By Nancy Burkhart

Learning to play a violin is not part of the usual curriculum at most K-8 schools. The cost of the instruments alone often is prohibitive.

So, when East High School pre-engineering teacher Joel Noble, who also teaches a couple of woodshop classes, saw that Bill Roberts K-8 School in Stapleton was going to be drawing kids from neighboring schools that had been underperforming, he started thinking of ways to help.

“That was the initial impetus,” Noble said. “I’m both a Stapleton resident and a DPS (Denver Public Schools) teacher. I don’t want to go teach in a suburban school because I want to teach in Denver and give them the best education possible. I thought about what I could do to offer to help.”

Although

Emma Bauer Simon, 10, plays the violin she received from East High School woodshop students who made the instruments for for Bill Roberts School music students. East woodshop teacher Joel Noble, a Stapleton resident, learned from a student’s parent about a possible $5,000 grant from Lowe’s Hardware. Noble applied and got the funds, which covered the cost of materials to build 20 violins.

Opening Day is June 15th

Farmers Market Returns to the Green

By Karen Kingsbury

The fifth season of the Stapleton Farmers Market opens on Father’s Day, Sunday, June 15th at 8:30 am. Based on feedback collected through surveys at last year’s market and on StapletonOnline.com, the market is moving from the parking lot to Founders’ Green. The Stapleton Farmers Market will be open every Sunday from 8:30-12:30.
CALENDAR

JUNE

Friday, June 6
Southenders First Friday, 7 to 9 pm
Art, Music & Refreshments
(see www.southenders.com for updates)

Saturday, June 7
Free First Saturday, Denver Art Museum
Visit G Docs’ Bend quilters (see page 13)
[www.denverartmuseum.org, 720-865-5000]

Saturday, June 7
Health & Fitness Family Expo 11 am - 4pm
24 Hour Fitness 7000 Academy Blvd, Lowry
(Women & Mothers 720.277.1189) see p.13

Sat. & Sun., June 7 & 8
People’s Fair (Free)
Civic Center Park [www.PeoplesFair.com]

Sunday, June 8
Fiesta Aurora, noon to 9pm (Free)
Fletcher Plaza, NW8 E Coffee Ave
[303-326-8FUN, aurorafiesta.org/feista] see p.13

Tuesday, June 10
Feast on the Fox 5-7pm
www.feastonthefox.com (see page 14)

Sunday, June 15
Farmers Market Opening Day
Founders’ Green 8:30am - 12:30pm
[www.coloradofreshmarkets.org] (see page 1)

Wednesday, June 18
“Herbal First Aid for the Whole Family”
Stapleton MCA Community Room (see p.12)
2823 Roslyn St, 6:30-8pm 303-403-6333

SATURDAY, JUNE 21
Park Hill Garden Tour 10am-4pm
2244 Grape Street irxprt@aol.com (see p.13)

Friday, July 4
Fourth of July Parade
29th Ave. 10-11am

MAY 30TH EVENTS

JUNE

Every Sunday through June
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
starts 6/15 [www.coloradofreshmarkets.org]

Every Sunday June 1 -Aug. 3
Free Jazz in City Park 4 - 8pm
[www.CityParkJazz.org] see p. 3

1st Monday
Cassey’s Irish Pub and Bistro – 10% to charity
E. 29th Ave Town Center

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

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

Selected 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

M O N T H L Y E V E N T S

Every Sunday through June
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
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9am -2pm, Founders’ Green
E.29th Ave, Stapleton
info@sweetwilliammarket.com

M O N T H L Y M E E T I N G S

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
[JoeMc at303.912.7075]

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 Horton Hears a Who

Concerts 6:30-8pm
Saturday June 7th: Fastpimpino
Saturday June 21st: Hazel Miller
Saturday July 26th: Legendary Nekotors
Saturday August 2nd: Something Underground
Saturday August 16th Ope Gone Bad

Front Porch www.StapletonFrontPorch.com

EDITOR: Tom Gleason, Forest City 303-382-1800
PRODUCTION by FirePrint
303-526-1949 FrontPorch@fireprintco.com
MANAGING EDITOR: Carol Roberts
PHOTO EDITOR & PHOTOGRAPHER: Steve Larson
FEATURES EDITOR: Nancy Barkett
AD SALES: Karissa McGlynn 303-333-0257

The Stapleton Front Porch LLC is published by Forest City Stapleton, Inc., 7351 E. 29th Avenue, Denver, CO 80238
303.322.2081

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Front Porch www.StapletonFrontPorch.com
Park Hill Garden Tour Offers Something for Everyone

By Nancy Burkhart

Park Hill lush gardens, thickly planted and stylized, will be featured on a June 21st tour that is ideal for the plant-knowledgable as well as the beginning gardener and folks who just like to smell the roses.

Some of the 10 homeowners on the tour have included decks and ponds in their gardens. Others have incorporated xeriscaping. Some have done all their own work, while others have hired professional landscaping services.

“The gardeners will be there during the tour,” said Ann Long, Garden Tour Coordinator and founder of the Park Hill Garden Tour in 2001. “Visitors get to talk with the gardeners and share their experiences. Avid gardeners who like unusual plants and shrubs will find some rather unusual plants.”

Artists and sculptors will be doing their respective artwork in eight of the 10 gardens on the tour. “Some will be painting, doing landscapes, sculptures, drawings and outdoor garden art that could be incorporated in a garden. It adds a little extra ambiance,” says Long. The artwork will be for sale.

The Park Hill Garden Tour is a fundraiser for the Greater Park Hill Community, Inc. Long explained that the organization has a 45-year history in the historic neighborhood. It has worked to foster understanding among people of different races and ethnic backgrounds. It has initiated and supported projects to eliminate prejudice and discrimination.

Park Hill is the area east of Colorado Boulevard, north of East Colfax Avenue, west of Stapleton and north to Denver’s city limits. The garden tour will start at 2810 Clermont St. Tour hours are 10 a.m. to 4 p.m., rain or shine. Tickets are $8 in advance or $10 on the day of the tour, June 21. Seniors over 65 years will pay $5 at any time. King Sooper’s is selling tickets for $1 more.

New Traffic Camera

(continued from page 1) Coordinator for Denver Public Works.

Federal guidelines suggest doing a traffic-engineering study and increasing yellow-light times before opting to install cameras. However, Downs said Denver Public Works is going to do their own study. Four intersections across the city, including Quebec Street and East 36th Avenue, will have longer yellow light durations along with traffic cameras. Another four intersections will have only longer yellow lights. The test will last for one year. The object is increased safety, so safety results from these eight intersections will determine future action, Downs said.

City Park Jazz

This summer FREE Sunday night jazz concerts will continue in a 22-year tradition in City Park. More than 6,000 neighbors from the surrounding community, including toddlers, couples, seniors and extended families, will thrill to the combination of music, nature and companionship.

The 10 free concerts are:

June 3 Joey & the Jokers
June 10 The DKO Jazz Sextet
June 17 The Hazle Miller Band
June 24 Buckner Funken Jazz
June 29 The Michael Friedman Jazz Quintet
July 6 LCB’s Latin Groove
July 13 The Sheryl Renee Band
July 20 Cocktail Revolution
July 27 Lisa Bell and Crescent
Aug. 3 Funkiphino

All concerts will be from 6 to 8 p.m. Backpacks and strollers are welcome. Food is available for purchase on site. Blankets and folding chairs are acceptable. Roads leading into the park will be closed to vehicles. However, there is a parking plan for seniors and the handicapped.

For information, call 303-744-1004, or e-mail info@cityparkjazz.org.

Joanne Blair trims a plant in her Park Hill garden in preparation for this month’s Garden Tour.
explained. ‘We expected it to sound really horrible.’ The resulting tone is the biggest one. ‘We didn’t really know how it would sound,’ Noble said of the violin project. ‘I didn’t have to teach 52 kids every step in the working group of two or three, but that assigned certain pieces to certain groups. It identified each, worked on the violins. They started out working in groups of two or three, but that didn’t work well. Noble said. ‘We ended up with it being a class project,’ he explained. ‘I assigned certain pieces to certain groups. It became more like an assembly line. That way, I didn’t have to teach 52 kids every step in the project.’

Of all the considerations in making a violin, the resulting tone is the biggest one. ‘We didn’t really know how it would sound,’ Noble explained. ‘We expected it to sound really horrible.’

The violins were made in different sizes so that students of all ages could learn to play.

(continued from page 1) Noble’s two children, 9-year-old Aiden and 7-year-old Ella, now attend Robert’s classes; they were not Roberts students when talks began about what Noble’s classes could do to help.

“It feels a little bit awkward now because my kids go there. But it wasn’t for my own children. It was for kids who would be missing out on stuff,” Noble said.

A parent of one of Noble’s former students keeps him abreast of new grants being offered, and so Noble applied and won a grant from Lowe’s Hardware Store for nearly $5,000. That paid for supplies for about 20 violins.

Noble has been making musical instruments in his classes for years. But, despite the guitars that he makes and plays, violins were a new project altogether. “I didn’t know how to make a violin,” Noble said. “I make guitars and I teach kids to make guitars, so I was familiar with most of the tooling. I got some manuals and online support groups, bought a kit from one company, wood from another company…. I got a completed violin from Kolisacny Music so that we could take measurements off it.”

Noble’s two woodshop classes, with 26 students each, worked on the violins. They started out working in groups of two or three, but that didn’t work well. Noble said. “We ended up with it being a class project,” he explained. “I assigned certain pieces to certain groups. It became more like an assembly line. That way, I didn’t have to teach 52 kids every step in the project.”

Of all the considerations in making a violin, the resulting tone is the biggest one. ‘We didn’t really know how it would sound,’ Noble explained. ‘We expected it to sound really horrible.’

The violins were made in different sizes so that students of all ages could learn to play.

Robert’s school children hold drums made by East students.

“One was really loud,” Noble said. “It was a full-size violin that had a unique color on it. Most of it we did with a mahogany varnish or blond varnish. One kid put clear varnish on it. When I put the sound post on and strung it up, it was noticeably louder.”

When the first violin was completed, Noble and the entire woodshop class marched into an orchestra class at East High School. The lead violinist tuned it and started playing it.

“It sounded gorgeous,” Noble related. “We had extraordinary good luck because every one of them sounded good.”

The woodshop class gave Roberts 10 beautifully completed violins. Noble said there are five or six that remain unfinished, with two having shattered into pieces. Another five or six have minor issues, that Noble plans to have his students repair next year. Then these violins will be given to another school. The violin project will remain in Noble’s woodshop classes.

“It’s my seventh year as a teacher,” Noble said. “I have 22 years before I retire. Maybe I can hit 20 schools with violins.”

Dr. Ira Bigelow, music teacher at Bill Roberts K-8, said the new violins will result in a string instrument program next year that will include violins, cellos, violas, guitars and string basses. “Joe’s going to build guitars for us,” Bigelow said. “There’s a large student body here interested in guitars. We only have a handful of guitars, and I would like to expand on that program.”

Bigelow lauded the East High students for their work on the violins, but gave special kudos to those who also made drums for his classes. “The students who built the drums, designed the drums,” Bigelow explained. “It’s a very impressive piece of technology.”

The violins and drums are a great addition to the education abilities of Bill Roberts K-8, according to Principal Trish Lea. “We had no instruments at all, so we couldn’t have any sort of band,” Lea said. “On top of it, they’re homemade, so it’s really special. I hope it will allow us the ability to start a program. It’s a great way to begin something. I think it’s really great – the bond that it’s created between the high school and us. It’s really amazing.”

