

Front Porch

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

DENVER, COLORADO

STAPLETON

MAY 2008

100% of DSST Graduates Accepted to 4-Year Colleges



Denver School of Science and Technology's head of school Bill Kurtz stands with the 79 students that comprise this year's graduating seniors. The poster behind Kurtz illustrates

that the class achieved their goal of 100% acceptance into four year colleges. Fifty percent of the class are the first generation in their family to attend college.

Stapleton Celebrates First Earth Hour



Diners at Blue Fin's sushi bar eat by candle light during Earth Hour.

By Heather Dock

Stapleton joined in the first global celebration of Earth Hour on Saturday, March 29th. Restaurants in the 29th Avenue Town Center, including The Berk-

shire, Noodles, Blue Fin and Casey's, all went dark for one hour to take a stand and send a powerful national and global message that it is possible to take action on global warming. With (continued on page 18)

Four years ago the Denver School of Science and Technology (DSST) started as a new DPS charter school in a temporary classroom with 131 kids who were selected by lottery – kids who were willing to try a new approach to high school. In an era when many kids have more freedom than ever, these kids were willing to swap current flexibility and freedom for future opportunities.

No open campus, no off blocks, a strict

dress code (collared shirts for all, no shorts, no open-toed shoes, no denim, no sneakers), and a commitment to stay after school every time their homework wasn't completed. Less flexibility in choosing their schedule, fewer electives and more core academic classes.

Every student takes college prep courses – and if they're having trouble, they don't drop the class and take an easier one, they go to tutoring (continued on page 30)

Third Annual Feast on the FAX

By Jake Flint

Take 14 or more East Colfax-area restaurants; mix in over 500 hungry neighbors, add a delightful June evening and you have.... the Third Annual Feast on The FAX.

On June 10, 2008 from 5 – 9 PM, The FAX Partnership will hold its Third Annual Feast on The FAX, giving attendees the

chance to sample cuisines ranging from Moroccan, Mexican, Ethiopian, and American. Participants will enjoy samples at all of the featured restaurants, and may walk, bike, or ride free shuttle buses up and down The FAX.

The Feast on The FAX was created by The FAX Partnership to promote businesses on Colfax while (continued on page 18)

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



6 Community Garden

9 DSST Middle School

S.U.N. Officers

28

DSST Student Reflections

31

Kindergartners Abby Gage and Katie DeLeon learn how to plant flowers from Katie Dell, who organized the flower planting project at Westerly Creek school for Earth Day.



CALENDAR

MAY

May 2 - 4

The Park Hill Art Club Show, Park Hill United Methodist Church tanya@h2oscapes.com

Saturday, May 3

Spring Fling, Founders' Green 3 - 7pm

Sunday, May 11

Mother's Day. See events on pages 10-11

Saturday, May 17

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

Saturday, May 17

Five Points Jazz Festival 1 - 6pm (see p. 12)

Wednesday, May 21

"Health Staples - How to take care of your skin and carpets"
Stapleton MCA Community Room
2823 Roslyn St. 6:30-8pm 303-403-6333

Saturday, May 26

Stapleton Pools Open for the Season

Saturday, May 31

Recycle It @ Stapleton 10am - 1pm
Quebec Square Wal-Mart pkg lot (see p. 5)
amalpiede@stapletonfoundation.org

Saturday, May 31

Sweet William Market 2008 Opening Day
9am - 2pm, Founders' Green Stapleton
info@sweetwilliammarket.com

JUNE

Sunday, June 1

Free - Jazz in City Park 6 - 8pm
3osity - www.cityparkjazz.org

Tuesday, June 10

Feast on the Fax 5-9pm
www.feastonthefax.com (see page 1)

Sunday, June 15

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

Saturday, June 21

Park Hill Garden Tour 10am - 4pm
2244 Grape Street irxprrt@aol.com

JULY

Friday, July 4

Fourth of July Parade
29th Ave. 10 - 11am

Friday, July 18

Relay for Life, Founders' Green

Saturday, July 19

Stapleton Communitywide Garage Sale

MONTHLY EVENTS

Saturdays and Sundays

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

Every Sunday through Sept.

Stapleton Farmers Market 8:30am - 12:30pm
[www.coloradofreshmarkets.org]

Every Sunday through Aug. 3

Free - Jazz in City Park 6 - 8pm
www.CityParkJazz.org

1st Monday

Casey's Irish Pub and Bistro - 10% to charity
E. 29th Ave Town Center (More info p. 25)

1st Tuesday

Children's Museum 1st Tuesdays Free 4-8pm
Sponsored by Target, 2121 Children's Museum Dr.
303-433-7444 www.mychildsmuseum.org

Fridays

Movies on the Green at Stapleton
Approx. 8pm (see listings below)

Fridays

Southenders Events, 7 to 9 pm
Friday May 2 - First Friday Art Event
Friday May 23 - Jazz singers
Friday June 6 - First Friday Art Event
(see www.southenders.com for updates)

Saturdays

Concerts on the Green at Stapleton
Approx. 6:30 - 8pm (see listings below)

1st Saturday

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

Last Saturday

Sweet William Market (through Sept.)
9am - 2pm, Founders' Green
E. 29th Ave, Stapleton
info@sweetwilliammarket.com

(Calendar continued on page 23)

Movies and Concerts at Founders' Green

Bring blankets and coolers for some great outdoor family fun.
Sponsored by The Stapleton MCA and Forest City Stapleton.

Movies (Approx. 8pm)

Friday June 13th : Back to the Future
Friday June 27th : Hairspray (2007)
Friday July 11th : The Goonies
Friday August 8th : Curious George
Friday August 22nd : Horton Hears a Who

Concerts 6:30 - 8pm

Saturday June 7th : Funkiphino
Saturday June 21st : Hazel Miller
Saturday July 26th : Legendary Nikators
Saturday August 2nd : Something Underground
Saturday August 16th : Opie Gone Bad

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EDITOR: Tom Gleason, Forest City 303-382-1800
PRODUCTION by FinePrint
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Front Porch

www.StapletonFrontPorch.com

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



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*Example is based on a home sale of \$350,000 with a 3% seller co-op.

Denver Residents Given Priority for Jobs

By Brian Weber

Stapleton has created more jobs overall, and more jobs for Denver residents than any other Denver project that benefits from public financing of infrastructure.

More than 1,200 people have found jobs with Stapleton businesses and construction companies since 2001, according to a recent report by the city's Stapleton Workforce Center to the Stapleton Citizens Advisory Board. The Workforce Center is part of the city's Office of Economic Development and helps employers find workers and tracks the progress of employment on the project.

Nearly 900 new hires were residents of Denver, and two-thirds of those individuals resided in close proximity to Stapleton (i.e. Park Hill, Montbello, Montclair and Mayfair neighborhoods).

Denver residents are given preference through a Denver Urban Renewal Authority program called First Source. First Source is used on projects like Stapleton that are built in part by tax increment financing (TIF) in which a portion of the increase in tax revenue generated by a new project flows back to that project. DURA oversees the TIF financing process.

Under First Source, Denver residents are notified about new jobs five days before openings are announced to the public. The city's Workforce Center is the primary resource and referral agency in the process, notifying community and other organizations about openings, accepting and screening applications for employers and providing interviewing and other assistance to employers.

The Workforce Center and its First Source specialist, Ann White, have been praised by businesses and job seekers for its support and flexibility in providing beneficial services. An often repeated compliment is that the Workforce Center is successful because it runs a government agency as if it were not a government agency.

Most recently the Workforce Center helped fill 120 positions at the new Red Lobster restaurant in the Northfield Shopping Center.

Other First Source projects include the new Denver justice center, redevelopment of the Gates Rubber site, the Dahlia shopping center redevelopment, and the Lowenstein Theater/Tattered Cover project.

Stapleton has also been a large contributor to the economic health of the metro area. From

City Councilman Michael Hancock Fight Crime – Exercise Common Sense

By Councilman Michael B. Hancock

As spring and summer arrive with much anticipation and energy it is time for the annual article on using common sense to avoid being a victim of crime. Our district police officers will tell you that most crimes in our community are preventable and citizens can play a greater role in decreasing their chances of being victimized. It takes increased awareness, a little common sense and surrender of a false sense of security.



Michael Hancock

As the weather warms, many of us will be out doors preparing our gardens and lawns, cleaning the garage, washing the car, monitoring our kids as they frolic in the yard or simply speaking with our neighbors. Countless times City Council offices city-wide receive accounts of stories like these:

A mother was in the back yard supervising her kids playing on the trampoline. The weather was warm so she left windows opened throughout the house. After approximately 25 minutes she enters the house to discover that someone had climbed through a window and burglarized the home undetected.

—Or—

On a warm Saturday, a Denver Police Officer walked through a community to count the number of opportunities for easy crime. Dur-

ing his brief stroll he identified numerous opportunities including an unattended, unlocked home, opened garage doors, parked cars with unlocked doors and windows down with valuables in plain sight including an iPod, a lap top computer, a briefcase, and even a wallet. As you can imagine the officer was stunned at how people allowed themselves to be so vulnerable to crime.

These true stories illustrate how quickly we can become victims of crime. Over the next few months let us all resolve to make an impact of crime in our community by following a few simple steps:

Be aware.

Exercise caution. All it takes is a few seconds to become a victim.

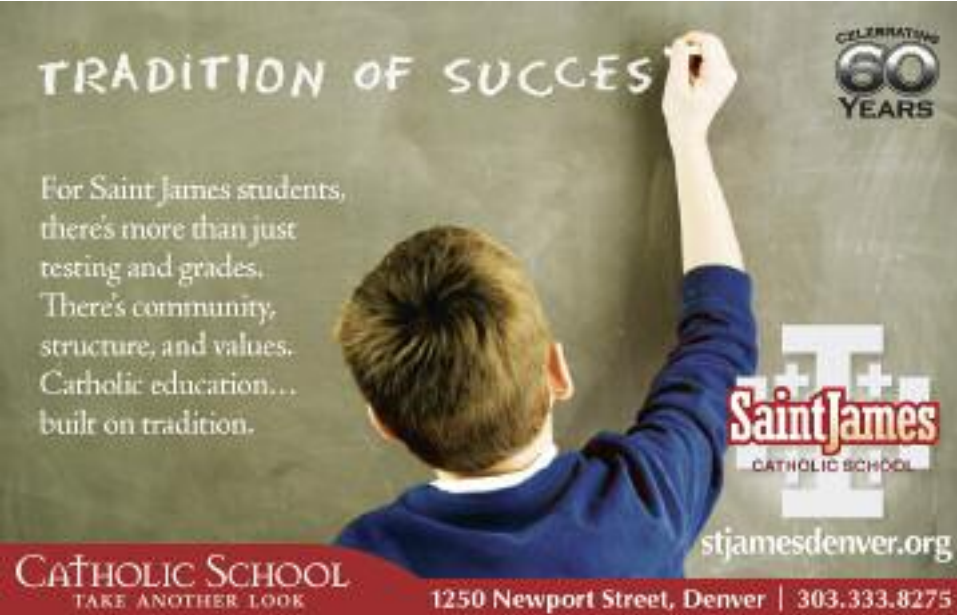
Exercise common sense. Sometimes the best defense is an offense.

Contact the District 5 Police station and find how you can establish a Neighborhood Watch program on your block.

Finally, as I always say, the best deterrent to crime is **getting to know your neighbors.**

If 90 percent of crime in our neighborhood is property crime, just think how safe we will be if we all took control and exercised some awareness.

Michael Hancock represents Stapleton and surrounding communities in NE Denver.



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2001-05 the redevelopment generated \$5.7 billion in economic and fiscal impact to the metro area, according a study commissioned by the non profit Stapleton Development Corporation. The study examined construction activity, the spending patterns of the businesses located at Stapleton and their workers, and residents and visitors. At full build out in the next 12-15 years Stapleton is projected to generate \$36.3 billion in economic impact.

For more information on First Source or the services of the Stapleton Workforce Center contact Ann White, business development representative, 3401 Quebec St. #7700, Denver, 80207; 720-865-0068; ann.white@ci.denver.co.us

For more information on the economic development impact study: http://www.stapletondenver.com/More_News-Stapleton_Economic_Development_Study.aspx

“Recycle It” Event at Stapleton May 31st

The 3rd Annual Recycle It @ Stapleton Event! will be held Saturday, May 31st 2008 from 10am – 1pm at the WalMart Parking Lot in Quebec Square. The event is free and open to the public.



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For questions about items not listed, including paint and household chemicals, please call Denver City Services (dial 311) to talk to Denver Waste Management or Denver Recycles about proper disposal procedures. For more information about the Recycle It event please contact Angie Malpiede at amalpiede@stapletonfoundation.org.

Sponsors: Abundantly Clear • American Family Insurance, Aaron Turner Agency • Chipotle • Forest City • Greater Stapleton Business Association • The Kearns Team • King Soopers • Shred-it • Stapleton Foundation • Stapleton Area TMA • Techno Rescue • Wal-Mart

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Community Gardening at Stapleton

By Chris Adams

Stapleton residents will have two opportunities for community gardening this summer. Volunteers and staff of Denver Urban Gardens broke ground on Greenway Garden (23rd and Spruce) in mid-April, and work continues at a newly announced garden at the Urban Farm at Stapleton. The Greenway Garden is full for the 2008 season, but plenty of spots are available at the Urban Farm—and gardeners there will get to enjoy the animals and other features the farm has to offer.

