 
  & Support Group, Pauline Robinson Library
  - 10:15-11:45am – 5575 E 33rd Avenue
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create your new style

10% off any single salon service

15% off any 2 waxing services (must be a combo)

20% off any hair service combined with any massage, skin, waxing or nail service

Offers cannot be combined. Offers expire 4/30/08.

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Northfield Stapleton Shopping Center
Northfield Blvd., Suite 1330
Denver, CO 80238
303.373.5455
www.ergobeaaty.com

AVEDA

hair • makeup • facials • massage • hair removal
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 Garett, Joe Heath or Don Maner at 303-892-1111. 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.”

(continued from page 1) Rendering of the new Stapleton office building.

The Shops at Northfield Stapleton
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.sierriclub.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

RENDERING OF THE NEW STAPLETON OFFICE BUILDING
Earth Day

By John Chambers

F orest 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.

The 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 Christman, 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 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 Jenings, 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 those 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 billion 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 an 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, 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.

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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.
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 in Stapleton’s Northfield Retail Center. The HomeStart Conference will educate potential buyers about Affordability and Debt 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 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.
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.)

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:

• 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, “Hannian’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 Recycle, Denver Urban Garden, Environmental Learning for Kids, Bike Recycle, Environmental Recycle, Valley Crest Landscaping, New Town Home Builders.

For more information, go to northfieldstapleton.com.
PASSPORT to Healthy Living 2008

New perspective
REAL ESTATE

NEW LISTING
Classic French Country Inspired home. Stunning floor plan with custom finishes. Mountain, City and Greenbelt views. 2880 Clinton St. $1,025,000

NEW PRICE

NEW LISTING
Creativity throughout! Steps from Adler Pool & park trails, this Victorian style home is perfectly situated on a private courtyard. 8041 E. 26th Ave. $499,900

NEW LISTING
Infinity Home Jasmine Model! Large corner lot. Over $200K in upgrades. The perfect chance to move to Stapleton! $1,100,000

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

NEW LISTING
New Town Clayton features 3-car garage, open floor plan, beautiful cherry cabinets, slab granite, great deck & landscaping. Lots of extras. 2460 Emporia Ct. $475,000

NEW LISTING
Charming Wonderland Ranch. This bright & sunny Wonderland model is beautifully finished. Stunning upgrades. 2822 Clinton Way $369,900

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

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 Town Clayton New homes featured by Windermere Real Estate. Call for more details or to tour any of these homes. 303-394-4526 - Stapleton Front Porch

FREE HEALTH FITNESS CLASSES FOR ADULTS AND CHILDREN

CLASS DESCRIPTIONS
All classes are FREE, open to everyone 15 & sp and are geared towards 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 Bases
Relax your mind, body and soul while improving your health using gentle, stretching techniques.

NEW FOR 2008 AND JUST FOR KIDS!

NEW LISTING
STAPLETON

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New Director Named at Bluff Lake

Glenn Fee, new director of Bluff Lake, stands at the observation desk 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 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.

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 Triangle Gannal, 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.
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 (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.

By Nancy Burkhard

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

By Nancy Burkhard

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.
New “Touchable” Art at Anchor School

This bronze and ceramic dimensional mural, titled “Homage to Marine,” 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 and select “Programs and Classes,” then select “Money Matters.” Call 303-321-2265 to register.
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.yoursdoor.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, Redy Yet 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.

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.

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 6:30-9pm
Perfect Your Golf Swing and Joint Health
Join Dr. Raz Buzaz, physical therapists and a golf pro to learn about prevention of shoulder, knee, and joint pain as well as improving your golf swing.

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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.

Botanic Gardens Events

The Duality of India
Wednesday, April 23, 2008 from 2:30-3:30pm. FREE event
Cherry Oaks, 6001 Letelldele 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.

Cuba: Past, Present & Future
Thursday, April 17, 2008 from 2–3pm. FREE event
Windsor Gardens (CenterPointe Room), 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 Valenta 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!

FREE CONTINUING EDUCATION CREDITS!
Motivational speaker and real-estate expert Danielle Kennedy is returning to Stapleton for two more sessions about successful selling!

Tuesday, April 22
Improv Comedy Club and Dinner Theatre
8240 E. 44th Ave., B100 - The Shops at Northfield Stapleton
Register at www.StapletonDenver.com*

Sessions:
* 9 a.m. to Noon
Three-continuing education credits
"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 homeowners’ availability deadlines provided at the event.

RSVP by Friday, April 18.
*For eligibility verification, please email fasha.jones@stapletondenver.com.

WWW.StapletonDenver.com
7460 E. 29th Avenue, Denver, CO 80238 • 303-355-9600
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 lead 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 Xanthea, 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 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.
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 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.

Artist Jill McDougall, holding her cat Merlin, works with all kinds of media including watercolors, ceramics and stained glass.
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 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, $5 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.