To nominate a school to receive East’s woodshop class violins, e-mail Joe Noble at joelnoble@hotmail.com.

Northfield COP Shop Services
Offer Safety and Convenience

The Northfield COP (Community Operated Policing) Shop, located at 8216 49th Avenue, Unit 1348 across from the parking lot in front of Super Target, is available to serve the residents and businesses in the Northfield/Stapleton community.

Individuals can make traffic, non-injury accident, and incident reports at the Northfield COP Shop instead of having to go to the police station. The Cop Shop can also provide information about The Denver Police Department, city agencies, victim’s assistance, zoning, and crime prevention. The COP Shop has personal Child Identification kits for families to record a child’s fingerprints and photo. Cop Shop volunteers will gladly assist anyone who needs help with the kits.

Bicycle safety is another service provided by the Cop Shop. Bicycle helmets in sizes to fit children, youth, and adults are available free of charge, although donations to Denver Health Medical Center are requested to help with the purchase of the helmets. Each person receiving a helmet will be asked to view two short videos on bicycle safety and also complete a bicycle helmet safety agreement for each person receiving a helmet.

For property owners with a graffiti problem, the Northfield Cop Shop will have a limited quantity of supplies and paint for graffiti removal. Waiver forms are also available that allow the city to remove graffiti on private property at the owner’s request, free of charge.

The Northfield Cop Shop Office is staffed by an all-volunteer operation in cooperation with the Denver Police Department. It is open Monday thru Friday during limited hours, depending on volunteer availability. Anyone interested in becoming a volunteer should visit the Northfield COP Shop or call Walt Cross, president of the Northfield COP Shop at 303-371-7548.
Stapleton Recreation Center and Library Updates

By Michael Hancock

Many Stapleton residents have wondered or called my office with the same question: “When will the recreation center and the library be built?” Due to the high level of concern, I want to begin by discussing the complexity of the challenges being addressed as we seek progress on both projects.

First, you should know that the City staff is working hard on both projects, everyone understands the importance of these projects to the community. Nonetheless, the continued build out of Stapleton faces significant challenges that complicate the progress of both amenities.

As we voted to pass the Better Bond projects in November 2007, I learned about the tremendous financial challenges the build out of Stapleton faced. Raising costs for oil, commodities (concrete and steel), and labor increased construction costs for the current infrastructure; particularly north of I-70. To date, over $275 million in Tax Increment Financing (TIF) have been invested at Stapleton. Before additional public investment can be made through the issuance of bonds the capacity to pay back the TIF must exist and you cannot build the capacity without more infrastructure and amenities. I told you this stuff was complex!

Farmers Market Opens June 15

(continued from page 1) through September 28th.

While not the most picturesque location, the parking lot behind Casey’s Pub served as a good home for the market during its formative years. The Stapleton Farmers Market was moved to the parking lot after the first season at the request of vendors due to the visibility from Quebec Street.

“Now that the Stapleton community is more established, we are moving the farmers market back to Founders’ Green. While it will be a little harder to see from Quebec, we hope that word about the market is now strong enough in Stapleton, Park Hill and other surrounding neighborhoods that people will make a point of shopping at the market regularly,” said Melissa Burke of Colorado Fresh Markets. “We know that people who live in Stapleton and Park Hill want to be able to shop for fresh fruits and vegetables and hang out with their family, friends and neighbors. Particularly now that the Stapleton Farmers Market will be at Founders’ Green, we know that people will be on the lookout for items that they can eat on-site so we have a number of new vendors coming with prepared foods such as breakfast burritos, pastries, BBQ and sandwiches.”

Shoppers at the Stapleton Farmers Market are reminded that seasonality of produce determines when specific items will be available at the market. In late June and early July, cherries, sweet peas and greenhouse tomatoes will be in season. By mid-to-late July, shop- pers will find sweet corn, carrots and sunflowers. Peaches, field tomatoes and melons generally make their appearance in August. The best way to know when favorite items will be in season is to shop the market regularly and get to know the vendors, who are always happy to answer questions about how an item was grown or raised.

Karen Kingbury is a sustainability consultant for Forest City Stapleton. She can be reached at kkingbury@stapletonandco.com.

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The Stapleton Farmers Market offers a variety of fresh local produce and other local products.
Since You’ve Asked...

Q. What is the timeline for the third school at Stapleton and the high school?

A. The third school is designed to be an ECE (Early Childhood Education)-8 for approximately 750 students. Its timing is uncertain. The Denver Public Schools planning department expects to have revised enrollment projections by the end of this school year (2007-2008). Those projections will determine when the Westerly Creek and William Roberts schools will reach their capacities, which will influence the timing of a third school. That could be 2010 or 2011.

Stapleton elementary and middle schools are built with revenue from the sale of bonds issued by the Denver Urban Renewal Authority that are backed by tax increment financing generated at Stapleton. The third school will be funded through the next bond issue. It is uncertain when DURA will decide there is sufficient revenue to issue new bonds.

A high school is planned on a site north of the Northfield shopping center. DPS bond money will pay for the school, which is designed to be a campus of three small schools for 400-500 students each. DPS has convened a citizens committee to determine the need for a bond election this year. Existing schools are due for a large amount of repairs and other improvements making it uncertain how much new construction would be on a 2008 bond. If a bond passed this year, the high school could open in the 2010-2012 range but there is no set timeline. (Response provided by Brian Weiber, Vice President, Education/Workforce Initiatives, Stapleton Foundation).

Q. What is the timeline for residential north of I-70 (Northfield)?

A. Depending on the strength of the residential market, developmental north of Northfield will not likely occur before 2010, when residential development is projected to be complete south of I-70. (Response provided by Lisa Hall, Builder Program Director, Forest City Stapleton, Inc).

Q. Why can’t the entrance off Havana near the employee entrance to Bluff Lake be used, as it is a long walk to main entrance?

A. Bluff Lake Nature Center appreciates our many visitors from the Stapleton neighborhood. We’ve chosen to funnel all of our visitors through the main parking area, primarily due to past problems with vandalism and non-compatible use (bikes, dogs, etc.). We have, however, been discussing the idea of locating a pedestrian gate on the western edge of our property, not far from the bird blind structure. We will likely leave the maintenance gate locked as not to invite any auto traffic, but there is a good chance that we will install a smaller gate sometime in the coming year. (Response provided by Glenn Fee, executive director, Bluff Lake Nature Center).

Q. What are the locations for the library that are being looked at?

A. Forest City has proposed a site on Roslyn Street, just south of the pediatric medicine and dentistry building in the E. 29th Avenue Town Center. While there had been consideration by some city officials about co-locating a library in the planned recreation center, their proposal does not seem to have much support.

Q. Is there a possibility for a Kohl’s or Chick-fil-a in Northfield?

A. Among the potential retail stores Forest City spoke to about coming to Northfield were Kohl’s and JCPenney. Because JCPenney has already opened a store at Northfield, it is unlikely that Kohl’s would choose to open a store in the same retail center. Forest City has spoken to officials from Chick-fil-a, but there is no indication at this time that they will be coming to Stapleton.

Q. The plans for the recreation center look quite elaborate, however the number of lap lanes is small. Would it save money to change the pool plan to have more lap lanes (at least 6, preferably 8)? Regular access to lap swimming at 6:00am, everyday year-round (i.e., the indoor recreation center and at least one outdoor pool in summer-time) would be ideal. Is this in the long term plan?

A. The design team chose the luxury pool and lap pool sizes based on the recommendation of both pool managers and the architects’ experience in many other places and the realities of budget constraints. The Park Creek Metropolitan District does not support any changes at this point in the process. The actual recreation center program and pool hours will be set by the operator when the facility opens. That operator is expected to be the Denver Department of Parks and Recreation. (Response provided by Dennis Pipes, director of parks and environment, Stapleton Development Corporation).

Q. How about using the library as the anchor of a mixed use public/private development?

A. Over a period of the last several years, Forest City has told officials from the Denver Public Library that we would be flexible in discussing a number of scenarios that might meet their needs at a location we have proposed on Roslyn Street in the E. 29th Avenue Town Center. Ultimately, the decision will be made by Library officials who must also consider operational expenses posed by a new library.

Unless otherwise noted, responses provided by Tom Gleason, Forest City Stapleton, Inc.
The Grand Opening for the Town Center COP Shop was held May 3rd, in conjunction with the Stapleton Spring Fling event. The Shop location is 7484 E. 29th Ave., in Stapleton’s 29th Ave Town Center.

The Community Operated Policing Storefront (COP Shop) is a great way for communities to be involved in their own safety. For those of you who are unfamiliar with the concept of a COP Shop, here are a few details:

- Community-Operated means it is staffed entirely by volunteer citizens within the community (it is not staffed by the Denver Police!!)
- The more volunteers who are available – the more hours the COP Shop is available to be open
- Denver Police Officers will stop by the COP Shop from time-to-time to fill reports, check-in with the community, and help us with current issues
- The purpose of the COP Shop is to give the community a way to help make their neighborhoods safer, and encourage positive working relationships between law enforcement and the public

Following is a list of just a few of the programs that we are planning to organize through the Town Center COP Shop:

- Neighborhood Watch Training
- Reports/referrals to city agencies such as reporting potholes, dark traffic lights, and other 311-types of issues
- Reporting on criminal complaints and activities such as burglaries, graffiti, smashed house and/or car windows, suspicious activities
- Self-defense classes for men, women, and children
- Speed-check/Radar gun training to track speeding in your area
- Bicycle registration program for more effective recovery of stolen bicycles
- Important helmet training for children
- Scheduling Home Visits with the DPD to provide home safety tips
- Provide a resource on where to go for more information such as the Denver Citizens for Crime Prevention, neighborhood crime statistics, and updates on registered sex offenders

Because the COP Shop is staffed entirely by volunteers in the community — hours of operation are determined by the amount of volunteers we have, and the hours they can support the shop being open. Please check the door of the Shop for current hours, or call (720) 865-2356 for more information.

Julie Cameron is the President of the Board for the Town Center COP Shop. She also sits on the Stapleton United Neighbors (SUN) Board, and is the Safety Committee Chair.

Language Immersion School Proposed for Stapleton Area in 2009

A group of Stapleton parents and the Stapleton Foundation have proposed a language immersion school to open in 2009 as one of Denver Public School’s new Innovation Schools. The district plans to decide on proposals by the end of July.

The E-8 school will offer Mandarin Chinese and Spanish as an autonomous school which frees it from many district and union policies. It’s proposed for central northeast Denver but no location has been chosen.

Language immersion offers traditional learning activities in a second language to master that language while reaching high academic achievement. Research shows that students learning a second language from a young age perform better academically, exhibit greater cultural appreciation, and learn additional languages with greater ease.

Organizers are seeking community support—one factor in deciding the school’s fate. Contact the following people for more information and to sign up as “interested in attending:”

Krissy Fantz
klfantz@yahoo.com

Camilla Modesitt
kentcamilla@comcast.net

Brian Weber
Stapleton Foundation
303-468-3224
bweber@stapletonfoundation.org

Brian Weber is the Stapleton Foundation Vice President for Education/Workforce Initiatives.

By Julie Cameron

By Brian Weber

By Julie Cameron, DPD Commander Rhonda Jones, City Council President Michael Hancock and Denver Police Officer Adriel Torres officially open the E. 29th Avenue Town Center COP Shop during Stapleton’s Spring Fling on May 3rd.