Community gardening is a natural fit for Stapleton, and newly emerging research from the University of Colorado School of Medicine proves its value. Dr. Jill Litt, Assistant Professor in the Department of Preventive Medicine and Biostatistics, has been studying the impacts of gardens for years. She directs the “Gardens for Growing Healthy Communities” project, whose goal is to “explore the concepts of health and place, and their interconnections as they relate to neighborhoods, food systems, active community environments and the social organizations in communities that support and sustain connections among people.”

Her conclusion? There is evidence leading to the conclusion that community gardening supports health in multiple ways, including:

- Better nutrition and physical activity
- Building and maintaining family and neighborhood connections
- Therapeutic and spiritual benefits

She is also finding secondary benefits to community gardens, including:

- Higher perceptions of safety
- Beautification of open space
- Encouraging other activities, such as picnics and collecting surplus produce for donation
- Place for mentoring
- Community building
- Civic involvement

The GGHC project is now recruiting older volunteers, aged 55 and better, to volunteer in a newly designed volunteer-based mentoring program entitled “Connecting Generations through School-Based Gardens”. For more information, please contact Ruth Starr at ruth.starr@uchsc.edu.

To learn more about the GGHC research project, contact Jill Litt at jill.litt@uchsc.edu or visit the project website at www.gghcdenver.org.

A related phenomenon in Stapleton is the growing number of alley gardeners—those

who use the strip of land between their back fence and the alley to grow vegetables. Because the alley is a public place, it is likely that many of the same benefits that Litt observed in community gardens can start to happen in our alleys too. This growing season promises great things for Stapleton residents. Join us!

Chris Adams is the initiator of the Greenway Garden, and is also the president of the Board of Denver Urban gardens. If you are interested in community gardening, please contact Denver Urban Gardens at 303-292-9900 or dirt@dug.org. If you would like information on a plot at the Urban Farm, please contact Laura@dug.org. Talai Franz at the Urban Farm at 303-307-9332 or info@theurbanfarm.org. Funds are still being raised for the Greenway Garden. If you would like to contribute please contact DUG. Many thanks to Stapleton United Neighbors for its \$1,000 contribution!



Volunteers, with help from Denver Urban Gardens (DUG), remove sod in preparation for the Greenway Community Garden located at 23rd and Spruce. Lisa Bult, a DUG intern, stacks rolls of sod in the foreground.

Sweet William Market “Green” Shopping

The 2008 season for the Sweet William Market starts on Saturday, May 31st at 9am. Run by Stapleton residents Kim Kouba and Lizzie Kienast, the Sweet William Market offers a wide range of treasures, musical entertainment, and food at Founder’s Green, along East 29th Ave., in Stapleton. Sweet William Market will be open from 9am til 2pm the last Saturday of each month from May through September.

With the world becoming more focused on “going green” and protecting the environment, the Sweet William Market offers a “green” shopping experience. Buying vintage is a great way to reuse and repurpose – and in addition, customers will find bins for discarding their recyclable items while at the Market.

Lauren Kitchens of Seven Petals Design uses old discarded windows as the backdrop for her whimsical creations. Jaala Sheldon of Jaala Jewels repurposes vintage jewelry into amazing new high fashion works of art. Sheldon’s display is made from vintage garden accessories and chandeliers.

Sweet William has also teamed up with area non-profits to help them get the word out at the market. Sweet William offers philanthropies the option to sell food and beverages or other products or promote their fundraisers at no charge. Such organizations have included Bluff Lake Nature Preserve, The Anchor Center for the Blind, The Four Mile Historic House, and The American Cancer Society’s Relay for Life.

For more information visit www.sweetwilliammarket.com.

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Kids Race, Relays, Half-Marathon

Colfax Marathon Offers Something for Everyone

By Nancy Burkhart

Spring officially is underway, with buds on the trees, flowers pushing their way toward the sun, and runners serious about participating in the May 18 Post-News Colorado Colfax Marathon training for the one of the event's races.

Included in the Colfax Marathon are a full marathon (26.2 miles), half marathon (13.1 miles) and a 5-person team relay with individual legs of 5K, 10K and 12K. The course starts and ends in Denver's City Park.

In addition there will be a kids race on Saturday, May 17th at 10:00 am. The Marathon Milers One-Mile Fun Run is for kids kindergarten through 8th grade. It will be held in City Park, right outside the race Expo where runners pick up their registration materials. There will be food, bands, and The Children's Museum will have a crafts booth after the race. "Stuff" (a huge creature that helps exhibit healthy eating) will make an appearance.

Stapleton resident David Manthey is the owner/trainer of Runner's Edge of the Rockies, a training program for distance runners. "You don't have to be going for a marathon," said David Manthey. "If you are just starting out, you can walk a half marathon or do a 10K race."

In the spring, Manthey trains about 250 people at different running/walking levels. The Stapleton resident says about 75 members of the Runner's Edge of the Rockies will participate in the Colorado Colfax Marathon.

"It's definitely a challenging race," Manthey said. "The altitude is different than running races at sea level, and there is the uniqueness of the street (Colfax Avenue)."

This year's race is being touted as "runner-friendly," with no "steep hills" and with shade along the course. Pace group leaders will be visible to help runners get into a groove.

The full marathon goes west along Colfax Avenue to Simms Street in Lakewood. The half marathon goes east to the Anschutz Medical Campus at Peoria Street.

While some runners are die-hards, this marathon offers more opportunity for runners who do it for the fun of it, or to stay in shape. The Colfax Marathon, unlike the Boston Marathon, has no time qualifications for entry.

"Some gifted runners will target three hours or less to finish a marathon," Manthey said. "On the flip side, we have members whose goal is just to finish. I never like to put emphasis on the time."



Distance runners who belong to Runner's Edge of the Rockies train together on group runs.

The Colorado Colfax Marathon attracts many runners because it is in their home state, according to Manthey.

"Many runners have a lot of pride about their home city," he said. "It's an awesome feeling to do a marathon in your hometown. There's no travel expense. The whole family and friends can come out and watch. It's really supportive."

"All the organizers are born and bred in Colorado," he explained. "They have the city in mind. The money goes back into the cities. It's a not-for-profit race put on by Aurora, Denver and Lakewood."

Manthey offers members of the Runner's Edge of the Rockies an opportunity to train year round with organized group training runs and individual training programs. He helps people get ready for races with personal counseling on how to deal with injuries, illnesses and body development. Members are at various levels and abilities, including walkers. One member has run marathons in all 50 states, while another has run more than 80 marathons. Some even do ultra-marathons, which are more than 31 miles.

Packets for the Colorado Colfax Marathon must be picked up in advance of the race during the Post-News Colorado Colfax Marathon Health and Fitness Expo. Stop by on Friday, May 16, from noon to 7:00 p.m. or on Saturday, May 17, from 9:00 a.m. to 5:00 p.m., City Park, 2100 Steele St.

David Manthey, Runner's Edge of the Rockies, can be reached at 303-320-3343, or go to www.RunnersEdgeoftheRockies.com. For Post-News Colorado Colfax Marathon information, visit www.coloradocolfaxmarathon.org.

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“We think it’s necessary to provide home-like environments in all our facilities,” said Deborah Cameron, Director of Community Relations for Senior Housing Options. The firm has seven assisted living communities and seven independent living communities for seniors throughout the state. They include the Barth Hotel for assisted living and the Olin Apartments for independent living.

In Park Hill, Senior Housing Options offers the Park Hill Assisted Living Residence with single and double rooms. “Their niche is creating and managing housing for low to moderate income seniors,” Cameron said.

The Park Hill facility has attracted some people with colorful backgrounds. George McLeod once climbed Mount McKinley and explored the Antarctic. He moved to Colorado to take advantage of the area’s various mountaineering schools. Now that he is experiencing the effects of Alzheimer’s, he lives at the Park Hill Assisted Living Residence.

Diane Rutter, 64, is another resident. She moved to the Park Hill facility about a year ago after having several back surgeries. She had lived alone and had fallen. Her sister, Ginny Sowler, lived about six blocks away from the Park Hill residence and took Rutter for a tour.

“Ginny left me here and went home and got my clothes,” Rutter said. “It was almost like coming home. Every place has its own personality, but Park Hill has a soul. I have just loved it ever since.

“I love the architecture. It used to be an old convent. It’s just charming – the inside and the outside both. They have a vegetable garden here and flowers. I joined the garden club. They let me build a combination rock garden and herb garden.”

Park Hill Assisted Living, 1901 Eudora St., is for adults 62 years old and older. “We accept folks from any income, anyone in need of additional support in their lives,” Cameron said. “We have a very well-trained chef on staff. We do housekeeping, if they need help (we take care of) medication, change linens and towels. We have a 24-hour staff in case someone needs help.”

People move in for permanent residence, or as respite care after surgery or for a temporary need. It also may be the next step after independent living for seniors who need a bit more support but want to maintain control over their lives. The facility is close to museums and the zoo, and it blends into a lovely residential area.

Seniors are encouraged to plan ahead and check out the facility when they are making future plans. “(However) a lot of times people call when they are in a crisis and they call (to come in) immediately,” Cameron said. “It’s a less stressful transition if they can plan ahead. Our staff can work with them to determine the kind of care they need. Our staff is there to make the transition process as easy as possible.”

Senior Housing Options will hold a summer fundraiser for theater buffs. The Barth Hotel, featuring lovely, antique architecture, will be the site of 18 performances of “HOTL Baltimore” on Thursday, Friday and Saturday from July 17 through August 23. The story is about a group of older lost souls who inhabit a once-elegant hotel. The play was written by Lanford Wilson, and is directed by Terry Dodd. A “notable” Colorado resident will have a cameo appearance at each performance. Go to the website for tickets.

To volunteer for an event, or to get residence information, call Deborah Cameron at 303-595-4464, ext. 14. For play tickets, go to www.seniorhousingoptions.org.



Diane Rutter leads a "Stories of Encouragement" discussion group at the Senior Housing Options residence located in Park Hill. The home is a former convent.

By Nancy Burkhart

In January, the first Baby Boomer reached the age of 62. That was just the beginning of a wave of upcoming seniors who will

need low- to medium-income-level housing options that will address both quality of life and physical needs. Senior Housing Options, located in Park Hill, is a facility that addresses

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New DSST Middle School Coming to Stapleton in August 2008



Rich Harrison (middle), head of the new Denver School of Science and Technology (DSST) Middle School, joins John and Carrie Morgridge at the school's groundbreaking ceremony. The Middle School building will be named after the Morgridges, who were major donors to the capital campaign. The beam was autographed by Denver Mayor Hickenlooper and DPS Superintendent Michael Bennet.

By Ashley Rogers

The expansion of The Denver School of Science and Technology (DSST) to include a middle school program is now underway. Construction has begun on a new building located on the eastern portion of the DSST campus at Stapleton to house the DSST Middle School that will serve grades 6 through 8 beginning with 130 sixth graders in the fall of this year in a temporary location yet to be identified. Applications for the middle school were due on March 20th with a lottery process that followed the week after. The lottery process takes place in order to create a diverse student body.

As it is now, DSST is separated into two separate academies. The DSST Prep Academy consists of freshmen and sophomores, while the Senior Academy consists of juniors, and seniors. This new middle school portion of DSST can be thought of as the Middle School academy. There will not be much interaction between the middle school and high school due to their different schedules, but there will be some similarities. Just as the

high school has a morning meeting, the middle school will as well. The middle school will also be following the same core values of Respect, Responsibility, Integrity, Courage, Curiosity, and Doing Your Best as the high school does. The main purpose of the middle school is to prepare students for the high school portion of DSST, which in turn will prepare students for college.

Like the high school, the middle school will have a dress code as well. Students won't have as much freedom though when it comes to shirt choices. It will be mandatory that the middle school students wear DSST polo shirts, and then when they reach the high school they will be able to wear what ever kind of collared shirt that they wish. As for building usage between the schools, the programs will be separated for the most part, but will share the gymnasium and drop off points. To reduce traffic congestion, middle school hours will start earlier and end later than the high school. The middle school hours are expected to start at 7:45 a.m. and end either at 3:30 or 3:40 p.m., but the times have not been set in stone yet.

To start the middle school off, each incoming sixth grader will have to attend summer school for three weeks. This is to prepare them for their new academic focuses. Each day there will be 2 hours of English, 1.5 hours of science and math, and 1 hour of social studies. Tagging along with that, there will be two days a week that the students will attend physical education, art, or technology classes. Unlike the high school portion, students will not be given a laptop they can take home for educational purposes, but they will be using computers on wheels, referred to as "COWs." The COW program will allow teachers to bring in laptops on carts when it benefits their curriculum. The teachers

on the other hand will have their own laptop which they can use for a multitude of purposes.

When talking to the new head of the middle school, Rich Harrison, and current head of the high school, Bill Kurtz, both had the same thoughts that the best way to prepare students for a future is by reaching them at an earlier age. The new middle school at the Denver School of Science and Technology will have a chance to demonstrate the importance of that approach.

Ashley Rogers is a junior at the Denver School of Science and Technology at Stapleton. She is currently serving as an intern in the offices of Stapleton's master developer, Forest City Stapleton, Inc.



DSST Head of School Bill Kurtz speaks to invited guests at the new middle school groundbreaking. Guests in the front row include Jeannie Ritter, the Morgridge family, City Council President Michael Hancock, Denver Mayor John Hickenlooper, and DPS Superintendent Michael Bennet.