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 be randomly 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.”

Exercising is supervised five days a week at the Anschutz Medical Campus.

“Right where you’re exercising,” she said. “It’s looking at something that can be done best. From them, we can decide whether it’s something we can do in a doctor’s office.”

“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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Stapleton Front Porch April 2008

16
Local Author’s First Book Shows How Hate Wastes Lives

By Nancy Burkhardt

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 unleased. 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 hide his own father because African-Americans were not allowed to drive busses 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.”

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 immigrants 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 bust 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.
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 describes 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 fat. 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 during 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 Sam’s. Call 303-394-3937 for more information. msmith@29thanimalhospital.com
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 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 newest 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.
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 Western 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 downstream, 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.
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 9 am – 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 at 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) workshops 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 Grove 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

FieldsofFuel, 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.
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.
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 prevalences 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.

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.

Neuralgia can be very difficult to treat. It may require a combination of medications, physical therapy, and lifestyle changes. In some cases, nerve blocks or surgical procedures may be necessary. If you are experiencing symptoms of neuralgia, please contact your doctor for a thorough evaluation and treatment plan.

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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 pear 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 5840 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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Stapleton MCA

Summer Concert Series Bands Announced The Stapleton MCA and Forest City Stapleton will sponsor five summer concerts beginning June 7th. Concerts will be hosted on Saturday evenings from 6pm to 8:30pm at Founders’ Green. Residents are encouraged to bring blankets and coolers to enjoy some of Denver’s most popular regional 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 festival will host numerous family oriented activities, food, crafts for the kids as well as live music on the Green for all ages by Conjunto Colores. In addition the Stapleton 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.StapletonCommunity.com for the latest information and updated schedules.

Stapleton MCA Collection Policy Changes The Stapleton MCA Executive Board has approved an amended collection policy for past due and delinquent accounts in accordance with SB-100 statutes. Please refer to the community website (www.StapletonCommunity.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 Friday from 1-3pm at the MCA Office (2823 Roslyn St) in the 29th Ave Town Center. Contact Jennifer, 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 Residents without a MCA issued Pool ID must get a card for each person living in the residence. 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 hiring for the 2008 summer season positions available include: lifeguards, swim instructors, swim coaches and front desk. Call 303-388-0724 or download an application at www.stapletoncommunity.com (lifeguard certification classes available for those 15 & older beginning in May)

Stapleton pools are now hiring for the 2008 summer season. Positions available include: lifeguards, swim instructors, swim coaches and front desk. Call 303-388-0724 or download an application at www.stapletoncommunity.com (lifeguard certification classes available for those 15 & older beginning in May)
**District Two Top Cops Honored**

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, as 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.

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**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 Nicoll, 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 Plate Canyon High School Principal Bryan Krause also will be presenters. For more information, go to www.preventingschoolviolence.org.

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**May 3rd Bike Hikes**

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.
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 new residents, to 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 wrap” 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 on someone else’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 you 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 organizational hassle). 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 individuals 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 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 agenda & 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 Chrisbens @ 303-250-0347.

Stapleton United Neighbors
Brought to you by Stapleton United Neighbors
To contact SUN, please come to the meeting or email StapletonUnitedNeighbor@gmail.com.
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 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 to the dog park (“DP” on the map) so I can now know how many minutes it is. Now that you have your trusty Greater Stapleton Business Association walking map we can all get to know our community better.

I have to admit that in my family, we have been driving to Quebec Centre, 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. At 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.” "CH" or "DP"

Valerie Baker, Stapleton Resident

COMMUNITY Forum

Tuesday, April 22 from 7pm to 8:30pm
“Come find out what’s happening at Stapleton and participate in elections for Stapleton United Neighbors”

Denver School of Science & Technology
2000 Valenciano Street (Valenciano and Montview Blvd) Stapleton by Stapleton United Neighborhoods Stapleton Development Corporation Citizens Advisory Board Forest City, Stapleton, Inc.

Doors open at 6:30pm
For more information contact Tom Gleason at tgleason@stapletondenver.com
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

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, 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 leftover ones that we are working through.

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

SUMMER LIFEGUARDS WANTED

For information and application call 303-388-0724
WWW.STAPLETONCOMMUNITY.COM

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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.

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

Left: Teresa, Julian and Leonardo, 2, Balero
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 clothesto 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.

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 fluorescent 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 kids.
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.
11. Use energy efficient light bulbs.

Do You Wake Up to Pain?
If you have back pain, you may want to consider taking part in a research study. This study is comparing doses of two approved medications to see if they can improve chronic low back pain.

As a qualified participant, you will receive study medication and study-related care at no cost, and may be compensated for time and travel. All participants will receive medication for their low back pain.

To qualify, you must:
- Be at least 18 years of age
- Have had moderate to severe low back pain for three months or more
- Take medication for low back pain at least four days a week

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