Cap Shop Volunteer, Julie Cameron, DPD Commander Rhonda Jones, City Council President Michael Hancock and Denver Police Officer Adriel Torres officially open the E. 29th Avenue Town Center COP Shop during Stapleton’s Spring Fling on May 3rd.
Neighborhood Flix offers a diverse film selection that includes offbeat, independent films, documentaries, comedies and foreign films. The movie assortment is “art house” type, Gaul said. Dorant explained art house movies as independent films that are made on small budgets. The people involved truly believe in the film.

“You wouldn’t see an “Iron Man” film (at an art house theater) because those are bigger, blockbuster movies,” Dorant said. “The scripts of most traditional Hollywood films don’t have the substance (of art house films).”

The theater eschews the feel of multi-plex theaters, instead offering a more intimate setting. “It was important that we created space that was comfortable, inviting and warm,” Dorant said. “You have leg room, and you can eat healthy, organic food.”

The Flix restaurant offers such delights as meatloaves and sandwiches, Indonesian vegetable curry, salads made with organic greens, fish tacos and egg rolls. The owners say that their sweet potato fries already outsell popcorn 5 to 1.

By Nancy Burkhart

D id the crowds of teenagers hanging out, the untempting hot dogs and soggy popcorn at the movie multi-plexes lead you to take your movie viewing home to your sofa with delivered pizza? Now you can choose to enjoy an offbeat first-run movie, documentary or classic film while enjoying a tasty meal and a glass of wine in a smaller, more intimate setting.

The Neighborhood Flix Cinema opened last November in the Lowenstein Culture Complex, next to the Tattered Cover and Twist & Shout, at 2510 E. Colfax Ave. It features movies and a restaurant that gives you the choice of just watching the movie, ordering food and wine at the restaurant and enjoying it while you get involved in the movie, or enjoying your food in the café before going to your seat to view the film.

Cinema owners are husband and wife Jimmie Lee Smith and Michelle Dorant, Stapleton residents, and Jimmie’s sister, Melodie Gaul. Melodie and Jimmie grew up in Park Hill. Jimmie and Michelle were living in New York City, enjoying the many independent films offered in the Big Apple, when they visited Melodie in Denver. She took them to see Stapleton and its growing community, and Jimmie and Michelle made the decision to move in and bring an expanded independent film selection to Denverites.

“Between the three of us, we loved film and food,” Gaul explained. “Jimmie and Michelle are particularly film buffs. When they were in New York, they were exposed to interesting film. Here, there’s room for more.”

Neighborhood Flix Cinema will partner with Twist & Shout on a jazz film series one weekend a month through September. There will be local live jazz bands performing as well.

Seven operas from La Scala in Italy will be offered in July and August. A different opera will be shown each week, and each will be shown three times during the week. They will be paired with brunch or dinner.


Bar area adjacent to the Neighborhood Flix cafe.

By Nancy Burkhart

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2008

Voted MOST FAMILY-FRIENDLY

By: Colorado Arid Golfers Magazine
One of the biggest lessons we all have had to learn is to read. Over the years, there have been many different methods of teaching children to read, and some find it easier to learn than others. Today, kindergarten teacher Darcie Frohardt is offering a fun and active method for children ages 3 to 7 to learn to read the English language with her Butterfly Park Educational Materials.

Children are taught the sounds of letters, rather than letter names. "It's more important than learning letter names," Frohardt said. "Our program is based on actions. For the sound of "H" they (children) match and 'huff.' It's based on the action, rather than having to know an English word.

"It's really helpful because letter sounds are so critical for learning to read. We do it through action and song, movement. It's multi-sensory. You use your eyes, your voice, your movement. It's not boring either. They learn their letter sounds by standing up. It's much more kid-friendly."

The program is for all children, including those who speak a second-language, those at risk with reading difficulties, and gifted children. Very bright children progress very rapidly, while it may take a bit longer for others, Frohardt said.

Children with learning disabilities work well with the program because letters are pictures of sounds, she explained. "The alphabet is a code for the sounds of the English language. The way you break the code is through the letter sounds."

Frohardt and her sister, Mary Forhan, started Butterfly Park Educational Materials in 2003. Forhan is a retired teacher with a Master's Degree in reading. More than 300 Colorado teachers use the Butterfly Park materials in settings including Head Start, private and public pre-schools and kindergartens. Parents can use the Butterfly Park materials with their children, rather than waiting for teachers to use them. In the eight-session "J is for Jump" Workshop, Frohardt teaches parents and children to use a DVD to teach the children to read. In the DVD, pre-school children, puppets, a monkey, caterpillar and a voice use letter sounds in a series of stories using the entire alphabet. A train carries everyone through Butterfly Park as it teaches children to put sounds together to form words. Children also are taught pre-handwriting familiarity with letters.

Frohardt is working on a new workshop, called READERS – Reading Effectively A loud to Develop Enthusiastic Readers. "We would like to do classes for parents because teachers want them to read at home with their kids," Frohardt said. "We thought it would be fun to have a readers’ group for parents where we would demonstrate how to read with their kids."

Educational materials can be ordered online by calling Frohardt. She also offers them to teachers at their conferences. Darcie Frohardt can be reached at 303-519-1217 or www.butterflyparkphonics.com.

So what's the bottom line? There’s little difference except a Traditional Realtor® charges a 3% commission—this means you’re paying away by thousands of dollars. You owe it to yourself to find out why ReLogic is the smart way to buy and sell Real Estate.

How do we do it? With the advent of the Internet the home real estate industry has changed wildly in the past 15 years. The simplest fact is most people do a lot of the work that used to be done by real estate agents. Wonderful sites (like ours) allow you to virtually visit one or 100 homes from the comfort of your own chair instead of the east of a Realtor®’s house.

ReLogic’s revolutionary approach is changing the way homes are purchased and sold. We are team-based with salaried and licensed real estate professionals who leverage the efficiency of the Internet. This permits us to provide full service and pass the savings back to you! Before you buy or sell a home please visit our Web site or call. It’s about being smart.

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**New Moms Have Fun Getting Fit**

By Nancy Burkhardt

So, there you are — a new mother with the need for specific exercises to get your body into shape for the multitasking it will take to be a mom. What can you do?

Park Hill resident Erin Johns has the answer with her workout for moms whose children ride in strollers. It’s called Stroller Strides. The franchise is a fitness class for mothers of stroller-age children up to 4 or 5 years old. The kids stay in their strollers while their moms work out in both cardio and strength training.

Johns and her husband, Steve, have 23-month-old twin daughters, Emma and Reese, who join the classes.

“I was an operations manager with a resort company,” Johns explained. “I worked full-time for a year after my maternity leave ended. But I had a hard time being away from my kids. “I was really, really interested in starting something fitness-oriented with my kids,” she said. “I came across Stroller Strides on the Internet.”

Stroller Strides has more than 300 franchises nationally, with 700 class locations, Johns said. Johns went through a Stroller Strides certification program and garnered certification in pre- and post-natal fitness.

“So many things happen to your body with pregnancy,” she said. “With pre-natal, you have to be extra cautious about heart rate and position. With post-natal, you have to be cognizant about what labor and delivery has done to your body (regarding hips and posture).”

“We do lower back and shoulder work to keep moms’ spines in line and give them healthy posture. There are so many things you do as a new mom, such as lifting this new human around … you have to train your body to work in a whole new way.”

Stroller Strides classes meet from 9:30 to 10:30 a.m. on Mondays, Wednesdays, Fridays and Saturdays. Class members may choose a $55 package that entitles them to unlimited classes during one month. They can choose to pay $115 for 10 classes at any time during a six-month period, or they may opt to pay $15 for each individual class they attend.

“The major motivator is losing baby weight, and this will do that,” Johns explained. “Kids are only going to get bigger and faster, and the class improves movement and strength. It gives you energy. They see from Day 1 that exercise is a positive thing.”

While the moms do their thing, the stroller kids have their own fun, according to Johns. Singing and counting accompany class workouts, and the children enjoy it as much as their mothers do, she said.

The class also is a networking resource for mothers, Johns said. “At the same time they work out they talk with other moms. They say things like, ‘My child’s eating every two hours. Is that normal?”

Class members are allowed to progress at their individual paces. “Age doesn’t matter. Any exercise level is OK,” Johns said. “I’ve got moms who used to be marathon runners and moms who never exercised a day in their life. The class can work for any level.”

New moms are welcome to drop in on a class to try it out — the first session is free.

Call Erin Johns, Stroller Strides, at 303-507-4388 or e-mail her at ErinJohns@StrollerStrides.net. The website is www.StrollerStrides.net/Denver.

Erin Johns, with her twins, leads a Stroller Strides class in a session at Stapleton’s Central Park.

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**Stroller Strides instructors are certified in pre- and post-natal fitness.**

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**“Extra Space Storage” to Open in June**

The new Extra Space Storage will open at Stapleton this month on Martin Luther King Boulevard just east of Denver Fire Station 26. The developer for the self-storage facility says it has state-of-the-art security, interior climate controlled units, and exterior drive-up units that are accessible 7 a.m.-10 p.m. 7 days a week. Call 303-703-3802 Monday-Saturdays from 9 a.m.-5:30 p.m. for more information.

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 Teens Take On Quest for Gas Car Alternative

By Nancy Burkhart

Fuel-ups at the gas pumps are depleting our wallets, and Mother Nature is complaining about how car emissions are affecting the ozone layer. While talks are taking place at government levels, three 18-year-olds at the Denver School of Science and Technology (DSST) in Stapleton have taken action with their senior project—designing and building a solar-powered car.

Last year, DSST juniors were instructed to think about what they would do for their senior project. Most students went to work as individuals. But Alexandra Scherbl, Christopher Torres and Jay Wellman fell on an idea that would make them a team.

"Over the summer Christopher and I were in engineering programs, and Jay worked in a bike shop," said Scherbl. "We all had an interest in engineering, so we got together."

None of the DSST projects were given funds, so the team had to get creative about obtaining construction materials. The University of Colorado at Boulder donated a recumbent tricycle frame from last year’s human-powered contest.

"We based our solar car design off what we had as a frame," Scherbl said. "We were trying to figure out where the solar panels were going to come from," said Torres. "One of our classmates has a neighbor who owns a solar panel company. The company loaned us panels."

Wellman explained that the company, Starfire Energy, is a solar power consulting company that installs panels.

"Nobody gets a budget, so we borrowed the panels," Scherbl said. "They (Starfire Energy) have helped us, giving us a lot of advice (and) watching our progress."

The team started doing project research and obtaining materials in December. Physical work on the project began in late February.

"On the whole, the actual building took 10 weeks," Scherbl said. "We first had the frame in Jay’s backyard. We took off unnecessary parts, took off the rust and painted the frame. Then we worked in the school’s fabrication lab."

"It’s a workshop. We have power tools and welding tools," Torres said. "It (solar car) is finished," Wellman said. "We had a couple of problems. It goes 18 mph for 25 to 30 minutes. Then the power exhausts until it has time to reaccumulate the charge from the panel. We could add more panels, but, since they’re expensive, we don’t have the funds for that."

"We could also add more batteries," Torres said. "It could have a longer charge."

The project was not readily accepted as doable by the team’s friends and teachers.

"People told us that a solar project would be too big for us," Scherbl said. "I think we proved to a lot of people that we could do it. While proving their abilities and intelligence, each member of the team has decided to go into mechanical engineering. Next fall, Scherbl will be at Wesleyan in Connecticut. Wellman will attend the University of Colorado at Boulder, and Torres will study at Stanford University.

What will happen to the car?

"We still haven’t really decided how we’re going to do that," Torres said. "Since we’re all going to different colleges and have to give back the solar panels, we’re thinking about donating it."