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Front Porch Dining Guide

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Meals served:
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L-Lunch
D-Dinner

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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, *

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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

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303.333.4006 Happy Hour: \$2.50 on select hand rolls, sake 2 for 1, select beer \$2.25 \$\$, LD, *

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The Sweet Life Means Manicures and Pedicures

By Nancy Burkhardt

A tough day, either at the office or at home, may require a trip to the Sweet Life Nail Bar & Lounge for a relaxing pedicure or manicure and glass of wine.

The Sweet Life Nail Bar & Lounge, located in the ReMax Real Estate building at 2373 Central Park Blvd., Suite 105, is owned by Stapleton residents Diane Bilello and Anna Hughes. It is scheduled to open on May 10.

"We saw a gap in the market," Bilello said. "They have quite pricey nail bars in New York and San Francisco. Here they have quite pricey spas. We're not going to do that. We're going to provide a unique service at a great price in a beautiful setting."

Bilello and Hughes, who are both business and life partners, have combined their talents in the nail bar. Bilello has owned her own small business for 20 years, and has "lots" of retail experience. Hughes owns a business in which she designs jewelry.

Comfort is the mission of the nail bar. Hughes said she designed the space with all the senses in mind. She wants it to be an experience for sight, comfort and aroma. Pedicure chairs are "clean, modern lounge chairs" with individually plumbed pedicure bowls. Services can be further enjoyed with a purchase from a selection of wines. Free wireless computer access is available.

Parents can relax with a manicure or pedicure while watching their children, ages 5 and under, in the central play area. Parents must request time in the play area when they make their reservations.

All natural nail polishes and products will be used – and there will be no odor. Pedicures will be \$30, manicures \$15, or both for \$40. Mini "mani/pedis" will be offered for ages 12 and under. Both men and women will find luxury in the nail bar.

The shop will offer all natural lotions, jewelry, essential oils and all-natural soaps. Artisan jewelry, including some by nail bar partner Anna Hughes, will be available.

The nail bar will carry trollbeads, a unique line of jewelry that allows the customer to personally design a bracelet and/or necklace to their liking. "Detailed design and originality is what sets trollbeads apart. Anna will help customers design them," says Bilello. Customers will walk out with a finished piece of jewelry. Bilello said trollbeads have been featured in *Vogue* and *Glamour* magazines and the *New York Times Magazine*.

"The Sweet Life Nail Bar & Lounge is a place to go to have a good time," says Bilello. "There is the option of spending more time, if you have flexibility. Or you can get quick service, in-and-out, and save time," Hughes said.

Starting May 10, the Sweet Life Nail Bar & Lounge is open 11a.m.-8p.m. Wednesday, 11a.m.-9:30 p.m. Thursday, 11a.m.-10:30p.m. Friday, 10a.m.-10:30 p.m. Saturday, and 10 a.m.-6p.m. Sunday. It is closed Monday and Tuesday.

For more information visit www.SweetLifeNailBar.com.

Mother's Day, May 11th from 1 - 3pm Family Art-Making Workshop



"A Rainbow and the Olive Branch" by Maharat, age 10, Takhkemom School, Rebovol, Israel. The dove and animals all carry olive branches as a sign of peace. The painting is in the colors of the rainbow.

Maureen Kushner, a world renowned art educator, will offer a student and family art workshop at Bill Roberts School on Mother's Day, May 11, from 1 - 3pm. Ms. Kushner has worked in the middle east (including in refugee camps) helping children living in war zones give voice to their thoughts and feelings through the creation of art. She lives in Israel for half the year and in New York City the other half. Much of her time is spent traveling the world sharing an exhibit of children's artwork entitled "Peace Through Humor."

Additional events with Ms Kushner include:

- Friday, May 9th, 3:30 - 5pm Kids' after school art workshop
- Monday May 12th, 5:30 - 7pm Public reception for Ms. Kushner and the Children's Art Show.
- Monday May 12th, 7pm Free public lecture and slideshow.

Programs are at Bill Roberts School and are free although donations will be accepted. The events are being co-hosted by the Mizel Museum, and much of the funding is being provided by the Science and Cultural Facilities District (SCFD). For more information, please call Thom Padick at 720-424-2695.

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May 2008

10

Stapleton Front Porch

Mothers Just Need to Relax



Elizabeth Yarnell

By Elizabeth Yarnell
“She has only one thing on her mind...” went the line from the song on the speakers in my exercise class. “I don’t know who he’s talking

about,” commented the instructor, Kathy, a mother of three and a business owner. “I never have fewer than five things on MY mind!”

Oh yes, I know what you mean! My mind is racing morning ‘til night with lists of things that need to get done, anxieties about my kids health or school, new ideas to implement in my home or business, detailed schedules for everyone in the family... Buy milk. Swimming lessons tomorrow. The kids are out of clean underwear, so better do the laundry. Project due Friday. And on, and on.

I know I’m not alone. Many mothers feel overworked and run down. But besides the issue of simply having too much to do, many of us simply don’t know how to relax.

No, I don’t mean the watching-tv-type of relaxing, even if you’re not multi-tasking by folding laundry, knitting, etc. while you take in American Idol. Nor do I mean the day-at-the-spa type of relaxing, though that’s always nice, too, don’t get me wrong. I’m talking about relaxing the body down to the cellular level in a way that will allow the adrenal glands and other organs to rest and replenish.

So what do I mean what I say “relaxation”? Well, here are a few of the many avenues available to find that deep, cellular-level relaxation that encompasses mind and body.

Deep breathing. This is a learned skill of

bringing a breath past the lungs and into the stomach for more efficient and effective respiration. I have used deep breathing to combat everything from claustrophobia to an attack of hives, not to mention as a time-out for myself during trying child-rearing situations!

Yoga. Yoga is a great place to learn correct breathing techniques as well as to stretch and release tension in the muscles. Regular yoga practice can result in a more peaceful mind along with a stronger body.

Meditation. Meditation, or the practice of stilling the mind, can be done anywhere at almost any time. It can slow the heart rate, release anxiety, and leave you recharged for life.

Skilled Relaxation. This is a form of meditation advocated by Dr. Walt Stoll, coauthor of *Recapture Your Health*. In combination with a perfect whole foods diet and regular exercise, skilled relaxation has been shown to help cure some chronic medical conditions.

Self-hypnosis. By using visualization techniques along with relaxation exercises, you can exert mind over body and hypnotize your way to relaxation. It’s helpful to have an instructor or a book to show the way.

This Mother’s Day give yourself the gift of a longer, more healthful, and more relaxed life and commit yourself to learning and practicing a deep relaxation skill that you can use to calm the mind *and* the body.

Elizabeth Yarnell, CHNP, CNC, is a holistic health counselor whose best selling cookbook, Glorious One-Pot Meals, is available online at www.GloriousOnePotMeals.com through May at a 10% discount for Front Porch readers. She writes about healthy recipes and living a natural lifestyle at her blog: www.EffortlessEating.com.

Mother’s Day Bike Ride



Devin McCune, his wife Adrienne and son Seamus, 6, take a weekend bike ride along E. 29th Ave. in Stapleton. Devin will lead a Mother’s Day family bike ride through Stapleton.

By Devin McCune

Racing Green MTB, a local mountain bike racing team, is organizing several community based rides over the summer to promote the environmental and health benefits of bike riding. The first event is planned for Sunday May 11 from 2-4 pm. The route will start and end at SouthEnders coffee shop (2306 Central Park Blvd) and will take riders through Stapleton. The focus of this ride will be to help educate community members (especially kids) about basic rider safety and bike safety and to provide tips that make riding

through Stapleton more enjoyable and practical.

Beginning at 3:30 there will be a drawing for participants at SouthEnders.

In honor of Mother’s Day, SouthEnders coffee shop will offer a free ice cream to mothers who participate in this ride.

Devin McCune is the founder of Racing Green MTB, a local mountain bike racing team that is dedicated to promoting the environmental and health benefits of bicycling. They are sponsored by SouthEnders and Pedal Pushers Cyclery. For more information please visit www.racinggreenmtb.com or contact Devin McCune at dmccune7@hotmail.com.

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America's Pastime: Baseball!

Tuesday, May 27, 2008 from 1:30-2:30 pm

This presentation will trace the history of baseball from Abner Doubleday to Barry Bonds. Active Minds will present a few of the legendary stories of the game, including the Merkle Incident, the 1919 Chicago Black Sox, the Curse of the Bambino, and others. Jackie Robinson and the role of the Negro Leagues will be discussed, as well as how the modern era has been affected by the use of steroids. Bring your own favorite baseball story to share with the group. **Location:** The Village at St. Catherine, 5565 S Yosemite St, Greenwood Village, CO 80111 **RSVP:** Barbara: 303-339-8702 (Limited seating. Call for availability.)

Kenya: Democracy at Risk

Tuesday, May 27, 2008 from 5:30-6:30 pm

The disputed December Presidential election in Kenya sparked a wave of violence resulting in over 1,000 deaths and half a million people displaced. It has been referred to as "ethnic cleansing" and presents a serious threat to true democracy in the country. Active Minds will explore the historical and recent causes of the violence and its implications for this important African country. **Location:** Tattered Cover, 2526 E Colfax (2 blocks east of York)

Turkey

Wednesday, May 28, 2008 from 1-2 pm

See previous description, on Monday, May 26th. **Location:** Generations at Lowry, 8505 Lowry Blvd, Denver, CO 80231. **RSVP:** Generations at Lowry: 303-364-8500

Lebanon

Monday, June 2, 2008 from 7-8 pm

Active Minds will trace the history of the current situation in Lebanon and provide information on the rise of Hezbollah, Lebanon's Shiite militia, and Lebanon's role in the Arab-Israeli conflict, including the complex relationship with its neighbor Syria. **Location:** Stapleton Master Community Association, 2823 Roslyn St, Denver (east of the King Soopers at Quebec & 28th Ave) **RSVP:** Stapleton Foundation: 303-468-3223. *Sponsored by The Stapleton Foundation.*

May Performances & Events

May Performances – Vintage Theatre – "The Boys Next Door"

Four mentally handicapped men live under the supervision of an earnest, but increasingly "burned out" social worker named Jack. May 2-4, 9-11, 16-18, 23-25 and May 30 - June 1. 2119 E. 17th Ave. Tickets: \$8; \$7 children, students, seniors; call 303-839-1361 or visit www.vintage theatre.com.

Through May 11 – Aurora Fox Arts Center

Eugene O'Neill's "The Emperor Jones"

A man makes the descent from power to madness while a rebellion brews. 9900 E. Colfax Ave. Call 303-739-1970 or go to www.auroragov.org. Go to Departments, Library, Recreation Services, Fox Theatre.

May 2 - June 6 – Avenue Theater

"Almost Denver: The Songs and Failures of Jim Aurora"

An outrageously funny show chronicling the life of a forgotten folk singer through side-splitting parodies of a not-forgotten legend, John Denver. 417 E. 17th Ave. Call 303-321-5925 or see www.avenue theater.com.

Through May 17 – John Hand Theater – "Arcadia"

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

May 23-26 – Downtown Denver Arts Festival

The fine art and fine craft exhibition features over 125 of Colorado's best artists with over 150,000 people expected to attend. Denver Pavilions, 500 16th St. Call 303-302-0171, or go to www.botanicgardens.org/pageinpage/home.cfm

Upcoming Rapids Games

Sunday, May 4 - Rapids Family Night

At Dick's Sporting Good Park. Rapids vs. DC United, 1:00pm. 4 tickets, drinks & hot dogs for \$69.

Thursday, May 15 - Doubleheader

Rapids vs. Real Salt Lake, 7:30pm. Come at 4:00pm to see the Fort Collins Force women's team play the Washington Freedom.

Saturday, May 24 - Military Appreciation Night

Rapids vs. Chivas USA, 7:30pm. All military and service personnel can get discounted tickets.

Sunday June 1 - Family Night

Rapids vs. FC Dallas, 1:00pm. 4 tickets, drinks & hot dogs for \$69.

For more information visit www.ColoradoRapids.com or call the Rapids at (303) 825-GOAL. Ticket prices start at \$12.

FREE - Health Staples at Stapleton: May 21

How to Take Care of Your Skin and Carpets

Join Dr. Deb Cook from Exempla to learn how to keep your skin looking vibrant and healthy, as well as skin cancer detection, screening, and treatment. Hear what Corby Felsher from Stapleton Home Services has to say about the latest trends in carpet treatments.

Health Staples is a series of FREE health/life classes to help you and your family stay healthy in 2008. The class will take place every 3rd Wednesday of the month from 6:30-8pm in the Stapleton MCA Community Room at 2823 Roslyn St. For more information email stapletonobgyn@exempla.org or call Cindy at 303-403-6333. The series is sponsored by Exempla Healthcare and the Stapleton Master Community Association.



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Public Art Installed at Stapleton's Newest Pool



Artist Russell Rock and his partner Jeanine Centuori created the glass installation being put in place at the new pool near Geneva Court in Stapleton. The piece is called Conditional Reflections. Russell is holding his sketch of the project. The pool is set to open this summer.

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9Health Fair Comes to Stapleton



Above: Greg Young and Hillary Duffy, physical therapists at CU Hospital (wearing white), check Stapleton residents Emily Eisenbaum, black sweater, and Molly Smith, gray sweater, for body balance. Left: John Volpe of Aurora gets his blood drawn. The fair offered a low cost Blood Count (\$15), 31-Component Blood Chemistry (\$30), and PSA for Men (\$25), as well as a free screening for Rheumatoid Arthritis.

The first 9HealthFair at Stapleton, held on April 13th, had 246 participants and over 150 medical and non-medical volunteers. The event, held at A.F. Williams Family Medicine, offered free and low cost blood tests and other health services.

Numerous screenings were offered including: blood pressure and pulse, breast exams, diabetes risk assessment, foot screening, hearing screening, oral screening for tooth and gum disease and oral cancer, osteoporosis screening, vision screening, mental health screening, and body mass index (BMI) screening to assess obesity. Educational materials were offered on colon cancer and eye health, and numerous health related professionals were on hand to discuss their areas of expertise.

Forest City Stapleton, Inc. had been working on hosting a 9HealthFair at Stapleton since 2003 and hopes to host a 9Health Fair again next year.

Did You Know?

Cinco de Mayo Is Celebrated More in the U.S. Than in Mexico

Cinco de Mayo is not Mexican Independence Day, as some wrongly assume and it is not widely celebrated in Mexico. Festivities on that day are mostly limited to the state of Puebla, where residents commemorate the victory of the Mexican Army over the French in the city of Puebla on May 5, 1862. The victory proved to be a sign of Mexican unity and patriotism. It demonstrated to the world that Mexico was not open to foreign intervention and would not stand for foreign conquest. However, a year later Mexico fell to French occupation and Maximilian I became Emperor of Mexico. He sat on the Mexican throne for five years, until President Benito Juarez executed him.

Unlike Mexico, where Cinco de Mayo celebrations are quite limited, the holiday has become widely popular in the United States, and people of Mexican descent, along with many others, enjoy a day of food, music and customs representative of Mexico. It has become a time for Americans to highlight Mexican culture and

experiences, especially in cities where many people of Mexican descent live, as in Denver. The Virgin de Guadalupe and migrant worker and political activist Cesar Chavez are among those who hold a place of honor in the celebrations that join Mexican and American roots.

To learn more about Latino art and culture...

Visit the Museo de las Americas, a non-profit museum that is committed to preserving and promoting the art and culture of the Latino people. Through innovative exhibitions, bilingual programs, educational activities and special events, the Museo educates the public in the richness of Latin American arts. Hours: Tuesday-Friday 10am-5pm, Saturday-Sunday 12pm-5pm | Free on First Fridays and Target Family Free Day is the second Saturday of each month. 861 Santa Fe Drive, Denver, CO 80204 303-571-4401. Regular Admission \$4/adult; \$3/student & senior; <12 free.

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A Stylish eMagazine for a More Discerning Gay Denver

by Kathy Epperson

Stapleton resident Ken Zachmann parlayed his experience in the dot com world to test market and launch his e-magazine for gay men in Denver and other cities. "I got the idea for HeSaidDenver after I started reading all the current gay-focused Denver publications and was a little disappointed that they focused so heavily on gay bars and nightclubs," Ken says. "I was looking for more. I wanted to find out where the latest underground art exhibit was and what new stylish restaurants were opening. I also wanted to learn about any gay-owned or gay-friendly boutiques I could support. This information was just not there."

Ken drafted a business plan and launched a very basic site in 2004, collecting email addresses for "a stylish e-magazine for a more discerning gay Denver." "I sent the link out to my friends and it spread like wildfire," he says. "Within just a few months, I had over 1000 subscribers."

Each HeSaid site is segmented into four categories: "Out on the Town" for new gay-owned or gay-friendly restaurants, lounges and bars; "Beaux Arts" for local culture, art exhibits, performances and more; "Retail Rejuvenation" for new or great retail boutiques; and "Mix Masters" for any A-list shows or DJs coming to town.

Since 2004, Ken has expanded to eight other cities, including New York, Los Angeles, San Francisco, Seattle, Chicago, Miami, Atlanta and Dallas. New sites will soon be launched for Ft. Lauderdale, Minneapolis,



Stapleton resident Ken Zachmann created the website, HeSaid, that features such info as the latest underground art exhibits, stylish new restaurants, and gay-owned or gay friendly boutiques.

Boston, Austin and Palm Springs. Ken plans his first international expansion this year with the launch of HeSaidLondon.com.

"I went through a lot of names for the business," Ken says, "but since I had always been the guy about town, so to speak, my friends used to always say, 'well, Ken said to go check this restaurant out.' The term 'KenSaid' became sort of an inside joke with us all. One of my friends suggested the

name 'HeSaid' since it was natural fit for a gay male voice, and the prefix easily translated launching other cities down the road. So, over a few margaritas at Zengo, HeSaidDenver was born."

To ensure that site visitors and subscribers can access each city's content for free, Ken has created a revenue model based on sponsorship placements either via banner ads on the emails and on the website. "Right

now, I work with both small businesses and large agencies for ad placements in all the cities," Ken says. "I also block out space during the month to offer gay-focused non-profits a chance to reach the community and raise awareness to them or to an upcoming fundraiser or event they may be planning at no cost to them."

Ken's background in high tech and his current day job doing online marketing have allowed him to think broadly about how best to service his target audience. "The site is going to make some big jumps in 2008 with mobile features allowing readers to get text updates on-the-fly every Friday to their PDAs or cell phones for what stylish events or openings are happening that weekend in Denver," Ken explains. "The other big push is to launch video on the site to offer site visitors a chance to see an actual walk-through of new restaurants, plus chef interviews, behind-the-scenes looks at local performance art, and so forth."

Originally from Fort Collins and a graduate of CSU, Ken moved back to Denver from California to be near family after the dot com bust. He shares his home with partner Ben Schultz, a Ballet and Modern dancer, and also does freelance writing for local print publications such as the Rocky Mountain News, and 5280 and Colorado Homes & Lifestyles magazines.

For more information, visit www.hesaiddenver.com.



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Amore Fiori Sets Up Shop at DIA



Michelle Stefanon, owner (left), with Tommy Maez, Manager, and Rebecca Border, Customer Relations, at the new Amore Fiori Flowers and Gifts shop at Denver International Airport. Michelle competed for and won one of three spaces in an “incubator” program for small businesses at DIA.

Denver International Airport (DIA) and the Denver Office of Economic Development (OED) have opened the new Terminal Marketplace at DIA. The three concession stands represent an innovative, economic development opportunity for Colorado small business owners.

Located on level five at DIA, the Terminal Marketplace features Amore Fiori Flowers & Gifts Shop, CofTea Shop and Vertical

Mile Market. “This is a unique opportunity for small businesses to experience what it’s like to operate in the airport,” said Denver Mayor John Hickenlooper.

These spaces will act as incubators for small businesses so that they can grow into one of the larger concession spaces in the future. All three businesses are Small Business Enterprises and received technical assistance from the OED throughout the start-up process. Each concessionaire competed for the available spaces. The airport intends to offer similar competitive opportunities in the future.

From a shopper’s perspective, the new Terminal Marketplace presents people waiting to greet passengers a convenient and new place to get a snack or gift without venturing too far away and perhaps missing their arriving friends or family members.

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The Berkshire Restaurant



Andy Ganick, owner of the Berkshire Restaurant, with his fiancée, Krissy Fasy, who helps at the restaurant after her regular job. They will be getting married in August.

Andy Ganick, owner of The Berkshire restaurant in Stapleton’s E. 29th Avenue Town Center, has a special sandwich on his menu called “The King” and quotes from Elvis Presley on the wall, but he says his only real connection with the late singer is “a love for bacon!”

While bacon is used in a variety of ways throughout The Berkshire’s menu, Andy is also quick to add that he loves tofu, perhaps a startling contrast but also an indication of his philosophy that unusual food combinations can be tasty. One item on the menu gaining in popularity is the “Bacon Double Genius Burger” a name inspired by a quote from Homer Simpson. The Berkshire offers a comfortable and relaxed atmosphere with a staff Andy describes as “welcoming and fun.” Andy chuckles when he describes the tagline he developed for his restaurant as “Swine, Wine and a Good Time.”

A native of Boston, Andy found him-

self unhappy in the sales job he landed after college at the University of Rochester, so he decided to move to San Francisco to live with friends. On his way to the west coast, however, he stopped in Vail to ski and stayed for six years during which he became involved in the restaurant business because “that was where the jobs were.” He moved to Philadelphia to explore different restaurant concepts and attended the University of Pennsylvania to study business, but his longing for the good life brought him back to Colorado.

Now engaged to Krissy Fasy who places doctors with hospitals when she is not helping out in The Berkshire, Andy opens the restaurant at 11:30 a.m., Mondays through Saturdays, with Brunch served at 10 a.m. on Sundays. In keeping with its relaxed atmosphere, the restaurant stays open until “the last person leaves the bar.”

Call 303.321.4010 for more information.

Moms and Kids Find New Meeting Place at Perk & Play



Above: Margo Zonca (standing), owner of the Perk and Play, holds her son Luke, 13 months as she talks with Erin Johns, who brought her twins Emma (in her lap) and Reese, both 22 months, for an outing at Perk & Play. Right: Anderson Wichern, 2 1/2, plays with a toy firetruck at one of the play stations at Perk & Play.

By Nancy Burkhart

There is a break in the day, an energy drain for you. But the kids are raring to go and eager for your attention. That is when you go down the street to Margo Zonca's Perk & Play. The kids will have craft and play sessions, and you will be treated to espresso or loose-leaf, organic teas while you watch your children's activities from across the room.

Later, you and your children will partake of Perk & Play's variety of mouthwatering crepes. Adults might go for a crepe with yogurt, fruit, granola and honey, while children will have to choose from such kid-tested and approved crepes as peanut butter and jelly, grilled cheese and pizza.

Zonca and her own three boys, ages 6, 3 and 1, have de-

veloped a kid-special crepe with nutella, a creamy chocolate, hazelnut spread topped with strawberries and bananas. It is a real hit, Zonca noted, saying that it causes her boys to run out into the street to herd their friends into the house for crepes.

"Perk & Play is a coffee, tea and crepe shop for the entire family," Zonca said. "Our goal is for the kids to be engaged with positive activities, no batteries, no TVs. Parents will be able to take a break. They can interact with the kids or meet with a friend and relax."

Perk & Play is not a daycare center. Parents will not be able to drop off their kids for craft and play sessions. Parents must stay in the room and be responsible for their children. However, the children's attention will be on projects they do

together. They will have craft time and story time, and they will take home the crafts they make.

"When kids have the right toys, they are captivated," Zonca said. "It's almost magical to watch them. It's not jungle-gym crazy. You have to provide kids with stimulating things that keep them busy."

"The point is to bring the community together," Zonca explained. "It's really important with parenting that we keep parents networking. Not all of us have family here. (People) don't have to have kids to come here. (They will) have time to relax, enjoy a nice treat and have a place where the kids really feel comfortable."

Zonca's husband, Jonathan, is a family practice doctor. Since they moved to Denver in 1999, she has managed his office. She also is a nurse practitioner who worked to gain knowledge of healthy food choices. She worked in food and beverage through high school and college, and put in a year at Starbucks in an effort to gain experience in the coffee industry.

"It's been a long road, but I finally have gotten to where it's all come together," Zonca said. The result is Perk & Play.

Perk & Play is located on the back side of the three-story ReMax building at 2373 Central Park Boulevard, in Suite 103. It is open Monday through Friday from 6am to 7pm, Saturday 7am-7pm and Sunday 8am-5pm.

Margo Zonca can be reached at Perk & Play, 303-399-1942. The Perk & Play website is www.pandpcoffee.com.



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Feast on the FAX (continued from page 1)

providing residents of the surrounding neighborhoods and beyond an opportunity to become acquainted (or re-acquainted) with the diverse restaurant base along East Colfax, now known as The FAX.

The event is presented in cooperation with Greater Park Hill, Bellevue-Hale, Mayfair, Historic Montclair, East Montclair and Stapleton neighborhood associations. The Boards of these six neighborhood associations will be selling tickets to The Feast on The FAX and sharing in the proceeds from those ticket sales. So ticket sales not only help The FAX Partnership, but also help advance the mission of these six great neighborhood associations. A portion of the proceeds from the event will also benefit a worthy non-profit group associated with The FAX.

Restaurants that have already signed up this year include: Solera, Senor Rita's Cantina, The Cork House, Mataam Fez, Mario-n-Wong's, Phonician Kabob, Aguacalientes, Senor Pepe's, Habesha, Axum, The Elm, Spin'n Chicken, Africana, Bruno's Saloon, Mario 'N Wongs and The Phonician Kebab.

Sponsors include the Stapleton Foundation, Johnson & Wales University, and Na-

tional Jewish Medical and Research Center. In addition businesses along The FAX are helping out, including the Firehouse Animal Health Center, Mayfair Liquors and Walker Dilworth Insurance.

The FAX Partnership is committed to revitalizing Colfax Avenue from Colorado Boulevard to Yosemite Street. The FAX Partnership's mission is to restore Denver's historic Main Street by establishing a vibrant, destination district. It seeks to do so by implementing long-term programs focused on economic and community development, crime prevention, small business improvement, corridor outreach and marketing.

Tickets purchased ahead from neighborhood associations cost \$20. Tickets purchased on the day of the event cost \$25. For more information or to buy tickets, visit www.feastonthefax.com or call Jake Flint at 303-321-3212.

Jake Flint is the Business Association and Special Projects Coordinator for The FAX Partnership and is on the Board of Mayfair Neighbors, Inc, and the Community Member of the Collaborative School Committee at Palmer Elementary School in the Mayfair neighborhood.

Earth Hour (continued from page 1)

Photo by Mark N. Kiryluk

many of the restaurants' lights off, diners ate by the light of candles which glimmered in the windows of the town center restaurants. Some Stapleton households also joined in the event and turned off all of their lights and unplugged electrical appliances.