Has such a stellar performance with a senior project affected how the team’s friends and teachers view them?

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What did the team learn from building a solar car?

"I think it is just a big introduction for us in the engineering field—car designs, alternative energy designs, integration in technology," Torres said. "It wasn’t an invention kind of thing. It was learning."

The focus was on coming out with a new way to do something, not a new project, but a new way.

Scherbl said.

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**Active Minds Seminars - Free and Open to the Public**

**Tibet** – Tuesday, June 10 from 12:30-1:30 pm at the Tattered Cover, 2526 E. Colfax (2 blocks east of York). China claims that Tibet has been part of China for centuries, while Tibet maintains that China illegally invaded the independent country in 1949. Also a look at the role of the Dalai Lama.

**Bio-Engineered Food** – Tues. June 24 from 11 am -12:30 pm. Temple Emanuel, 51 Grape St. RSVP: Jodi: 303-388-4107. How science has been able to alter the food we grow to enhance productivity, control for parasites, and optimize certain food characteristics, and the potential undesirable consequences for health and the environment.

**Brazil** – Tuesday, June 24 from 5:30-6:30 pm at the Tattered Cover, 2526 E. Colfax (2 blocks east of York). Brazilian history and recent events, most notably the Presidency of Luiz Inacio Lula da Silva and the growing tendency of South American countries to support leaders from the left. Also, key issues in U.S. - Brazilian relations such as trade, energy, and the environment.

**Coffee: A Brief History** – Wed. June 25, 2:30-3:30 pm. Cherry Oaks, 6800 Leedsfeld Drive. RSVP. 331-3956. The history of coffee from its origins in Ethiopia to Starbucks – a fascinating story of politics, power, chance and intrigue.

**Germany** – Monday, June 30 from 7-8 pm. Stapleton Master Community Association, 2825 Roslyn St. Denver (east of King Soopers at Quebec & 28th Ave). RSVP: Stapleton Foundation: 303-468-3223. Sponsored by the Stapleton Foundation. Germany’s role in the European Union, challenges posed by Islamic immigration from Turkey, and Germany’s complex relations with the United States. Also the reunification process nearly two decades after the fall of the Berlin Wall.

**Fitness Walks and Tai Chi Offer Serene Health Conditioning**

Denver Botanic Gardens, 1005 York St., will offer summer family health conditioning opportunities from June 3 to August 26 with Fitness Walks and T’ai Chi.

Tuesdays: The T’ai Chi Project will hold T’ai Chi classes from 7:15-8:15 am. Fitness Walks will focus on exercise, health, and the quiet splendor of the Botanic Gardens from 7 -9 am.

The series is sponsored by Exempla Health-care and the Stapleton Master Community Association.

**Herbal First Aid for the Whole Family**

“Herbal First Aid for the Whole Family” will offer information about using herbs to treat sunburn, cuts and bruises, poison ivy, mosquito bites, stomach upset, colds and coughs, and also for immune support. The presentation, held on Wednesday, June 18th at 6:30 - 8pm, will be made by Cindy Aspron, Nurse Practitioner at Stapleton OB-GYN, in the Stapleton MCA Community Room at 2823 Roslyn Street. For more information email stapletonobgyn@exempla.org or call Cindy at 303-403-6333. Health Staples is a series of free health/life classes held every 3rd Wednesday of the month in 2008 to help you and your family stay healthy. The series is sponsored by Exempla Health-care and the Stapleton Master Community Association.

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Fiesta Aurora Celebrates Latino Community

The 4th annual Fiesta Aurora will celebrate the Latino community’s culture and art from noon to 9 pm on Sunday, June 8, in the East End Arts District at Fletcher Plaza, 9898 E. Colfax Ave.

Authentic Latino food creations, a low-rider bike display and live entertainment will lure adults, while children will have an area with inflatable rides, crafts, balloon twisting and more. The event is free. For information, call 303-326-8FUN or go to auroragov.org/fiesta.

1st annual Health & Fitness Family Expo – A Free Event Promoting Healthy Families

Families are invited to attend a FREE day full of fun, food, and tips on how families can get healthy and stay healthy. The 1st Annual Health and Fitness Family Expo will be held Saturday June 7th 2008 from 11 am to 4 pm at 24 Hour Fitness Lance Armstrong in Lowry, 7200 Academy Blvd. Women & Mothers, a new organization helping Denver women and families, has partnered with the fitness experts at 24 Hour Fitness to host a free community event to help educate and encourage local families to live a healthy and fit life.

This event is designed for the entire family. Parents will be able to get tips on family health, exercise, fitness, diet and nutrition, as well as information on the local businesses that aim to help families on their journey to good health. Children will participate in face painting, ballons, games, prizes, and many other fun activities that teach kids that fitness and healthy living can be fun!

For more information about this event or about the Women & Mothers Organization, call 720.277.8119 or email kmills@womensmammies.com.

Barth Hotel Becomes “HOTL Baltimore”

Theater buffs can watch the Barth Hotel morph into “HOTL Baltimore” this summer as the Senior Housing Options facility becomes a play venue.

The lovely, antique architecture hotel will be the site for 18 performances of “HOTL Baltimore” on Thursdays, Fridays and Saturdays from July 17 through August 23.

The play’s story is about a group of older lost souls who inhabit a once-elegant hotel. It is environmental theater because it is staged directly in the lobby of the Barth Hotel, 1514 17th St. This connects the real world of the Barth Hotel with the environment of the play and the theater production.

“HOTL Baltimore” first was performed at the Barth Hotel in Denver in 1991. Director Terry Dodd is returning, as are several cast members. The original producer, John Ashton, will have a walk-on roll July 17. On July 24, bartenders from the Celtic Tavern will do walk-ons.

On July 31, retired KUSA news anchor Ed Sardella will put an appearance, and Denver Post columnist Bill Husted will participate on a date to be named.

The play is a fundraiser for the Senior Housing Options Year of Safety and Security Fund Drive.

Senior Housing Options Year of Safety and Security Fund Drive. Senior Housing Options operates seven assisted living properties and seven independent apartment residences throughout Colorado. The fundraiser will pay for emergency call systems, state-of-the-art fire systems, fire doors and new kitchen equipment.

Tickets go on sale June 2 for $50 each. They can be purchased online at www.seniorhousingoptions.org or call 303-595-4464, extension 10.

& Events in June

June 7 and 8 – People’s Fair (Free)

June 8 – Aurora Fiesta
Celebrate the art and culture of Aurora’s Latino community from noon to 9 pm at Fletcher Plaza, 9898 E. Colfax Ave. Call 303-326-8FUN or go to auroragov.org/feria.

June 7–September 28 – Botanic Gardens, Story Time in the Gardens
SCFD Free Day at Denver Botanic Gardens, Monday, July 21
Hear stories about plants, animals and nature on Saturdays and Sundays from 10 am to 11 am. Entrance to the Children’s Secret Park is included with admission to the Denver Botanic Gardens. 1005 York St. Call 720-865-2300.

Through August 3, Museum of Contemporary Art – Jasper De Beijer
Jasper finds inspiration in historical records and photographs that range from Japanese modern and traditional culture to memories of Pacific Island rubber industries and First World War photography.

1485 Delgany St. Call 303-298-7554, or go to www.mcamuseum.org.

Through November 30, Denver Botanic Gardens – Urban Nature
The exhibit features paintings from over a dozen street-style artists including internationally recognized Lady Pink, Mac and Sibert. 1005 York St. Call 720-865-3500, or go to http://www.botanicgardens.org.

City Park Jazz – Free Sunday jazz concerts
In City Park from 6 – 8 pm. June 1, 8, 15, 22, 29, July 6, 13, 20, 27 and August 3. Call 303-744-1004 or go to www.cityparkjazz.org.

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13 June 2008 Stapleton Front Porch
**June 10th – 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 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.

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.

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**Used Book Sale**

Denver Central Library
10 W. 14th Ave. Pkwy.
Saturday June 14th, 9 am - 4 pm
Sunday June 15th, 10 am - 3 pm

**Great Book Giveaway (for Nonprofits)**
June 15th, 3:30 - 4:30 pm

Reservations are required to attend the Great Book Giveaway. Please call 720-865-2051 to RSVP. All remaining Used Book Sale items are free during the Great Book Giveaway. The Great Book Giveaway is for nonprofit organizations and teachers.

**Starship Headlines “Do at the Zoo”**

The popular ’80s and ’90s band, Starship featuring Mickey Thomas, will headline the annual fundraiser for the Denver Zoo, “Do at the Zoo,” in City Park from 6:30 to 10:30 p.m. on Thursday, June 19. Food from more than 45 Denver restaurants will be available.

The event is hoped to raise more than $500,000 for Asian Tropics, a 10-acre exhibit devoted to endangered Asian species, including elephants, Indian rhinos and Malayan tigers.

Tickets are $125 for members and non-members ages 21-29; $150 for individual zoo members; and $175 for individual non-members. Call 303-376-4864 or go to www.denverzoo.org for tickets.

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**Still Looking for Kids’ Summer Activities?**

The March issue of the Front Porch listed more than 60 camp and activity options for kids this summer. Visit www.StapletonFrontPorch.com and scroll to “Front Porch Archives” near the bottom of the page. Click on March 2008 and go to page 21 to view the list of summer camps.

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**Elk 3rd Annual Celebrity**

**Put a Little Wildlife in a Child’s Life**

**Golf Tournament**

Friday, September 19
Green Valley Ranch Golf Course

- 2 minute fishing contest!
- “Big Fish” Prize!
- Hole in One Contest for a New Boat!
- Test your longest drive and closest to the pin skills
- Four man scramble
- Dinner, auction, door prizes and much more!
- $130/player or $500/foursome

Visit www.elkkids.org
Call Kim at (303) 291-7554

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**Starship Headlines “Do at the Zoo”**

The popular ’80s and ’90s band, Starship featuring Mickey Thomas, will headline the annual fundraiser for the Denver Zoo, “Do at the Zoo,” in City Park from 6:30 to 10:30 p.m. on Thursday, June 19. Food from more than 45 Denver restaurants will be available.

The event is hoped to raise more than $500,000 for Asian Tropics, a 10-acre exhibit devoted to endangered Asian species, including elephants, Indian rhinos and Malayan tigers.

Tickets are $125 for members and non-members ages 21-29; $150 for individual zoo members; and $175 for individual non-members. Call 303-376-4864 or go to www.denverzoo.org for tickets.

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**Starship Headlines**

“Do at the Zoo” June 10th – 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 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.

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.

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**Still Looking for Kids’ Summer Activities?**

The March issue of the Front Porch listed more than 60 camp and activity options for kids this summer. Visit www.StapletonFrontPorch.com and scroll to “Front Porch Archives” near the bottom of the page. Click on March 2008 and go to page 21 to view the list of summer camps.

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By Nancy Burkhart

The Empire Lyric Players, a Denver theatrical group established to perform solely Gilbert & Sullivan works, will mark 50 years of performances this month with its production of H.M.S. Pinafore.

The Empire Lyric Players was founded in 1958 by people who enjoyed Gilbert & Sullivan productions in high school and wanted to continue with them. “Gilbert & Sullivan wrote 14 different works,” explained Kevin Cran dell, an Empire Lyric Players Board member and Stage Director for “H.M.S. Pinafore.” “One work—the music no longer exists. Two are pretty darn bad, so the group has never done those. “Trial by Jury” is only 45 minutes long. That leaves you with 10 works, and basically we rotate through them.”