Earth Hour started last year in Sydney, Australia when more than 2.2 million people and 2,100 businesses turned off their lights for one hour to inspire people to take action on climate change. This massive collective effort—called Earth Hour—reduced Sydney's energy consumption by 10.2% for one hour, which is the equivalent of taking 48,000 cars off the road for one year. For more infor-



Casey's Irish Pub and Bistro during Earth Hour.

mation visit www.earthhour.org
Heather Dock is an employee of Forest City Stapleton, Inc.

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Family Kicks

by Mike and Karen Giles
Mike Giles Family Karate



Family Time

Its almost summer time again, the longer days will more than guarantee lots of quality time with our family and friends. Or will it? If we are not careful, these precious summer time hours will slip away from us as we diligently work at our jobs, or our homes, making sure everything is perfect. In achieving this perfection, we may just lose sight of what's really important: our family.

Each day and moment our kids are growing into the adults we may not be able to imagine at this time, especially if they are still in diapers. But if you can close your eyes and imagine how tall and strong they will be as young adults/teenagers and how many decisions they will be faced with, you will realize how important it is to be a positive influence in their lives now.

Establishing and maintaining a close relationship with every child is critical. If you are like us and have more than one child (4 to be exact) and a career or business, it may sound almost impossible.

What's the key?

Realize that each child is different and you will probably have to vary your nurturing techniques a bit. The outgoing child and the shy child won't respond the same, no matter how hard you try.

Never play favorites – if you are going to spoil one child, spoil the other.

Teach them all to be strong and that life will have its ups and downs.

Spend individual time with each one of them, even if you have more than 4 awesome children.

Diversify their existence, so they are aware of all types of people from different walks of life. If they are fortunate enough to have an abundant life, find a way to teach them about the homeless and the poor and how they could help someone.

Encourage their endeavors, even if it's art and you were hoping they were going to follow in your footsteps and be a doctor or lawyer.

Summer time can be a great time to connect with everyone in your family, explore, ask questions, play, teach or just hang out with them. Whatever you do keep your children engaged in a learning environment. Summer time is the perfect time to take a class with your child and explore new things. At our school our families love the mental and physical challenge of working and growing together in karate class. As we always say, "The Family that Kicks Together – really does stick together."

Whatever you do, don't lose sight of what is really important, your family, because in the end that is what it's all about.

Mike Giles Family Karate is located at 7506 E. 36th Ave. #480 – Quebec Square.

For more information: mikegileskarate.com or (303) 377-(KICK)5425.

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FORESTCITY

The Happiest Commuters Around



By Evelyn Baker

So what makes Denver bicycle commuters so darned happy? For starters, some of us feel like we've stumbled across a pretty cool secret: riding to work in Denver's usually bike-friendly weather may mean that it takes an extra 10 or 15 minutes to get to work, but along the way we enjoy some quality "me-time" out in the fresh air, and we get a bit of exercise too. A great way to start the day. Especially for us busy working parents of young children, who may find it otherwise difficult to carve out

this invaluable time for ourselves each day.

And of course there's the environmental karma points for riding to work – less air pollution.

But beyond that, bicycling is appealing to me for some fairly base bottom-line reasons. By riding a bike to work, our family manages to get by with (gasp) just one car. Cha-ching. There are estimates that the average cost to own a car is roughly \$1000 each month – including car payments, insurance, gas, maintenance, etc. I don't have to pay for parking downtown. And since I manage to squeeze in what I call "exercise" on the way to and from work each day, I don't have to pay for a fancy schmancy health club. All that starts to add up.

The New Yorker ran a piece last year describing some of the psychological effects of long drive commutes. The claim was that because people were spending so much more time secluded in their own private vehicle for longer and longer periods of time, they were losing touch with their fellow humans. They were missing out on the opportunity to interact, on any number of levels, with the people around them.

And this leads to what is, to me, one of

the most notable reasons why bicycling feels so good. I don't know what it is about bicyclists, but we like to acknowledge each other on the road. Most of the time it's just a friendly tip of the helmet, a nod, an implied "howdy" as we pass on the street. But sometimes, you get to talking. Soon you're sharing short cut information, or helping to diagnose mysterious clunky noises in the back set of gears.

The other day, a group of school kids were cycling towards me at an intersection near Westerly Creek Elementary school, and another bike commuter was approaching from the right. As we passed carefully, the other bike commuter laughed and said, "Wow, it's really getting congested around here." I laughed too. Because we both recognized that this was a good kind of congestion to have. How often does the average car commuter have that kind of reaction to increased traffic?

Stapleton resident Evelyn Baker has been commuting on a bike to her job in downtown Denver since moving to the neighborhood two years ago. She can be reached at eleven.baker@gmail.com.

Mother's Day Walk, City Park Support Breast Cancer Patients

Denver's third Walk to Empower will be held in City Park on Mother's Day, May 11. The walk starts at 9am, check in begins at 7am. The non-competitive three-mile walk is a fundraiser to provide services to breast cancer patients. This year's goal is to raise \$175,000. All funds benefit the Rocky Mountain Affiliate of Y-ME National Breast Cancer Organization programs and services which are offered free of charge to anyone seeking information and support when facing breast cancer.

The Rocky Mountain Affiliate of Y-ME National Breast Cancer Organization was founded in 2003. It offers support groups for women touched by breast cancer in the Denver Metro, Fort Collins, Boulder and Colorado Springs areas. Y-ME Rocky Mountain offers breast health awareness workshops, Open Door educational programs and outreach. Their free services include the only 24/7 breast cancer support hotline that is staffed by breast cancer survivors, support groups, wigs, and prostheses for women, men and their families and friends in Colorado who have been affected by breast cancer. Last year, more than 2,000 women and their families benefited from Y-ME Rocky Mountain Affiliates programs and services.

In Colorado alone, 2,520 women each year are expected to be diagnosed with breast cancer and of those, 530 women are not expected to survive. Nationwide, it is estimated that nearly 185,000 people will be diagnosed with breast cancer. More than 2 million people have been diagnosed and another 1 million are living with the disease who have not been diagnosed.

For more information about building a team or participating in the Mother's Day events, visit <http://denverwalk.y-me.org> or call 303-300-5158.

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Sustainability at Stapleton

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



The Stapleton Farmers Market is moving to Founders' Green! The first day of the market will be Father's Day, June 15th, from 8:30 - 12:30. Mark your calendars!

Don't Trash Your Old TVs!

Do you have an old TV set stashed away somewhere in your house? If so, don't throw it away! Did you know that each computer and television display uses a Cathode Ray Tube (CRT) that contains an average of 4-8 pounds of lead? A local electronics recycler, Luminous Electronic Recycling located at 11809 E. 51st Street, will soon be the only electronics recycling company in the country to incorporate the latest and most technologically advanced CRT glass-to-glass separation process.

In addition to televisions, Luminous Electronic Recycling recycles all types of old electronics including computers, printers, cell phones, stereos, VCRs, and video game consoles. The cost of electronics recycling services depends upon the quantity, quality, type of material being recycled, distance, and labor. The salvage value for equipment minimally covers the expenses of labor, pick up, assessment, and de-manufacturing.

For more information, visit www.luminousrecycling.com, email info@luminousrecycling.com or call 888-312-2333.

Whole Foods Eliminates Plastic Bags!

The negative environmental impact of plastic shopping bags is finally starting to outweigh the convenience of them as many cities and towns across the country outlaw their use. Locally, Whole Foods Market phased out disposable plastic grocery bags at their checkout stands by Earth Day (April 22nd) and is encouraging customers to reuse bags—paper, plastic or fabric. For customers who forget to bring a bag, Whole Foods now offers 100% recycled (and recyclable) paper bags. All of the major grocery chains in the Denver region are also selling inexpensive reusable bags with their store logos on them.

So what are the issues with plastic bags? Plastic bags are made from petroleum, a non-renewable resource. It takes roughly 430,000 gallons of crude oil to produce 100 million plastic bags. A single plastic bag can take more than 1,000 years to break down

in a landfill; since they take so long to break down, polymers of every single plastic bag ever produced still exist on our planet! As they break down, plastic bags go through photodegradation, breaking down into small toxic particles that contaminate both soil and water and end up entering the food chain when animals accidentally ingest them. In the U.S. alone, about 100 billion plastic bags are thrown away each year. Plastic bags don't always make it to the landfill, and are a common source of litter. Estimates vary, but only about 1% of plastic bags are recycled worldwide and only 0.6 % in the United States. Whole Foods estimates that eliminating the use of plastic bags in its stores will keep 100 million disposable plastic bags off of the planet.

Next time you go grocery shopping, bring your own bags! Keep a stash of bags in your car so it's easy to remember to do this.

New Leaf and New Leaf for Kids



May's topic: Easy Guide to Outdoor Watering. Read the May issue at: stapletondenver.com/Sustainability-New-Leaf.aspx



May's topic: Summer Sustainability Reading List. Read the May issue at: stapletondenver.com/Sustainability-New-Leaf-For-Kids.aspx

Do You See LEED Everywhere?

More and more these days you see LEED mentioned in magazines, newspapers and on TV. The Leadership in Energy and Environmental Design (LEED) Green Building Rating System encourages and accelerates global adoption of sustainable green building and development practices through the creation and implementation of universally understood and accepted tools and performance criteria. LEED is a third party certification program and the nationally accepted benchmark for the design, construction and operation of high performance green buildings.

While many buildings are being described as "LEED," it is important to understand the distinctions within the LEED systems. First, there are a variety of LEED Rating Systems. Currently there are LEED Rating Systems for: New Construction • Existing Buildings • Commercial Interiors • Core & Shell • Schools • Retail Healthcare • Homes • Neighborhood Development

Each Rating System has a separate list of criteria a project must meet, depending on the project type. All of the LEED Rating Systems promote a whole-building

approach to sustainability by recognizing performance in five key areas of human and environmental health: sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality.

The second distinction to understand is that there are different performance levels in LEED. In order to earn LEED certification a project must satisfy all prerequisites and a minimum number of points outlined in the LEED Rating System the project is using. After the project has undergone a lengthy certification process, it is awarded a specific performance level—LEED Certified, LEED Silver, LEED Gold and LEED Platinum. The higher the performance level, the more points the project earned. To learn more about all of the LEED Rating Systems visit www.usgbc.org.



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Sue of Siam

Where Budding Chefs on a Budget Like to Eat



Monika Reitmeyer

who are simply fed up with sub-par, over priced Thai chain eateries, Sue of Siam is sure to please even the pickiest gourmands.

It's Saturday night, 8 p.m. and I'm a little nervous about snatching a seat during dining prime time. Surprisingly, after walking into the restaurant we find its six tables are, well, empty. Aside from the purr of the kitchen, the restaurant is chillingly quiet. Black and white photographs are set against soothing wasabi-green walls; it's décor minimal at best. Yet, I remember my good Thai friends once explaining that the best Thai restaurants aren't known for having flashy surroundings, which, oddly enough, are a tale-tell sign of poor authenticity.

By Monika Reitmeyer

Sune, co-owner and operator of Sue of Siam in Aurora, lives in Broomfield, CO. She commutes with her husband six days a week in order to provide Aurora's Thai community with fresh, authentic Thai specialties at reasonable prices. And for those of you

The two of us are quickly seated by a friendly server and left alone to peak through the menu. Options include the usual: Pad Thai, red, green and yellow curries, Kao Pad (fried rice) and various stir-fried dishes. There are mild and Thai-spicy options for both sensitive and spice-loving palates. Yet, at the bottom of the menu are Sue Specials and these, my friend, are some of the best well-kept secrets.

We start with traditional Tom Yum, a spicy-sour broth soup with mushrooms, chicken, fresh tomatoes, cilantro and Kaffir lime. Hints of lemongrass and subtle chili spiciness are modest, leaving the remaining ingredients bland and unfulfilling. The Thai tea, however, is a treat. Sweet, creamy and earthy, this icy concoction would be a great addition to a warm spring day. Though, the best part about SoS is the open kitchen. From our table we could hear meat searing in scorching pans, knives chopping and Sue (the famed chef from Siam), chattering away.

Our entrees arrived steaming-hot and are the reason why you should b-line it to SoS. The garlic duck (a Sue Special) is probably the best Thai dish I have ever eaten. With crunchy snow peas and carrots, crisp and tender duck meat and fresh tomatoes and broccoli lacquered in a delectable garlic and chili sauce, the dish deserves only to be eaten in its entirety. The drunken noodles are also amazing, mostly due to the heap of extra-wide noodles sautéed with fresh basil, eggs and bean sprouts in a sweet

and savory sauce. Needless to say, we left the restaurant utterly satisfied with a return trip in mind.

The next time you are thinking of a healthy, family (and wallet) friendly restaurant, check out Sue of Siam, where the only thing missing is a dessert menu.

Sue of Siam is located at 106 Del Mar Circle, Aurora, 80011, don't blink, you'll surely pass it. Parking options are plentiful. Hours: Tuesday-Saturday: 11 a.m.-9 p.m.; Sunday: 12 p.m.-8 p.m.; closed Monday. Phone: 720.949.1980. Most major credit cards are accepted.

Monika Reitmeyer is a student at Johnson and Wales University.



Sune Haskell, owner of Sue of Siam, shows off one of their specialties to two loyal customers, Mike Ferraro and Som Hales.

Instant Imprints

Quebec Square Business

Aids Grieving Family



Lyn Reinert, Instant Imprints co-owner, (right) and Jennifer Cordova, show a memorial poster designed by Jennifer for the mother of a baby swept away by flood waters in the South Platte River last year.

One year ago, the Metropolitan area was saddened by the tragic death of two year old Jose Matthew Jau-regui, Jr., who was swept away from his mother in flash flooding of the pedestrian and bike trail along the Platte River in Lower Downtown Denver. As the family grieved its loss, it turned to Bob and Lyn Reinert, owners of Instant Imprints in Stapleton's Quebec Square to create a special memorial for the little boy. A portion of the time and services necessary to create the memorial were donated by the Reinert family.

Becoming involved in the Northeast Denver community is not unusual for Bob and Lyn Reinert. Bob Reinert is the current president of The Greater Stapleton Business Association, whose mission is to build cooperative efforts between businesses in the community as they work to create an environment for successful, safe and convenient retail in the Stapleton area while also working to benefit the community. Among the community events the Greater Stapleton Business Association has sponsored have been recycling fairs and food drives to benefit services for needy individuals.

For more information about Instant Imprints call 303.780.7838.

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Healthy Relationships Learn to Really Listen!



Elizabeth Taeubert

By Elizabeth
Taeubert
LCSW

I have seen good people grow apart because of misunderstandings. They thought they were communicating, but

weren't. The root of the verb "communicate" means to share. How can we share thoughts and feelings unless we can truly listen? How do we tell our partners we love them? Not just by words, but by LISTENING. But, here's the catch. They need to FEEL heard!

Empathic Listening is a way of listening and responding that improves understanding and trust. It is an essential skill necessary for all healthy relationships. According to Harville Hendrix, author of *'Getting the Love You want: A guide for Couples'* instead of listening empathically, many of us are busy preparing what we are going to say. Empathic listening calls for the listener to devote his/her full attention to the speaker, to genuinely care about what the other person is saying and to encourage the speaker to keep talking.

Learning to listen well can be challenging Many of us have spent years focusing on getting our own messages across rather than on fully understanding someone else. Empathic listening requires that the individual do something with what he or she hears.

Basics of Empathic Listening Empathic listening consists of a few simple techniques:

Look at the speaker.
Offer encouragement by nodding or saying "uh-huh" or "I see"

Reflect back what you heard by saying "what I heard you say is _____"

Ask the speaker if you got that right. If you missed something ask the speaker to say it again.

Once you have reflected the content accurately, state what makes sense about it to you. You don't have to agree. If you put yourself in their position what makes sense about what they have communicated?

Reflect on the feelings that the speaker is trying to convey. "I can imagine that you must feel _____(angry/hurt/ upset/sad/afraid/alone etc.) Is that how you feel?" If you didn't name the correct feeling ask the speaker to tell you what they feel and reflect that back.

This type of listening is powerful because the speaker's thoughts and feelings are reflected and affirmed. When couples work with this process each person has a chance to be the speaker and to be fully heard. When you know that your partner fully hears and understands you, there is a deeper feeling of connection. It is through this softening and connection that couples are better able to find solutions to difficult problems. Sometimes it doesn't matter if disagreement remains. The purpose of empathic listening is to establish a more trusting connection. What all of us ultimately want is to be heard, understood and feel connected to the ones we love. You can have the love you want. Learn to listen!

Elizabeth Taeubert LCSW is a psychotherapist at Natural Balance Wellness in Stapleton. She works with individuals and couples. She can be reached at 720-949-1194.

CALENDAR CONTINUED

From Page 2

MONTHLY MEETINGS

Monthly

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

Every Tuesday

Stapleton Rotary Club – Noon
Stapleton Radisson Plaza Hotel
3333 Quebec St [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
9am-12pm [303.945.6717]

3rd Tuesday

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

1st Wednesday

"1st Wednesdays" Home-based businesses
[see StapletonLife.com – most mtgs 11:30am - 1pm]

MONTHLY MEETINGS

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]

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]



Sweet William Market opens May 31. It will be held on the last Saturday of each month through September at Founders' Green in Stapleton. Hours are 9am - 2pm.

EXERCISE RESEARCH STUDY

To participate in this study you must be...

- A woman or man in generally good health
- 60 – 75 years of age
- Not lifting weights regularly but willing to start
- Not using aspirin, ibuprofen or similar drugs more than 2 days a month

Eligible women and men will receive at no cost...

- Health screening tests
- A personalized and supervised exercise program

We are looking at the effects of the pain reliever ibuprofen on changes in muscle and bone due to exercise in older adults. Initial screening tests include a physical exam, bone density scan, treadmill exercise test, and blood tests. Women and men who qualify will begin planned exercise training for 9 months at our exercise facility. Participants will take ibuprofen or an inactive pill (placebo) on the days they exercise.

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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or **marsha.steirn@uchsc.edu**
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Healthy Women Needed for Cardiovascular Research Study

The purpose of this study is to investigate how the menopause transition and the loss of estrogen impacts the health and function of arteries in women.

Qualifications: Premenopausal women 21-35 years, Perimenopausal women 40-55 years and Postmenopausal women between the age of 45-70 years • Non-smokers • NOT currently taking Birth Control or Hormone Replacement Therapy or exercising vigorously more than 2 days per week.

Benefits for study volunteers include: Physician supervised exercise stress test • Ultrasound of the blood vessels and heart • Blood cholesterol profile • Comprehensive dietary analyses • Measurements of bone mineral density and body composition • Compensation for your time

If you are interested in participating please contact Kalen Abbott at (720) 848-6418 or Kalen.Abbott@uchsc.edu
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CU Denver School of Medicine Launches Depression Center & Starts National Network

George Wiegers, a New York investment banker who retired to Colorado in the mid-1990s, has donated \$3 million to establish the University of Colorado Denver School of Medicine Depression Center that will be housed in the former Fitzsimons Army Medical Center in Aurora.

The center becomes the second in what is designed to be a 12-to-14-institution national network that will attack mental illness the way other medical centers have cooperated to attack cancer and heart disease, according to officials from the University of Colorado.

Colorado First Lady Jeannie Ritter, a strong advocate for mental health care, accepted Wiegers' gift on behalf of the state's citizens.

"These kinds of projects show how far we've come in treating mental illness just the way we do physical illness," Mrs. Ritter said during recent ceremonies at the Anschutz Medical Campus in Aurora. "We must continue to do everything we can to reduce the stigma surrounding mental illness and improve access to mental health care."

"We have to blow away the stigma and bring mental health out of the closet the way we did with cancer 20 years ago," said Mr. Wiegers, referring to the extraordinary contribution he has made to help ease the

suffering from an illness that kills roughly 30,000 Americans a year and cripples millions of others. "The country should have an infrastructure for depression, such as it has for cancer."

The University of Michigan launched the national network's first depression center in 2001, with the goal of eventually linking with other such centers. That goal, the brainchild of Michigan Depression Center director John Greden, MD, began to take shape soon after the Michigan center opened its new building in 2006. Representatives from a number of institutions, including the UC Denver School of Medicine, came together at the Michigan facility in April 2007 to set in motion plans for a national network. Mr. Wiegers' gift will allow Colorado's center to open by August 2008 in renovated offices in the old Fitzsimons Army Hospital, now called Building 500 on the UC Denver Anschutz Medical Campus in Aurora.

"The University of Colorado Denver is happy to provide a home to this important endeavor," said UC Denver Chancellor M. Roy Wilson, MD, MS. "For a number of years, our researchers have been working to solve complex mental health issues and we are pleased to join our existing talents with George Wiegers' vision."

For additional news and information, please visit the UC Denver newsroom online at www.uchsc.edu/news/

Saturday mornings starting June 7 2008 Story Hour in City Park

Beginning Saturday, June 7 at 10am, local community leaders will read and share stories with children, families and neighbors of all ages. After the stories kids can enjoy cookies and lemonade. Each week one lucky family can win a copy of one of the books read.

Story Hour will last one hour and will take place outside the historic Graham-Bible House on the west side of City Park at the corner of 21st and York. Parking is available in the Park and along 21st Avenue.

The event is sponsored by City Park Alliance, Denver Parks & Rec and the Tattered Cover Bookstore. In 2007, readers included Colorado First Lady Jeanne Ritter, City Councilman Michael Hancock, School Board Member Jeanne Kaplan as well as other local leaders. For more information visit www.cityparkalliance.org

Public Hearing on Denver Parks Alcohol Policy

A public hearing on proposed changes to the alcohol policy for parks under the management of The City of Denver Department of Parks and Recreation will be held on May 8th as part of the monthly Parks and Recreation Advisory Board meeting. The advisory board meeting starts at 6pm in the Rude Recreation Center at 2855 W. Holden Place. Email Fred Weiss of Denver Parks at fred.Weiss@denvergov.org for more information.

Real Estate Corner

Information of interest from local
real estate professionals

The housing market. What's to like?



Rhett Adams

By Rhett Adams

I opened the paper this morning to find two more articles about the gloomy housing market. No surprise here. Over the past months real estate news has been about foreclosures and downturns. Inventories are up. Economic forecasters have seen better and brighter days.

Is there an upside on the horizon? A silver lining in sight? Absolutely! If you're in the buyer's seat today, you do not need to look hard to find opportunities in today's market. After all, there are loads of homes to look at. Interest rates are low and sellers are prone to negotiate prices and conditions. Clearly there are deals to be had out there. So, buyer, a lot of things are going your way.

It's easy for buyers to sit on the sidelines and decide not to decide for the time being. Yet this waiting and indecision comes with a price. From this supposed comfort zone we may, in fact, isolate ourselves from the opportunities and the bargains that at other times we might have explored or have been excited about. As thoughtful and potential buyers, you might remind yourself of the value you still bring to the home-buying process. Let's say you have good credit and a good job. You also like the area and you plan to stay put. You understand and are ready for the responsibilities of home ownership. These factors remain crucial features of any sound investment and should not be underestimated or undervalued in any market. The fundamentals are still key to any successful real estate transaction.

So take a peek at how you are personally reacting to all this market news. This may well be a wise time to jump into the market. As a potential purchaser, you will discover there's a lot of sun to see behind all the gloom.

Recently I attended an Open House where beautiful model homes had just come on display. What did I see? Great locations. Super floor plans. Maple cabinets. Granite slab countertops. Designer paint colors. And guess what else? One left. All the rest were sold. What's happening here that we're not hearing about? Perhaps it's some good news worth spreading.

Rhett Adams is a realtor with Metro Brokers—Dardano & Associates in Stapleton's E. 29th Avenue Town Center. She can be reached at RADams@DardanoRealty.com or (303) 478-2232.

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Community Updates on Stapleton Development

By Tom Gleason

One of the hallmarks of the redevelopment process that began for the former Stapleton International Airport in the early 1990s has been the importance of inviting community input in decisions shaping the redevelopment of Stapleton. As the master developer selected to implement The Stapleton Development Plan (known as ‘The Green Book’) Forest City works closely with the Citizens Advisory Board (CAB) of the Stapleton Development Corporation and Stapleton United Neighbors to keep the public apprised of redevelopment plans for Stapleton.

There are numerous opportunities for citizens to receive updates on the redevelopment process. The Citizens Advisory Board meets monthly on the third Thursday of each month at 7:30 a.m. in the 3rd floor conference room of the Stapleton Development Corporation offices (7350 E. 29th Avenue). Senior officials from Forest City attend those meetings to provide

monthly updates on the redevelopment process and respond to questions from the CAB. To obtain more information about those meetings or the CAB committees on Communications, Housing Diversity, Parks, or Zoning and Planning, call (303) 393.7700 or email Judy Carter at JCarter@sdcscorp.com.

There are other opportunities as well. Timely updates are available to the public on-line at www.StapletonOnline.com or through Stapleton’s monthly newspaper, The Front Porch, which has a distribution of more than 35,000 copies to all Stapleton residents and a number of neighborhoods throughout the area. Past editions of The Front Porch going back to its inception in 2000 are available at www.StapletonDenver.com. Forest City also co-hosts public forums with the CAB and Stapleton United Neighbors (SUN) to provide opportunities for citizens to receive updates and provide public comment. Watch the Front Porch for notices of those forums.

Stapleton MCA



Keven A. Burnett, Executive Director

Summer Movie Series Titles Announced The Stapleton MCA and Forest City Stapleton will sponsor five summer movies beginning June 13th. Movies will be hosted on Friday evenings starting at around 8pm at Founders’ Green. Residents are encouraged to bring blankets and coolers to enjoy some great outdoor family fun.

- Fri. June 13th : Back to the Future
- Fri. June 27th : Hairspray (2007)
- Fri. July 11th: The Goonies
- Fri. August 8th : Curious George
- Fri. August 22nd : Horton Hears a Who

The Stapleton Spring Fling will be held this 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.

May is your Last Chance to Update or Get New Pool ID’s Issued Before Pools Open May Pool ID Sessions will be held at the MCA Office



(2823 Roslyn St) in the 29th Ave. Town Center through May 16th at the following days and times:

Wednesdays from 2-4pm (thru May 16th)
Friday from 1-3pm (thru May 16th)
Evening sessions will be held at the MCA Office (2823 Roslyn St) on the following dates: May 5, 7, 13 & 15 from 5-7 pm.

Last chance sessions will be held at the Puddle Jumper Pool (2401 Xenia St) May 19th – May 22nd from Noon to 4pm.

NO pool ID’s will be issued during the Memorial Day weekend due to staffing priorities.