The Players’ productions are limited. There will be six shows for H.M.S. Pinafore. There have been two performances of Trial by Jury, and A Christmas Carol, featuring words by Gar den Wien and Sullivan’s lyrics. The Board of Directors will decide the 2009 schedule this fall.

The Empire Lyric Players is primarily a volunteer group. “Our cast and crew is strictly volunteer,” Cran dell explained. “We do not get paid. None of the actors are paid. We do engage a professional orchestra and pit conductor, and we pay them.”

Personally, I think it’s good to go back to the word, ‘amateur,’ which I understand translate to ‘love,’” said Guy Williams, who plays the lead, Sir Joseph Porter in H.M.S. Pinafore and has been an Empire player since 1997. “You get a great deal of satisfaction out of it.”

Williams makes his living as a paralegal in the mortgage banking industry. Cran dell is an attorney and chairman of the Business Department at the legal firm of Holland & Hart.

“Even though we all do this on an amateur basis, we have a lot of people with professional quality and skills,” explained Cran dell. “We’re always lucky to get these professional people to audition for us.”

Erin Bell, who plays Little Buttercup in this month’s production, started her career at the Arvada Center when she was in high school. She spent eight years with the Bridge Theatre Company in Boston. Today she is a communications writer for CHDM HILL.

Empire Lyric Players Gilbert & Sullivan productions are not the standard. They are developed to interest young people as well as the Gilbert & Sullivan diehards.

“I think one of the most important things that ELP have done is to introduce Gilbert & Sullivan to a younger generation that may not be familiar with it,” Williams said. “We’ve taken programs to schools. We’ve got a lot of young people involved in it now. It’s a different sort of experience than what they would get through a standard theater experience.”

“There’s just enough of the political and social satire that cycles around and becomes applicable over time,” Bell said. “If you recognize where it sits in today’s events, or something about the social or political situation, (the play) can resonate from it.”

Empire Lyric Players is funded by ticket sales and Denver’s SCFD grant.

There are about 50 members in the group today; however, the number varies with each production, according to Cran dell.

H.M.S. Pinafore performances will be June 1, 5, 7 and 8 at the Mizel Center for Arts and Culture, 336 S. Dahlia Street.

For Empire Lyric Players information and tickets, call 303-377-4831 or go to www.elps.org.

People’s Fair June 7 & 8
Brings Food and Fun

The People’s Fair will mark its 37th anniversary this year with Colorado’s largest arts and crafts festival on June 7 and 8 in Civic Center Park, at West Colfax Avenue and Broadway. Admission is free.

Produced by Capitol Hill United Neighborhoods (CHU N), the People’s Fair started for community unification in urban diversity and neighborhood pride. Some 300 volunteers organize and facilitate the event that benefits Capitol Hill nonprofit organizations.

More than 500 exhibitor and food booths will fill Civic Center. A variety of food booths will cook up tasty treats to inspire and tantalize taste buds. And, artfully designed arts and crafts booths will present creative selections for purchase.

For an extensive entertainment schedule, go to www.peoplesfair.com
By Nancy Burkhart

Nine-year-old Max Gregg and his brother, 5-year-old Nick, have taken their Star Wars passion to new heights. Playtime for them involves a 4-foot by 8-foot space ship that their father, Marty Gregg, built for them in the basement of their Stapleton home.

Marty passed huge dumpsters filled with cardboard on his way to work. One day he stopped to examine them and discovered “fresh, brand new, beautiful cardboard.”

“It’s just fun to play in a cardboard box,” Marty said. “I pulled a few of the boxes out and put them in my basement.”

Then peer group pressure set in for Marty. He is a graphic designer at the ArtHouse, where they do 3-dimensional designs, logos, etc. When Marty told his co-workers about his cardboard box find, a co-worker told him, “We’re expecting something really cool.”

“We think in 3-D all the time, and we’re always drawing,” Marty explained. “(So) I did (spaceship) drawings. Those got me excited about building. I just started building off of that. Little did I know it would get so complicated.”

The cardboard box project was kept a secret from the boys. “I disappeared three hours every night and glued cardboard together,” Marty said, lauding the patience of his wife, Polly, who is a staff attorney at the Colorado Court of Appeals.

It took a month and a half of nightly construction work to create a spaceship worthy of fantasiespacetravel for the boys.

“I built it in the basement,” Marty said. “I did it in secret so that I could surprise the boys. It’s to the size now that it’s too big to take outside. It’s like building a boat in the basement.”

“I built it in a remote section of the basement. The kids play upstairs more than downstairs. I camouflaged it with other materials right up until the very end,” he said.

The boys were “completely snowed by it.” Today both Max and Nick fit in the spaceship cockpit. However, Marty gives Max only another six months before he will outgrow his seat. Marty said there has been talk about “flushing it out more,” by perhaps building a control panel that one boy could use outside while the other is inside the spaceship.

The boys have devised their own fantasy script for space travel. Marty says that no controls or dials were installed inside the spaceship, but the boys have drawn things in place. “They fly missions. They’re shooting guns,” he said.

When his sons outgrow the ship, Marty supposes that his sister’s two-year-old twin boys might inherit it. He plans to cut off two sides that stick out in order to get the ship out of the basement. Then he will glue the sides back in place.

Marty claims that he is not a handyman, and so he believes that anyone could make a similar craft for their children. By using cardboard salvaged from trash receptacles, Marty’s budget was only $20, which went into paint and glue.

“We always start with the materials,” he explained. “Don’t do too much design until you have the materials. On the front of the spaceship are guns that hexagon-shaped. Our toner came in them. I just painted them white and they were good to go.” The triangle vents on the side are FedEx shipping tubes. Those kinds of great shapes would be really hard to make in cardboard. But you can glue them on and give the spaceship personality. Let what you have drive the personality.”

Marty Gregg is at ArtHouse, 303-892-9816.

**Dad Makes Space Travel a Playtime Experience**

Left: Marty Gregg with his two sons, Nick, 6, standing and Max, 9, sitting in the spaceship. Marty built them. It will have to be cut apart to remove it from the basement of their Stapleton home because it grew too big to fit through the stairwell. Below right: Marty, a graphic designer, drew detailed plans for the space ship. Bottom: “in progress” photo shows how different sized boxes were attached to make the spaceship.

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Bike Racer Shares His Passion By Encouraging Others

By Nancy Burkhart

Stapleton resident Devin McCune has been a mountain bike and road racing racer on his own, with sponsors, for 13 years. But, this year, he decided to form a racing team, Racing Green MTB, in order to further his personal goals of environmental awareness and health benefits.

The 37-year-old biker rides every day. “Training during the week consists of commuting to and from downtown to work, then adding miles on for extra time, then weekends as well,” McCune said. He rides about 130 miles a week, with a total of 6,000 miles in 2007.

The bike racing team today has seven members who share McCune’s beliefs. “You can be really fast, but if you don’t believe the bike is going to help preserve the environment and create better lifestyles... I probably wouldn’t want you on my team,” McCune said. “I want people to benefit from what I’m doing and from what the team is doing. I want to keep it manageable. I’ve raced with 30-40 people, and it becomes too much work.”

Today the team is all male, but McCune is eager to have women join. “I would be interested in getting women on the team because I want to grow the sport,” he said. “I want all people to be interested in riding bikes.”

McCune’s father, Pat, is a team member. “He definitely fits the hobbyist bill,” Devin said. “He’s always ridden to work. He’s ridden 25 to 30 years. He’s never raced, but has ridden. Maybe that’s where I get it from.”

Devin McCune has sponsors for his racing efforts: Pedal Pushers Cyclery in Lowry, and SouthEnders in Stapleton at East 23rd Avenue and Central Park Boulevard. They have enabled McCune to offer his team members discounts on his favorite mountain bike, Orbea.

“On many occasions I give people advice and repairs for their bikes at bike repair stations at the town center, many opportunities are in place to take BT WD easy. More details will be available in early June at www.racinggreenmtb.com.

By Devin McCune

Bike to Work Day

The Denver metro area will be promoting its annual Bike to Work Day (BTW D) on June 25, 2008. The purpose of BTW D is to encourage people throughout the community to give biking to work a try. What might seem like a daunting challenge becomes more manageable with the support of riders and organized events that have been planned throughout the Denver area.

BTW D provides:
• Over 50 breakfast stations in the Denver area
• Maps with paths and roads suitable for riding marked
• Chances to win prizes for participation
• A safer ride since drivers are expecting bicyclists on BTW D

Stapleton and surrounding neighborhoods have the support of many local businesses and organizations to make BTW D a fun and safe experience. From breakfast stops in Quebec Square, the town center, Lowry and Park Hill to a bike repair station at the town center, many opportunities are in place to make BTW D easy.

By Devin McCune

Racing Green MTB will have several events this summer, including a back-to-school riding program for kids in August. There also will be a June event to show riders how to get the most out of the June 25 Bike to Work Day on Colorado’s Front Range.

For community biking event and team membership information, call Devin McCune at 303-882-9903 or e-mail him at dmmccune79@hotmail.com. The Racing Green MTB website is at www.racinggreenmtb.com.

June 25th is Bike to Work Day

Taking the time to plan your BTW D day will make your commute less stressful:
• Plan your route in advance, practice it on the weekend to know about how long it will take to get to work.
• Know where you will park your bike.
• Make sure you have a working lock.
• Showers, while nice, are not needed; wet wipes allow you to clean up after the short ride from Stapleton to downtown.

To help prepare for BTW D, Racing Green MTB and the Stapleton TMA will be hosting an event on June 15 at SouthEnders to provide practical tips on commuting to and from the Stapleton area, and a Q&A session followed by a ride from Stapleton to downtown and back to allow participants a practice run. More details will be available in early June at www.racinggreenmtb.com.

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“They sponsor because of the community outreach that I want to do with the environmental aspect, plus the racing team,” McCune explained. “It’s more than a bunch of guys trying to ride their bikes fast. It’s engaging the community and sharing something that we enjoy.”

Team members benefit from bike safety tips and hints on how to make riding enjoyable.

McCune’s son, Seamus, who is 6½ year old, doesn’t race, but does ride his bicycle to the swimming pool in the summer, McCune said. He is teaching his son cycling responsibility.

“I think one of the things that intimidates people about riding is knowing how to be a defensive rider, knowing what to look for with cars, with traffic,” McCune said. “People have the responsibility to be safe.”

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It's Greek To Me…

By Rich Marks

With summer quickly approaching, my mind starts to turn toward outdoor entertaining and light, easy-to-prepare meals. I enjoy experimenting with different types of foods from all over the world, and I have found one which lends itself very well to summer in Greek food – namely because ingredients are readily available and little indoor preparation is required. While the main ingredients of Greek cuisine are basic and few – the Mediterranean triad of grain, grapes (wine) and olives/olive oil, in addition to honey, yogurt, legumes, lamb and fish – the manner in which they are prepared has an endless variety and taste.

Perhaps the most important thing to know about Greek cuisine is that sharing dinner with family and friends is as important as the food itself. Consider a Greek themed dinner party and involve your guests (and take some of the work off your shoulders) by assigning them certain portions of the meal to prepare in advance – a gourmet twist on the old pot luck.

Greek Salad
Also called a Village or Country salad in Greece, the classic Greek Salad contains chopped Romaine lettuce, halved grape tomatoes, sliced cucumber, sliced red onion, kalamata olives, and feta. Dress with vinaigrette.

Greek Vinaigrette:
1 shallot, diced
1/2 cup fresh lemon juice
1/4 cup feta cheese, crumbled
Combine shallot, lemon juice, feta, oregano, and salt in a food processor. Gradually add oil with the processor running.