Please contact Jenifer, MCA Office Manager at 303.388.0724 with any questions regarding Pool ID Sessions.

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. Resident 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. Do you have a teenager at home interested in earning extra money this summer? Lifeguards can earn up to \$8,000 over the summer. Positions include lifeguards and swim instructors. Call Will Iris at 720-529-9911 or download an application at www.stapletoncommunity.com (Lifeguard certification classes available for those 15 & older beginning this month)

Cast A Line Family Fishing Event

Environmental Learning for Kids (ELK) will hold the fifth annual Cast a Line Family Fishing Event on Saturday, May 17, 2008. From 11am to 3 pm, ELK friends will be fishing at Lake Lehow, a remote pond in Watterton Canyon. Tickets are \$15 for an individual and \$50 for a family of four. This includes a fantastic Bar-B-Q lunch, fishing lessons for beginners, and other science activities. Children will get to take home their new fishing rod!

This event sold out last year, so register early at www.elkkids.org.



ELK is a community-based non-profit organization that provides an education in science and natural resources, leadership and career development to low-income, culturally diverse youth. ELK has a 98% high school graduation rate for youth in their year-round program. All proceeds support youth leadership and science education. For more information and to register please go to www.elkkids.org , Email skingsley@elkkids.org or call 303-291-7503.

Four Mile Summer Camps

Four Mile Historic Park camps:
Pioneer Camp 9am - Noon, \$90
Weeks of June 23, July 14, July 28
Homesteading Camp 9am - Noon \$90
Weeks of June 9, July 7, July 21
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Local Students Selected for College Scholarships

The Denver Public Schools (DPS) Retired Employees Association Foundation selected 10 DPS seniors to receive a total of \$240,000 in college scholarships. Each will receive up to \$24,000 – \$6,000 each year for the next four years if they maintain a “B” average in college. Recipients from NE Denver Schools were Jenni Adams, Denver School of Science and Technology; Alexandra Bates, George Washington High School; Charles Fine and Kathryn Elizabeth Post, East High School; Elza Picasso-Hobin, Denver School of the Arts. The foundation’s scholarship committee evaluated students’ academic accomplishments and community service and conducted rigorous personal interviews with the applicants to select the final winners.

Denver Hospice Seeks Volunteers

The Denver Hospice seeks volunteers to provide respite and companionship for family members and caregivers of terminally-ill patients — particularly those caring for family members in their homes. Volunteers provide respite care when family members need to leave the home for two to four hours during the work week. Volunteers also are needed to visit hospice patients in skilled nursing facilities.

The Denver Hospice is Denver’s oldest and largest hospice, caring for 700 patients daily. Volunteers, who are the backbone of the 30-year-old nonprofit organization, support staff in providing compassionate care for patients and their families. For information on volunteer opportunities and training, call 303-398-6248 or email volunteers@denverhospice.org.

Aurora Golf Events

Caddies Needed! The response to our requests for volunteers for the 2008 U.S. Amateur Public Links Championship has been incredible! We are, however, still looking for caddies. If you think you have what it takes to be a caddie and are interested, call Caine Fitzgerald at Murphy Creek for more information 303-361-7300. Caddies will need to be available for the entire week in case their player makes it to the final round!

Senior Golf Clinic at Fitzsimons Are you 55 or over and ready to take up the game of golf or know someone who is? Maybe your game just needs a tune up. Fitzsimons Golf Course is hosting a golf clinic geared for mature adults. The event is on Saturday, May 3rd, from 3-5:30pm. There will be instruction from our golf professionals on full swing, chipping, and putting. Following the instruction we will have light snacks in the Cimarron Café. The cost is \$30 per person. Space is limited so sign up today! For more information please call Karin at 303-739-7891 or go to <http://www.auroragov.org/stellent/groups/public/documents/article-publication/036566.pdf> Entry form.

FREE Demo Day at Murphy Creek Are you ready for new golf equipment or do you just want to test out the latest in golf technology? Murphy Creek’s hosting a FREE demo day on Saturday April 26th from 10am-2pm. Swing by (no pun intended!) and test out the newest equipment from Callaway, Nike, Cobra, Titleist, and Cleveland! The sales reps will be on hand to answer any of your questions. For more information on Murphy Creek’s FREE demo day, call 303-361-7300.

Attention Ladies! Mark your calendar for Saturday, May 17th for our Mother/Daughter clinic at Murphy Creek G.C. The cost is \$40 per adult with your child under 18 FREE! (New this year if you have additional daughters under 18 years they may come for \$15) Lunch and

door prizes are included. Clinic features instruction on putting, chipping, full swing and etiquette! If you don’t have any daughters come with your girl friends! Don’t have clubs? Not a problem, we will provide them if you need them! Registration opens April 16th and space is limited so sign up today! For information please call Karin at 303-739-7891 or go to

<http://www.auroragov.org/stellent/groups/public/documents/article-publication/036570.pdf> Registration form.

Junior Golf Camp Registration Opens April 21st Looking for something fun for your kids to do this summer? How about summer golf camp? We offer summer camps for kids ages 6-17 at Centre Hills, Saddle Rock, Aurora Hills, and Meadow Hills. For more information call the golf shop directly or visit <http://www.golfaurora.com> www.golfaurora.com, click on Junior Programs and then click on Camps. The cost is \$40 per child. To register call 303-326-8650. (You will need the class number to register your child. The numbers are listed on the website.) Murphy Creek is also hosting a Golf Program for juniors ages 10-17. For more information on Murphy Creek’s 5-day program please call the golf shop directly at 303-361-7300.

City of Aurora Golf Division, Parks & Open Space Department, 15151 E. Alameda Pkwy. 4th fl. Aurora, Colorado 80012, 303-739-7888 or email to klorentz@auroragov.org Contact Us

“Girls on the Run” Gain Self-esteem & Confidence

Girls on the Run, a nonprofit organization that teaches girls to stretch themselves physically, mentally, and socially, will participate in the May 31st Rocky Mountain Health Plans 5K run in City Park. More than 250 members of the organization, ages 8 – 14 will run their first 5K as part of a program that uses the power of running to change the way 8-13 year old girls see themselves. Girls on the Run combines physical training for running events with warm-ups, team-building activities and workouts that focus on life-skills such as how to get along within a group, how to assert oneself in a healthy manner, and how to combat the negative and unattainable images put forth by the media.

“Girls on the Run has given our girls the motivation to work harder in school and further prepare them for opportunities of reaching their goal of attending college,” said Rich Barrett, principal, KIPP Sunshine Peak Academy, one of 20 Metro Denver school sites participating in the program. Girls on the Run was founded in 1996 by Molly Wilmer Barker, MSW, a former competitive runner and Hawaii Ironman triathlete who also taught and counseled troubled children and their families. For more information about Girls on the Run, contact Lisa Johnson, Director, at 720.530.1064 or visit www.girlsontherundenver.org.

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How You Invest May Depend on When You Were Born



Natalie Robbins

By Natalie Robbins

Are you a Baby Boomer? Or a "Gen Xer"? Your age helps determine your tastes in music, food and culture, and your attitudes toward a variety of social and political issues. And when you're talking about your generation, you

also need to be aware that it can influence the way you save and invest.

To understand the financial implications of belonging to a particular age group, consider the following generational characteristics:

Many baby boomers:

- * Have postponed retirement saving well into their 40s and 50s
- * Use their home as their "bank"
- * Have given their children's college education precedence over saving for retirement

While Gen Xers:

- * Have student loans to repay, along with heavy credit card debt
 - * Have little "cash cushion" to fall back on
 - * Haven't focused on saving for retirement
- Let's take a look at some ways that Gen Xers and baby boomers can address these needs.

If you're a Gen Xer:

Pay off those student loans - If you still owe money on your student loans, you're not alone. Since 1997, the median in undergraduate student loan debt has risen 74 percent, to \$16,500, according to the 2002 National Student Loan Survey conducted by Nellie Mae, a national student loan provider. By paying off your student loans as quickly as possible, you'll free up money for your short- and long-term savings and investment goals.

Avoid the credit card trap - Keep one credit card for emergencies, and pay off your balance each month. Responsible credit card management is a great habit to learn early.

Build a cash cushion - Even if you aren't earning much, strive to put away \$50 or \$100 a month in a money market account, until you

have built a cash cushion of about three to six months' worth of living expenses.

Contribute to your 401(k) - Start investing in your 401(k) or other employer-sponsored retirement plan as soon as you can. If you can't afford to put in the maximum, at least contribute enough to earn the employer match, if one is offered.

If you're a baby boomer:

Accelerate retirement savings - If you aren't "maxing out" on your 401(k) and IRA, now is definitely the time to start. If you haven't saved much for retirement, you may need to weight your retirement plan more heavily toward growth-oriented investments, although you'll still need to feel comfortable with what you're doing, given your individual risk tolerance.

Use home equity wisely - At this stage of your life, you may have built up considerable home equity. If so, you might be tempted to take out a home equity loan to consolidate other debts, make home improvements or accomplish some other goal. Your home equity loan may be tax deductible, and you can probably find a competitive interest rate - but you'll still want to use this debt wisely. Remember, you're putting your house up as collateral, so you don't want to get in over your head.

Don't bankrupt yourself to pay for college - If you want to help your kids pay for school, try to avoid dipping into your retirement savings. Instead, consider contributing to a tax-advantaged Section 529 Plan or a Coverdell Education Savings Account. Also, encourage your child to apply for grants and scholarships. And shop around for good, reasonably priced schools - they're still out there, if you look for them.

Make the right moves - at every stage

As you can see, you'll need to make different types of financial decisions over time. To make your job easier, consult with a qualified financial professional who understand your individual needs and goals - and who can help you develop a strategy for each stage of your life.

Natalie Robbins is an Investment Representative for Edward Jones. She may be reached at 303.320.7752 or at Natalie.Robbins@edwardjones.com.

Dealing with Dogs' Behavioral Issues

By Robin Havekost

When we talk to people about their dogs, it's very common for the owner to attribute his own human traits or emotions to his dog. People will describe behavior in terms which make sense to them and that

they can relate to. However, thinking about canine behavior in a human context can lead to misunderstanding the real reasons for the misbehaviors.

Dogs typically misbehave for the following reasons: They don't know or understand what we want them to do, or not do. They don't believe that their owners are the ones who are in charge and hence, have no reason to listen to them. Or they may be stressed for one reason or another.

Dogs often don't understand what we want because of their differences in communication methods. People communicate mainly by using words arranged in sentences. Dogs primarily communicate by using body language. These differences in communication methods can be significant. It can be like speaking Japanese to someone who only speaks Russian. Both parties are likely to be confused. Dogs are often much better at getting us to understand what they want than we are at getting them to understand what we want.

Owners often complain that their dogs rule the house or are spoiled. Dogs can be very adept at getting us to understand what they want. They also will ask us to do things they want us to, such as pet them or play with them. This makes it easy for us to re-



Robin Havekost

spond to them. When we're responding to them, we put them in charge. If they are in charge, then there is little incentive for them to listen to us when we ask them to do something. This also can result in a dog becoming upset if the human doesn't respond to the dog's request or demand.

Stress can be displayed in various ways. Aggression and separation anxiety are just two of the many ways stress can present itself. We've also seen dogs with ulcers, skin disorders, sleeping difficulties at night, and toileting issues. Sometimes stress will cause dogs to release adrenaline. This stops their thinking processes and triggers their fight or flight survival instincts. The human reaction is often to try to comfort a dog that is upset. This usually involves speaking in soft comforting tones. However, because dogs don't understand our words, "Don't worry, it's OK," have the same meaning as, "That's right good boy." So the stress or anxiety is likely to increase. We've seen this numerous times in various situations.

When we work with people and their dogs, we view the issues from the dog's perspective. People can make conscious decisions to change their behaviors; dogs will rarely modify their behaviors without the humans modifying theirs.

Robin Havekost is a Dog Behavioral Therapist and Trainer at Bark Busters. She can be reached at 303-968-5080 or at denevereastmetro@barkbusters.com

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S.U.N. Meetings are open to the public
The SUN Board will meet the 4th
Thursday of May from 6-9pm in the
Stapleton Community Room,
2823 Roslyn Street.

Join Your Neighbors for Block Party Day!

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, and make a map of likely fire truck stops available to block captains. 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.

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.

New Members Join the SUN Board

Here are the candidate statements from the 8 recently elected members of the Stapleton United Neighbors board:

Dennis Hanson

I am a native of Denver and have been a resident at Stapleton since May 2006. Even as we were building our home here I was interested in neighborhood issues and began attending SUN Transportation Committee meetings. When the Chair of that committee resigned recently I was appointed to the SUN board and Chair of the SUN Transportation Committee where we deal with issues including traffic and pedestrian/bicycling access and safety. I would like to continue working on those issues as well as other neighborhood and civic issues on behalf of Stapleton residents.

Angela Williams

My name is Angela Williams; I am a Stapleton resident and also a local private business owner (Allstate Insurance and Financial Services Firm) at Northfield Stapleton. My family consists of my son Brandon, and my 6 year old quarter horse "Spyder"

As a local resident and business owner I am involved in my community. Starting with the Barack Obama Campaign Finance Team, 7B Precinct Committee Person, and Delegate to County and State Assembly. I have contributed to the community by organizing a cook out, fundraisers, and holiday party and town forums.

As a board member of SUN Association I would like to contribute my skills and talents to continue to make Stapleton a better place to live. A community that reflects the values, and quality of life of its residence. As a SUN Board Member I would like to serve on a committee where needed.