Rich Marks is a Stapleton resident and classically trained chef. His career has taken him through fine kitchens in restaurants, hotels, and catering services. Opting to spend more time with his family than in the kitchen, Rich now works for Atlanta Foods International, a supplier of gourmet and specialty food to King Soopers, Whole Foods, and other markets throughout Colorado. Contact Chef Rich at 303-717-5451 or rmarks3@gmail.com.

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Mediterranean Herb Grilled Lamb or Chicken

Ancient Greeks rarely ate meat and when they did, it was often lamb that had been sacrificed to the gods. As such, lamb continues to be the primary meat staple in Greek cuisine. Americans don’t seem to have the same fondness towards lamb and I have received much praise with the following recipe by substituting the lamb with chicken.

Marinade:
1/2 cup olive oil
1/2 cup white wine
1 lemon (quartered, and squeezed)
3 sprigs of fresh thyme and rosemary - finely chopped
4 crushed cloves of garlic.

Place 8 pieces of chicken (bone in or boneless) in a large ziplock bag and add marinade. Shake and refrigerate for up to 24 hours. Grill the chicken over medium heat turning frequently to prevent scorching until internal temperature reaches at least 160 degrees. Arrange the grilled chicken on a large platter and garnish with 1 pint of grape tomatoes (halved lengthwise), 6 ounces of pitted kalamata olives, and crumbles of peppered feta cheese (try Mt. Vilia Feta with Cracked Pepper).

Juice of 1/2 lemon
1/2 cup plain yogurt
1 teaspoon minced garlic
Fresh dill for garnish
Lemon slices for garnish

Brusch prepackaged flatbread with olive oil and place on grill for 5 minutes.

This dish is similar to hummus so if you are pressed for time, pick up your favorite pre-made hummus (my favorite is the Sabra brand with pine nuts).

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Place 8 pieces of chicken (bone in or boneless) in a large ziplock bag and add marinade. Shake and refrigerate for up to 24 hours. Grill the chicken over medium heat turning frequently to prevent scorching until internal temperature reaches at least 160 degrees. Arrange the grilled chicken on a large platter and garnish with 1 pint of grape tomatoes (halved lengthwise), 6 ounces of pitted kalamata olives, and crumbles of peppered feta cheese (try Mt. Vilia Feta with Cracked Pepper).

Juice of 1/2 lemon
1/2 cup plain yogurt
1 teaspoon minced garlic
Fresh dill for garnish
Lemon slices for garnish

Brusch prepackaged flatbread with olive oil and place on grill for 5 minutes.

This dish is similar to hummus so if you are pressed for time, pick up your favorite pre-made hummus (my favorite is the Sabra brand with pine nuts).

Greek Salad

Ancient Greeks rarely ate meat and when they did, it was often lamb that had been sacrificed to the gods. As such, lamb continues to be the primary meat staple in Greek cuisine. Americans don’t seem to have the same fondness towards lamb and I have received much praise with the following recipe by substituting the lamb with chicken.

Marinade:
1/2 cup olive oil
1/2 cup white wine
1 lemon (quartered, and squeezed)
3 sprigs of fresh thyme and rosemary - finely chopped
4 crushed cloves of garlic.

Place 8 pieces of chicken (bone in or boneless) in a large ziplock bag and add marinade. Shake and refrigerate for up to 24 hours. Grill the chicken over medium heat turning frequently to prevent scorching until internal temperature reaches at least 160 degrees. Arrange the grilled chicken on a large platter and garnish with 1 pint of grape tomatoes (halved lengthwise), 6 ounces of pitted kalamata olives, and crumbles of peppered feta cheese (try Mt. Vilia Feta with Cracked Pepper).
Let’s Talk Teeth
by Dr. Brett Kessler
Town Center Dentistry and Orthodontics

Make Your Smile Great!

“I want a nicer smile,” “I wish my teeth were whiter.” Dentists hear these kinds of concerns every day. If you are considering a smile improvement, here are some of the options to “make your smile great.”

Teeth Whitening (two options): In-office whitening is performed in the dental office. The whitening material is painted on the teeth and then exposed to a light source for a period of time. With take-home whitening the patient wears custom trays with the whitening agent for a certain period of time each day. This method allows you to determine how white you want to go. The clinical research indicates that the home whitening is the more predictable, longer lasting way to go. The in-office method is usually more expensive and is followed up with the take-home trays to achieve the desired results.

Veneers: A Veneer is a thin porcelain facing that is bonded to a tooth to change the size, shape and/or color of a tooth. The advantage of a veneer is that it is a very conservative procedure in which the dentist removes less than 1 millimeter of your tooth enamel to make room for the veneer. If teeth are severely worn down or in an incorrect alignment, a crown may be a better choice. The crown is generally stronger than a veneer but more tooth structure must be removed to fabricate it correctly.

Bonding: Bonding is the application of a tooth colored resin to the tooth. It can be used in both the front and back teeth. The aesthetics are close to that of porcelain, but is not as strong or as stable with the color. It tends to stain as a result of foods or drinks that you might ingest. It is ideal for smaller, more conservative smile improvements. It also tends not to be as long lasting as veneers or crowns.

Orthodontics: If teeth are not in alignment, orthodontics is the most conservative way to improve your smile. There are many new options in orthodontics. Invisalign is a series of “invisible” retainers that move the teeth into place in a very controlled fashion. This is ideal for minor tooth movements. If the misalignment is too severe or if there are issues with your bite, traditional orthodontics is indicated. There are new clear brackets that are barely visible that work fast and precisely to get your teeth into proper position. Adult orthodontics can take from a few months to 24 months to achieve the desired results. Veneers, whitening, or bonding may still be indicated after orthodontics.

A smile enhancement can be a significant investment of time, money and effort. Spend some time getting to know your dentist. Ask to see actual photos of his/her work. Ask to speak to patients who have undergone similar procedures. It is imperative that you and your dentist communicate well together so you can be sure that you are getting the result that you want.

Brett and his wife Gina Kessler, DDS, MS are co-owners of Town Center Dentistry and Orthodontics. Dr. Brett is a Clinical Associate Professor at the University of Colorado, School of Dentistry.

Teachable Moments
by Tom Downey
Children’s Museum of Denver

Making Family Fitness Fun

Summer is a great time for families to get fit and stay healthy. There are so many ways families can spend time together while being active and making healthy choices.

Fun is the key to family fitness! If everybody has fun, everybody will want to do it again, so choose activities the whole family will enjoy. Embrace the warm weather and get outdoors! Search your local papers for a calendar of family friendly festivals and events. Consider signing up for a family 5K run or walk. Or go for walks around the neighborhood and play Frisbee in the backyard.

You don’t have to go far to stay active. In fact, you don’t even need to leave the house! On rainy days, have a scavenger hunt. Call a search party of kids to find a long list of hidden items all around your house. You can turn it into a race, or put the kids in teams; there are many ways to put an extra spin on the hunt. It’s not always easy to get moving indoors, so make sure they have to climb the stairs and search the far corners of the house.

Making healthy food choices is just as important as staying active. When you go to the grocery store, bring your children along. This might seem difficult, but challenge them to choose a new fruit or vegetable each time you go. When you get it home to try it out, they have some ownership and are excited about the new food they are about to eat. Be patient with your children, it may take longer than you think for kids to change their tastes. Just keep trying and encourage them to eat colorful fruits and vegetables!

Try holding a fruit and vegetable tasting for your children and their friends. Cut up different kinds of fruits and veggies and ask them all to try a little piece of each. They can even vote on the foods they like best! Blindfold them to challenge their sense of taste! Rather than buying sugar loaded popsicles, make Watermelon Ice. In a blender, place 1 cup of cubed seedless watermelon, ½ cups of cracked ice and a squeeze of lime juice. Blend it well, pour it into a cup and place it in the freezer until it’s ready to serve!

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

Tom Downey is the Executive Director of the Children’s Museum of Denver. tondy@cmmdenver.org. He lives at Stapleton with his wife, Lori Fox, and daughters Cate and Ella.

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Community
Garden Becomes A Reality
(with the accent on community)

The meaning of “community” became clear, as neighbors gathered and got acquainted while they dug the hard ground, rototilled, and brought wheel barrows full of top soil to the new community garden at 23rd and Spruce near the dog park (far right). With the help of Denver Urban Gardens and lots of donated labor, 37 ready-to-plant garden plots have emerged from what, not long ago, was an empty grassy area.

Right: Lindsey Butters jumps on a shovel to loosen the hard soil in preparation for the rototiller.

Lillian Baldiva hangs canvas banners decorated by local school children to provide a creative temporary fence for the garden.

Witt Young, 3, and his cousin Joe Yoder, 4, help turn the soil in a garden plot.

Dan Barry empties a wheelbarrow of top soil, while his son Cavan, 9, pushes and Xavier Francois, 2, pushes a truck through the garden plots.

Lewisite Again Detected at Rocky Mtn. Arsenal

While installing groundwater monitoring wells at the Lime Basin cleanup project, experts detected low levels of Lewisite in the air. Workers have been wearing protective equipment, but work on the project has been suspended.

Air monitoring samples at the project’s perimeter are negative, the project site remains secured and regulatory officials have been notified. The Rocky Mountain Arsenal National Wildlife Refuge remains closed.

For more information contact the site’s Community Information Line at 303-289-0136 or the Tri-County Health Department’s Rocky Mountain Arsenal Information Line at 303-286-8032 or visit the website www.rma.army.mil.

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Composting Class

Wednesday, June 11
6:30 - 7:45pm
Parkside Apartments
Community Room
23rd and Quebec Street
Free and open to the public

Steve Lawrence and Paul Means will teach a class on how to get a compost bin going.

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Patio Now Open!
Happy Hour 3:30-6:30
Daily In Bar & Dining Room
FREE Kids Meal Monday Nights, One Per Adult Entree

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Help Rotary Eradicate Polio

Father’s Day Pancake Breakfast at Stapleton Farmers Market!

On Father’s Day, Sunday June 15th, the Rotary Club of Denver Stapleton will host a pancake breakfast from 8:30-11:30 in conjunction with the opening day of the Stapleton Farmers Market in Founders’ Green. All proceeds from this event will go to Rotary’s worldwide campaigns to eradicate polio.

In 1985 Rotary clubs worldwide committed to end polio, a crippling and sometimes fatal disease that paralyzes children. Today, polio has been eradicated in all but four countries—India, Pakistan, Nigeria and Afghanistan. To illustrate how far we have come, polio infected nearly 1,000 children every day in 1988, but in 2007 fewer than 200 cases were reported for the entire year.

The Rotary Foundation has received a $100 million grant from the Gates Foundation with the stipulation that millions of dollars be spent annually on vaccination in areas where polio remains a threat. To date, the Foundation has set aside over $800 million and has worked with Rotarians around the world to vaccinate more than 2 billion children.

The purpose of Rotary’s Youth Leadership Awards is to encourage and assist current and potential youth leaders in methods of responsible and effective leadership. Many past RYLArians have said, “It was the best week of my life!” Finally, the Rotary club also helps internationally. Recently the club provided funds for a clean water project in Guatemala and provided shelter boxes to victims of natural disasters around the world. (tsunami, typhoon, earthquake, etc). The boxes include a weatherproof shelter, a warm bed, water purification, cooking utensils and a children’s pack. The club is currently working on a radio project for emergency services in Papua New Guinea.