Amanda Baldwin

Acclimating myself to Stapleton, I realized something very early on. The individuals that I encounter in my neighborhood are from all walks of life, but the one commonality is that

they all want to feel the sense of community that Stapleton strives to offer. Whether we are retiring, newly married, downsizing, upgrading...we all want to feel that we are a part of this family that calls itself Stapleton. My neighbors are so much more than that, they are my "family away from home". I want every resident of my community to feel this connection. This brings me to why I want to be on the SUN board. One of my primary goals will be to support and continue to develop our block captain network. I feel very passionate about this endeavor because I believe that connected, informed people can make a real difference. The block captain network is so much more than that. It is a starting point for something great. Through this network of concerned citizens of our community, we can accomplish so many worthwhile goals. Whether it is getting the opinions of our residents for decisions that effect us all or establishing neighborhood watches on our blocks, we can work together and make our Stapleton the community that we want it to be.

Bryan Penny

Having been a resident of Stapleton for five years now, I have no regrets making the move. I got involved in SUN at a meeting in a pocket park in late 2003 and have enjoyed my time in the organization. Serving on the SUN Board for another two years will make me the longest continuously serving SUN Board member, a distinction that I'm honored to hold. For the last four years I have been the Treasurer of the SUN Board. While this position isn't as glamorous as some of the other positions, I enjoy the position and it is one of the necessary evils with any organization. In addition to the SUN Board, I am also serving as one of the residents' representatives on the Stapleton Public Art Committee. I have served on two selection committees for art projects in the community and I'm very proud of the projects that have been installed to date.

Professionally, I have recently changed positions and am the Vice President of Accounting

and Controller for Nordstrom's Credit Division. I am responsible for all the accounting of the credit card portfolio that is held by Nordstrom on its retail and Visa branded credit cards. Nordstrom's is a great company and I'm enjoying my new position. I have an undergraduate degree from the University of Illinois in Economics and Accounting and an MBA from Webster University in St. Louis.

I have lived in Denver for 7 1/2 years. I live with my partner, Matt and our dog and two cats. I also have a 12 year old son, Dion, who lives in Fort Lauderdale, FL. My hobbies are traveling, working around the house and bridge. I'm looking forward to our vacation this summer to the Baltic (one of the places I've never been). Our trip will include a stop in Russia.

David Edinger

I have lived in Stapleton since March 2003 and have been a Denver resident since 1998. I'm interested in joining the SUN board to assist wherever the need arises, particularly in the areas of Outreach, Inter-neighborhood Cooperation, and Safety. Over the last ten years, I've served as President of a 50-person Internet and wholesale book business in Northeast Denver near 53rd and Havana called B-Logistics (www.blogistics.com) and Books West (www.bookswest.com). In January 2008, I was appointed by Mayor Hicklooper to assist the Department of Safety in implementing business practices within the Police, Fire, and Sheriff Departments. I have an MBA from the University of Virginia's Darden School and an economics degree from the University of Michigan.

Damon Knop

My interest in SUN has several aspects to it. As a resident of Stapleton for 2 years, I feel like I have watched and learned a lot about the community needs and wants, strengths and weaknesses and how to accomplish the changes needed. All while keeping in tact the sense of group individuality that Stapleton residents live here to obtain. Working for 4+ years selling the affordable housing in Stapleton has granted me the opportunity to educate homeowners both in and out of the program about the diverse housing opportunities in Stapleton and hopefully have helped shake off pre-conceived notions about affordable housing. I feel my connections with Forest City, developers, city entities, and local businesses will be valuable to the board. As a Realtor I also consider community amenities, infrastructure and events very valuable to everyone's experience and home values, and would do all I could to en-

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Jeff Gadd CB

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My parents were very instrumental in creating CHUN (Capitol Hill United Neighbors), as I was growing up and helped create things such as the People's Fair. There was a noticeable feel in that community that I spent my first 20 years that had such active, influential pieces in place to help contribute. I would be honored to being one of those pieces for the community that I plan for my family to live in for the next 20 years.

Katherine Correll

I have worked as a community organizer in a variety of locations and would thrive on being a part of the community development in the Stapleton Community. I am particularly interested in being a part of SUN's efforts and making a contribution to the SUN initiatives on community outreach, affordable initiatives, organizational development, and safety initiatives.

Biography: Katherine Correll has experience spanning the fields of community outreach to advance downtown and community development, not-for-profit administration, project development and management, local government planning, marketing, financial and economic development services, and education. Born and raised in Denver, Colorado, Katherine has worked with development initiatives in Denver, New York, Chicago, and the Former Soviet Union. Her focus on strategic planning and organizational development and management includes building viable and sustainable private, public, and non-for-profit institutions and programs. Some of the organizations she has worked with include: Progressive Urban Management Associates, Denver, Colorado; Colorado Community Revitalization Association, Denver, Colorado; Chicago Alliance or Neighborhood Safety, Chicago, Illinois; Youth Service Project, Chicago, Illinois; Literacy Volunteers of

America, Chicago, Illinois; Save Our Waterfront, Camden, New Jersey; Walter Rand Research Institute, Camden, New Jersey; Small & Medium Business Development Center, Balti, Moldova; Urban Institute, USAID, Local Government Reform Project, Chisinau, Moldova; United States, AmeriCorps; United States, Peace Corps; And prior to her current position, Katherine served as the American Councils for International Education Country Director for the Republic of Moldova, where she managed the national American Councils' portfolio focusing on building civil society initiatives, education, and public administration reforms. She was also responsible for management and growth of the American Language Center, language and professional training school. Katherine received her Master's Degree in Pubic Administration from Rutgers University and her Bachelor's Degree in Politics with a Minor in Urban Studies from New York University.

Mark Mehringer

As a new parent and three year resident of Stapleton, I am a proud member of the Stapleton community. Just as I did two years ago when I first ran for the SUN Board, I pledge to bring energy and enthusiasm to the SUN Board, as well as provide ideas for improvement of our neighborhood organization. I remain committed to ensuring Stapleton achieves its underlying vision of a walkable, diverse, and sustainable community. As the newly elected President of SUN, I will work to improve Stapleton's connections with surrounding communities, especially as new facilities that have appeal beyond the borders of this development (such as the Rec Center and Library) come to the area. I hope I can count on your continued support for the SUN Board.

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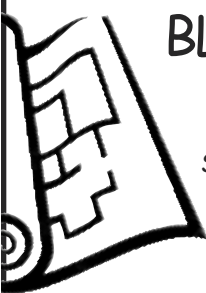
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Bill Kurtz, DSST head of school. (Photo taken during an interview in the school's first year, when the current seniors were freshmen.)

(continued from page 1) (provided by the school) and learn it. And if they don't pass, they repeat the class or get held back to repeat that year. The bottom line is that if students "follow the program," the school works with them until they reach the standards that will get them into college. Of the original 131 students, 79 are graduating this month, 30 were held back (of those seven chose to stay at DSST and are now juniors), 6 moved out of town,

and 16 chose to leave the program because they wanted a different high school experience (larger school, different courses, etc.)

What's unusual about this school is that it has achieved the goal of 100% college acceptance without hand picking its students – and in fact its charter mandates that the school will have a minimum of 40% low income students in each entering class. The current graduating class started out with 40% low income, 60% minority and 50% first generation college students.

The Front Porch asked Head of School Bill Kurtz to reflect on the first four years of this school that has become known nationally as a model for academic success with a diverse student body.

Bill Kurtz, DSST Head of School

When I look back over the last four years, The Denver School of Science Technology has many things to be proud of as a result of the hard work of our students, parents, board and particularly our faculty and staff. The school has come a long way since opening at the old Machbeuf high school building in Park Hill with our first 9th grade class. Getting 100% of our first senior class into four-year colleges has been a fitting culmination of our efforts. We could not have succeeded without the community support that we have received. Many individuals and organizations have lent a hand with our internship programs, senior projects, athletics, and many other aspects of our school. We are very grateful for the ongoing support Forest City and

DSST – Reflections

the Stapleton Foundation have provided for our students and school.

As our first class of seniors leave DSST this year, most people have focused on our students' academic accomplishments – being 100% accepted to four-year colleges and being the highest performing high school in Denver. However, more importantly, I think our seniors are special for a different reason – who they have become as young men and women. Let me dig a little deeper and give you three qualities that make them special.

First, through our core values, our seniors have a deeper understanding of both the interconnectedness of the human condition and the individual's responsibility to the needs of others in a community setting. They have learned, sometimes the hard way, what it means to sacrifice their own needs for the greater good of the community. Nico Lujan, a senior who will be attending Metro State recently said this: "Our core values are what I live by now. I use the values to ask questions and to answer questions without any bias or prejudice. They have helped me understand how to respect others, be responsible for my work, and help someone in need – they have helped me mature and grow into adulthood."

Second, because of the economic, ethnic and cultural diversity of our school, our seniors have learned the skills and have the appreciation of how to live and work in our 21st century diverse society. The closeness and diversity of our community has challenged them to look beyond their own backgrounds to find commonalities with each other while appreciating differences. They have learned how to value people for who they are on the inside, not the outside. Lyness Hill, a senior who will be attending Colorado College said this about our diversity, "Being at DSST has opened my eyes in so many different ways, culturally and socially. Because of the experience here, I am so much more prepared to do well in college and to adapt to people who are different than me and appreciate those differences."

And finally, they have learned that celebrating the success of others – putting others first – can be more meaningful than our culture's push towards individual success at all costs. Sam Brasch, a Boettcher Scholar who is choosing between attending Colorado College and CU Boulder, said this about our culture: "There is a culture at this school where



Graduating DSST Seniors (clockwise from left) Brooke

it is cool to get into prestigious universities and where we really share in each other's accomplishments. It is great to be able to go home and tell my dad that Chris Torres got into MIT and Sam Holden got into Pomona."

These understandings are counter-cultural to the messages most high school students get today: Our schools and culture tell students to "find themselves – discover who you are and what your passion is – most of the time in the absence of a framework of values to guide this self discovery. Students in high performing high schools today are pressured to learn in ultra competitive environments. And because our schools today are so segregated by tracks, kids are implicitly led to believe that this kind of segregation is all right and that depending on your economic status or skin color, different opportunities are available to you.

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Brewer, Dylan Cockerille, Natalie Sauls, Eliot Parker and Javier Dalupan-San Andres spread their wings.

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Seniors' Statements

Ashley Rogers, a junior at DSST and intern at Forest City Stapleton, asked five seniors to reflect on their years at DSST.

Brooke Brewer

Teachers really push you, I think sometimes, well, it may seem annoying. But I really like them, they've made class fun, and I really have a passion for some of the things that I've learned here and it makes me want go and do it in college.

To me a balance between social life and academics would be where I'm able to have fun and not have my work suffer. But either one or the other does suffer. Like if I really focus on my work, I can't hang out as much as I want to. Then there are times when I have to hang out and I end up not doing my work as well as I could have. You kind of have to humble yourself and become a self advocate when it gets hard.

Overall, despite all the stress, all of the late nights, all the time you lose, all the social things you miss out on, I think when

you get to the end and you get all those college letters and those scholarships it really is worth it.

Javier Dalupan-San Andres

I'm an immigrant. I've never been to any other high school and this is my first American school so I wouldn't know how other schools supported you. I never really knew what to expect, especially my freshman year, but as the years kept going by, and I got older it kept getting better.

There are lots of times I hate the teachers, but there are more times you've got to love them. Every teacher is there to help you, and you might not get along with everyone, but in the bigger picture they want to support you anyway they can.

I struggled so much. I'm not a genius (I doubt anyone is), but I learned it's about how hard working you are. Maturity helped me realize how going to college is serious business and it's all for the long term plan.

Natalie Sauls

I've had my times where I just wanted to quit... but it's been worth it even though it's been hard. The teachers are ridiculously good at supporting the students. They always put in extra time helping me understand. I'd say I liked the teachers more than I liked their classes.

DSST is a great school... there are people that hate it, but also many people that love it, like me! It gives you what you want in the long run. It has done an excellent job preparing me for college.

Dylan Cockerille

My experiences at DSST were pretty nice. The community here is really good – a lot better than most schools. A lot of people stick up for you and support you when you need it. One of our old students came back because they wanted more community than the school they switched over to.

A lot of the rules are pretty strict. You have to stay after school for an hour if you're a minute late to class.

But academically they taught me a lot. Teachers want you to succeed and get on to college and they want you to be good at whatever job you want. When you think calculus is too hard they come say, "Need help? We're willing to help."

I think I'll use some of the core values they taught me, like doing your best. I probably won't use responsibility because I have to have time to relax, then some work time, then some play time.

Eliot Parker

My favorite thing about DSST is probably the diversity at our school. Not only the ethnic and socioeconomic diversity, but also the diversity of thought is astounding. At this school, it is not possible to close your mind off in all directions. You have to keep your opinions open to revision and your mind open to reflection.

I think this community would be extremely hard to replicate, especially with our founding class. We have fostered a bond that goes deeper than any other school I could attend. Through the 4 years together, we have molded this school to become the way that it is, and have forged friendships that span the typical divisions.

The teachers have been extremely dedicated to our achievement, and willing to help the students in any way to attain a higher intellect.

The liberal arts focus is the main thing that helped me for college. From the humanities in 9th grade, 5½ years of science and a full 4 years of math, my education was varied and extensive. Science has helped me to excel in other areas as well, through logical thinking, and to formulate some concepts I may not have had if I had gone to a school like DSA, East or George Washington.

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