If you are interested in helping the Rotary Club of Denver Stapleton and having great flapjacks, then come to the Stapleton Farmers Market on June 15th from 8:30 – 11:30! The suggested donation will be $5 for adults and $3 for children.

For more information about the club visit www.denverstapletonrotary.org or contact Matt Ackerman at 303-399-1942 or pandpcoffee.com

Easy CFL Recycling!

Coloradoans can now drop off their used compact fluorescent light bulbs (CFLs) and mercury-containing thermostats for recycling at any Ace Hardware store in the state. The recycling program is a collaborative effort of the Colorado Department of Public Health and Environment, Xcel Energy, EnCana Oil & Gas, Plate River Power Authority and Ace Hardware Stores in Colorado.

Bins are in place behind the counters of all Colorado Ace Hardware stores so residents can recycle their used CFLs and thermostats. To prevent breakage, store employees will take bulbs and thermostats from residents and place them into the bins. When the bins are full, a store employee will ship them to be recycled. The entire CFL bin will be recycled—contents and container included—ensuring no mercury will escape. The bulb-recycling program is for CFLs only; not fluorescent tubes, and is intended for residential use, not for businesses or the commercial industry.

Used CFLs and mercury-containing thermostats should not be disposed of in household trash receptacles. If a CFL or thermostat breaks, the Colorado Department of Public Health and Environment has advice at: http://www.cdphe.state.co.us/hm/mercury/index.htm.

Basketball Hoops Obstructing Recycling Pickup

Stapleton is a very active community, as evidenced by the number of basketball hoops in the alley! Please remember to pull your basketball hoop back onto your property once your game is finished. Denver Recycles is having difficulty collecting recycling in some alleys because basketball hoops block access to the alley and to recycling carts.

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Montclair School
Students Learn To Be Creative Problem Solvers
By Nancy Burkhart

Children who attend preschool to 8th grade at the Montclair Academy in Lowry are encouraged to be creative problem-solvers who are global citizens. “I think we’re successful when we nurture kids who are socially and globally aware, while at the same time embracing self-awareness that leads to positive impact on a global level,” explained Esther Tipton, Head of School at Montclair. “We are trying to tie in…everything with the theme of global citizenship. You have to understand yourself before you can understand someone else,” she said.

Math and science are usually the tough subjects, but at Montclair, students are encouraged to be creative. The instruction for the recent Invention Convention was “What can you invent to make life easier or better for someone else in the world?”

Students were graded on their research, data gathered and the model built, as well as their oral presentation and their “sales pitch.”

The winner, 13-year-old 7th grader Molly Casey, daughter of Joe and Sally Casey, invented a way for grocery shoppers to more easily get their shopping bags from the car into the house. She created dowel rods from which the bags can hang. The young entrepreneur is selling what she calls the “Handy Helper” for $5 each.

Tipton calls Montclair’s science and math teacher, Tim Langston, “phenomenal.” “He’s excited. He spends a lot of time looking for ideas that will spark kids’ interest,” she said.

Langston’s students recently built a model rollercoaster in the Academy’s hallways. Students had to figure out physics problems to make it work. They were instructed to enable a marble to travel from the top of the rollercoaster, through the loops, and wind up on a platform touching an egg—without breaking it.

The students also were given crude tools to build an insulator for an egg. Then the insulators were dropped from the top of the building to see if the egg would survive.

Classes are capped at 16-18 students for the upper grades, according to Tipton. “We want to have more individual attention.”

Molly Casey also garnered top honors for her entry in the Ruckus Nation Invention competition. Her invention was a video game using a cell phone keypad format called “Txt It!” The game combines texting with exercising in an attempt to encourage teens to adopt an active lifestyle. Molly won $25,000 for her game’s patent.

The idea for “Txt It!” came to Molly when she and her parents were in Florida where her mother was attending a health conference. “There was a media campaign to get kids moving and active,” Molly said. “I came up with a game that gets kids moving. My mind stored it to use later.

“My teachers really inspire me to go out there and think of new, inventive ways to solve problems,” she said.

Students are encouraged to use advanced thinking and creativity. Academy students have Spanish classes from preschool through 8th grade, and Japanese from 4th through 8th grades. Starting in early kindergarten, students begin learning 12 basic phrases in 12 additional languages, such as Swahili, Hindi, Lakota, German, French and American Sign Language.

Tipton emphasizes global awareness in the Academy’s activities, such as a recent 20/20 Challenge, sponsored by the National Association of Independent Schools. The Academy’s 6th, 7th and 8th graders partnered with a school in British Columbia, Canada to find solutions to 20 global issues in 20 years.

“Our school works on global poverty,” Tipton explained.

Montclair Academy is accepting registration for fall classes for preschool through 8th graders.

For Montclair Academy information, call Barbara Raymor, Director of Admissions, at 303-366-7588, go to the Academy website at www.montclairacademy.org.

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UN International Day Event to Honor Torture Victims & Refugees

Speaches, Kids Activities at Roberts School June 22nd

The United Nations International Day in Support of Victims of Torture and World Refugee Day will be celebrated by the Rocky Mountain Survivors Center from 3 to 8 p.m. Sunday, June 22, at the Bill Roberts School in Stapleton, 2100 Akron Way.

The Rocky Mountain Football Club will do a soccer exhibition, and the Colorado CLASH will sponsor children’s soccer games. There will be a variety of children’s activities, speeches by dignitaries and an international cultural presentation by torture survivors and refugees. A picnic, adult and children’s soccer games and other activities will be from 3-5 p.m., followed by speeches.

For information, call the Rocky Mountain Survivors Center at 303-321-3221.

The HomeStart Conference will be held on Saturday, June 21, 2008 from 10:00 a.m. to 2:00 p.m. in the Denver Improv Theatre, located at 8246 E. 49th Avenue, across from Borders Books in Stapleton’s Northfield Retail Center. The HomeStart Conference will educate potential buyers about Affordability and Deed Requirements, Money Management, and Homebuyer Counseling programs, as well as provide information about Stapleton’s 29th Drive Row Homes, which feature all new designs consisting of one, two and three bedroom units with attached garages. The 29th Drive Row Homes are priced from $114,400 to $169,400 (prices and specifications subject to change without notice.) These “income-qualified” homes may only be purchased by individuals whose annual household gross income (before taxes) does not exceed $40,200 for a household of one person to a maximum of $66,650 for a household of six people.

In order to attend the free conference, interested buyers must register either by calling 1-888-AM-SUN-CO (888-267-8626) or register on-line at www.stapletondenver.com or www.americansunrise.org. Space is limited and participants must arrive between 9:30 and 9:50 a.m. on the day of the conference to be admitted.

Jassen Cameron is Program Director for American Sunrise Communities. She may be reached at jcameron@amsun.org.

CALENDAR CONTINUED (From Page 2)

**3rd Thursday**
Stapleton Citizens Advisory Board Mtg
Stapleton Development Corp (SDC)
7230 East 29th Ave – 3:30 – 7:30
[SDC 303.393.7700]

**4th Thursday**
SUN Board Meeting – 6:30 pm
MCA Community Room
2823 Roslyn Street
[stapletonneighbors@msn.com]

**2nd Saturday**
NE Denver/Park Hill MS Self-Help & Support Group, Dept. 3 Police Station
10:15-11:45am – 3821 Holly St
[stapletonneighbors@msn.com]

**Every Wednesday**
Weekly Walkers, Ball Lake Nature Center
9am-12pm [303.945.6717]

**3rd Wednesday**
1st Wednesdays Home-based businesses
[see StapletonLife.com – most mths 11:30am – 1pm]

**2nd Wednesday**
Odd numbered months
Stapleton Transportation Committee 6:30pm
MCA Conference Room, 2823 Roslyn St
[stapletontransport@msn.com]

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Denver Boards and Commissions Need You!

By Anthony Aragon

A special group of Denverites is hard at work behind the scenes, making recommendations to the City’s elected officials and departments. Approximately 1,000 Denver citizens serve on 130 City boards, commissions, task forces and councils, which provide an opportunity for citizens to get more involved with local government and the community.

• Advisory councils are the eyes and ears of the Mayor and the City for key issues in the community.

• Appeals boards hear citizens’ complaints or requests for variances from city laws such as zoning or building codes.

• Policy commissions act in an advisory capacity to City agencies about management, policies and budget.

• Short-term task forces research specific issues to make recommendations to the City.

Mayor Hickenlooper and the Denver Office of Boards and Commissions are seeking qualified and excited applicants for positions year-round. The Office of Boards and Commissions is currently accepting applications for the following vacancies:

• Denver Community Corrections Board

• Health & Hospital Authority Board of Directors

• Metro Wastewater Reclamation District

• Denver Planning Board

• Stapleton Development Corp. Board of Directors

• Denver Women’s Commission

A member’s commitment and scope depends on the specific board or commission, which can meet monthly, weekly or monthly. Most appointments are unpaid, voluntary positions.

If you are interested in applying, please visit the Boards and Commissions Web site at www.denvergov.org/boards_and_commissions to learn about each board and its qualification requirements, meeting times and locations. Send the one-page application, cover letter, and resume or bio to Anthony Aragon, Director of Boards & Commissions, at Anthony.Aragon@denvergov.org. For more information, call Anthony Aragon at 720-865-9034.

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 in Denver’s City Park. 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 Hours will be held through July 5th, and will last one hour. They 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 Park Alliance, Denver Parks & Rec and the Tattered Cover along 21st Avenue. The event is sponsored by City Park Alliance, Denver Parks & Rec and the Tattered Cover Bookstore. In 2007, readers included Colorado Park Alliance, Denver Parks & Rec and the Tattered Cover along 21st Avenue. The event is sponsored by City Park Alliance, Denver Parks & Rec and the Tattered Cover along 21st Avenue.
“Season Parks” Inspired by Odyssey Students’ Poetry

Spring Park
Matthew Murdoch’s poem was fitting for the dedication day as the Spring Park was bursting into bloom, forecasting the approaching change in seasons. A single blade of grass has broken through the snow. Something so small, but the beginning of so much more.

Summer Park
Maggie Hernandez wrote the winning poem for Summer Park on Emporia Court, where outdoor play is the dominant design element. Winter and spring winnow away… Summer is here and here to stay… Birds hum in pure melodies… Butterflies flap elegant wings.

Autumn Park
Madison Kukucka penned the poem for the Autumn Park on 53rd Avenue. The plants are radiant and warm colored during in the fall season. An outdoor fireplace under the pergola welcomes park visitors to enjoy a cool fall evening and magnificent views of Mt. Evans. A walk through fall A breeze in my hair The crunch underfoot A crispyness in the air Red gold and brown Fall is here

Breast pain is a common problem.

Breast pain is one of the most common complaints in women, especially those of reproductive age. If you are a woman between the ages of 18-45 and have cyclical breast pain and regular menstrual cycles, you may be interested in a clinical research study. Horizons Clinical Research Center, LLC is conducting a clinical research study for women who experience the uncomfortable symptoms of breast pain.

Qualified participants will receive the following at no cost:

- Study-related Medical Exams
- Study-related Laboratory Tests
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Kathy MacKechney, LSW
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Deconstructing Anxiety

By Hillary Silver

Anxiety Defined

We all experience anxiety from time to time. It is safe to say that we’ve all been slightly nervous or worried about a specific situation, such as making a speech in front of a crowd, going to work the first day of a new job or watching the value of our homes take a dive due to the downturn in the economy. This would be considered a healthy and manageable anxiety.

The more severe forms of anxiety present an intrusive thoughts, irrational worries and fears. This kind of anxiety is invasive to your everyday functioning. You may go out of your way to avoid certain situations, such as riding in an elevator or attending a social function. You might feel uneasy or even experience a panic attack.

What’s behind your anxiety?

What do all of these various forms of anxiety have in common? The truth is, all of these fears and worries share one common fear: the fear that you can’t handle the situation at hand—which includes the inability to manage your feelings. If you truly believe in your ability to use your abilities, you would know that you CAN handle ANY situation. You would know that no matter what kind of circumstances are involved, you have the inner resources to get through them and come out on the other side just fine.

So where did you learn that you CAN’T handle any situation, or that you aren’t capable of making good decisions? You can find the answer by tuning into your very own voice…you know, the one in your head that won’t stop singing that song, or the one that talks to you all day and all night whether you are paying attention or not. This “voice” is yours—and is often a terribly harsh judge and critic. If your thoughts are negative and distorted in ways that are irrational and unbalanced, you will feel lousy and anxious.

The Solution

You can choose to alter your negative and irrational pattern of thinking and create a more balanced and rational perspective. Instead of focusing on the one or two times you may not have had the results you wanted from a situation, shift your attention to the many (I guarantee they exist) positive experiences in your life that you are overlooking. Think about the many times you made a decision that DID work out for you, or the many times you WERE successful in getting through a challenging experience. These are the events and outcomes that will be the evidence you need to support your new perspective. Catch yourself thinking negatively about yourself and offer an alternate interpretation of the very same situation. This is how you can begin to unravel the exhausting effects of anxiety.

If you are suffering from anxiety to the point that you avoid certain situations or have to alter your daily living activities, you would benefit from seeking professional help. Speak to your physician or find a therapist you trust, because medications and/or therapy can reduce symptoms of anxiety to a minimum.

Hillary Silver is a Licensed Clinical Social Worker with a private practice in Denver. She specializes in anxiety, depression, transitions and adjustments and relationship conflict and intimacy with individuals and couples. She can be reached at 720-935-7939 or hilarysilverkeefey.com.

Better Communication for Dads and Daughters

By Rich Batten

The impact and influence fathers have on their daughters during childhood and adolescence is incredibly long lasting. Research continues to show that girls who have fathers who are positively involved in their lives do better in school, are more likely to become confident adults and less likely to become sexually active at an early age.

But as teenage girls grow older, many fathers find themselves feeling distanced from their daughters. Oftentimes communication can be difficult, strained or even awkward for fathers and daughters, especially as girls reach adolescence. Gary Burns, father of three, created the COM-MU-NICATION game as a way to reconnect with his own daughter. The game is a convenient and practical way for all fathers to spend meaningful time with their daughters.

The COM-MU-NICATION game is designed for fathers with daughters ages 10 or older. The game begins with father and daughter going to a restaurant. They take cards included with the game that contain thoughtful questions such as, “I’ll never forget the time you _______”. The bottom of each card says, “I say that because _______” which allows for fathers and daughters to elaborate on their feelings, prompting further conversation. If a father and daughter play the game once a month, they will have enough materials to cover more than two years worth of activities.

In October 2006, the Colorado Department of Human Services, Colorado Works Division was awarded a $10 million federal grant over five years to strengthen father/child relationshipships and improve parenting. The responsible Fatherhood Initiative distributes more than $1.1 million in community grants to state, community and faith based organizations to assist in providing direct services to fathers and families. Awards of up to $50,000 are distributed per program per fiscal year. For more information, please visit www.coloradodads.com.

Rich Batten is a family and fatherhood specialist with the Colorado Department of Human Services. He can be reached at rich.batten@state.co.us. Information on fatherhood programs across the state is available through the Families First Support Line 1.877.695.7996.
Police Officers Honored

Of ficer Jenkins observed a man honored for making several arrests. On one occasion, Officer Jenkins was able to get the suspect to exit the river prior to the suspect wading far enough in to get caught in the fast moving and dangerous currents. The suspect was placed under arrest without further incident.

The Top Cop Citizens Committee commended both officers for their excellent police work and their dedication, as well as the dedication of their fellow officers, to serve and protect the citizens of Northeast Denver.

Local Pre-School Starts 1st Grade Program

Primrose Schools has announced the fall inception of a blended classroom for Private Kindergarten/1st Grade on the Reunion campus, after getting a perfect score in their Standard of Excellence accreditation and validation.

The blended classroom will give children who learn more quickly an accelerated learning opportunity in a small class size with a low teacher/student ratio. This will give students more one-on-one time with teachers.

The plan is to hike program enrollment to 3,800 children and 300 available preschool classes by next fall.

DPP offers tuition credits for use at any preschool to families of all income levels. Grants are available for preschools in order to improve the quality of their programs with teacher professional development and new and updated classroom materials and equipment.

"In Colorado, kindergarten teachers report that one-third of (all) children come to school unprepared to learn, a trend we aim to change by increasing availability to affordable quality preschool programs for every child in Denver," said James Mejia, DPP Chief Executive Officer. "The tools... will help us reach families both online and out in the community to educate them about the benefits available through DPP."

Denver voters created the Denver Preschool Program with a 2006 ballot initiative that recognized the importance of quality early childhood education. It provided one-twelfth of one percent of sales tax revenues for improvement grants for preschool providers and tuition credits that families may use at the preschool of their choice.

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 Denver Preschool Program Conducts Community Outreach

The Denver Preschool Program (DPP) is conducting a community outreach program to educate families about preschool education importance.

The plan is to hike program enrollment to 3,800 children and 300 available preschool classes by next fall.

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By Mark Mehringer and Heather Baker

Over the past few years, Stapleton has developed some traditions that are only getting better from one year to the next. Block Party Day (BPD) is one such tradition, and it was a great success once again in 2008! On May 17, thousands of Stapletonites across our neighborhood joined in a block party, whether only with people from their block, or in a joint party with multiple blocks. Some blocks chose alternate dates, but the spirit of "getting to know your neighbors" was still part of the festivities.

Here is a rundown of Block Party Day 2008:

• Prior to block party day, a group of terrific SUN volunteers helped organize a postcard mailing to all Stapleton residents to revitalize the block captain network. This effort has helped boost the number of block captains from a low of under 60, to more than 100!
• SUN scaled back some of its giveaway items and freebies this year, but still had cups left over from 2007 to give to new blocks or blocks who didn’t receive their reusable cups last year. SUN also contacted the Fire Department to let them know about the parties, and request a truck stop at as many parties as they could reasonably visit.
• One block captain helped arrange for a group discount on bouncy castles - something that may be popular next year.
• Some blocks chose to collect money for catering, bounce castles for kids, face painters and balloon artists, and others got together in the common courtyard to have a potluck. Most block parties were somewhere in between. A few had bands play – by most accounts at least one band member was a Stapleton resident, and they provided music for their neighbors for free.
• SUN has also continued the tradition started last year. We will hold our 2nd Annual Block Organizers Appreciation Party, as our neighborhood would not be the true community it is without them and everything they do.

SUN’s goal in founding Block Party Day 4 years ago was to encourage such neighborly spirit. One of the best ways to foster better understanding, keep our streets safer, and to generally help each other more, is to get to know each other. Whether your block is 10 units or 24 houses, it is important that you know your neighbors – even if by face. Block maps and directories are also an important part of the getting-to-know-each-other process, and keep communication going year round... until you have your next block party! (And you don’t have to wait another year to do it).

Now that you have had a chance to get to know or reconnect with your neighbors, you might want to start making plans for the 5th Annual SUN Kickball Tournament to be held in September. Check the July SUN Spot for details.

To contact SUN, please come to the meeting or email StapletonUnitedNeighbors@gmail.com

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

Stapleton MCA

**Stapleton Pools Are Open!** Stapleton residents now have three public community pools to enjoy this summer. All of the pools at Stapleton are designed to work together. Each is designed slightly different to provide different programs, each has specific characteristics that best meet the needs of the people that frequent the facility.

**Aviator Pool** Located at 28th and Ulris, has a capacity of 288 swimmers and offers a variety of aquatic programs. Stapleton offers swim programs for youth as well as adults. Most programs require a minimum number of pre-registered participants. The div well and largest surface area makes Aviator our most versatile pool. Aquatic programming runs from 8 am – noon during the week, opening for open swim at 12 noon on weekends and 11 am on weekends.

**Puddle Jumper Pool** Located at 24th and Xenia, is our children focused pool with a capacity of 350 swimmers and opens daily at 8 am. Puddle Jumper offers a zero entry area and shallow infant and toddler areas. Abundant facilities and spray pads offer a fun experience for our youngest and family users.

**Stapleton pools are public facilities and opened on a first come first serve basis.** All users are required to pay user fees through their monthly assessments and are issued “Stapleton Resident Pool ID” cards. Cards are valid as long as residents are current with their monthly assessments. All individuals who do not have a current Stapleton Resident Pool ID card must pay the daily use fee. Daily use fees are: (1-10 years) and seniors (65 & older), $3 per day. Teens and Adults, $7 per day.

Stapleton pools often operate at capacity. We are mandated by the State of Colorado not to exceed pool capacity and must abide by all applicable laws for our pools. Pool capacity is roughly 300 – 350 people per pool.

Stapleton pools will occasionally close during the day due to weather conditions or for public health reasons. Please understand that the aquatics staff must follow all rules to protect the public health.

**Summer Markets** Stapleton features two distinct communities markets to serve the neighborhoods. The Sweet Williams Market which occurs the last Saturday each month offers a variety of antiques and home decor items. The Stapleton Farmers Market is a weekly event occurring every Sunday. The Farmers Market features a variety of seasonal produce and other local items. Both markets will be located in Founders Green at the 29th Ave. Town Center.

For a complete list of summer events and other community information please log onto the Stapleton community website at www.StapletonCommunity.com.
By Wallace Yvonne Tollefson

For a complimentary appraisal-style evaluation of your home, please give me a call at 303-709-7544.

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DENVER (July 28) — Harriet Robinson Butcher, who was born in Wyoming on Jan. 10, 1922, became an accomplished tap dancer and an enriched member of the Denver community.

Harriet Robinson Butcher

June 2008 30

Harriet Robinson Butcher

June 2008 30

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In the early ’90s Harriet Butcher organized The Park Hill Tappers tap dance group, shown above in a parade.

Stapleton Front Porch
Butcher recalled that the late, Sammy Davis, Jr. became a master of the swing dance and she remembers seeing him dance at the Roxy Theatre on Welton Street here in Denver “back in the day.”

In about 1990, she organized the Park Hill Tappers tap dance group, a group of seniors who entertained at nursing homes, senior facilities and other venues for over ten years.

Interestingly enough, Harriet’s mother, Agnes Hogan Robinson, had absolutely no connection with the arts. She was a draughtsman (known today as a draftsman) who drew plans for contractors. It is not known how or where she acquired that skill.

In addition to her gift of dance, Harriet became the first Black salesperson at the Denver JC Penney Department Store in 1959. Painful memories still linger from that experience. Management would use Black stock girls to write up a sales ticket, but white sales girls got the commission.

A 50+ year member of the People’s Presbyterian Church, she retired in 1988 from the City and County of Denver, Department of Social Services as a city clerk. She will probably ascend into heaven tap dancing.

Wallace Yvonne Tollette, a resident of northeast Denver, is the author of “Colorado Black Leadership Profiles,” which tells the stories of over 700 notable African Americans from Colorado. She can be reached at westernimages@juno.com or by phone at 303-830-1691.

With a tape of Count Basie playing, Harriet Butcher shows off her dancing in the gym at the Martin Luther King recreation center.
32 Stapleton Front Porch June2008

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