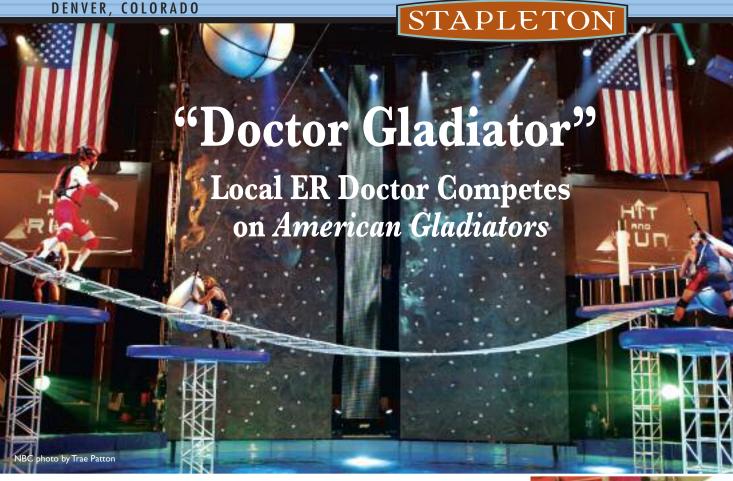
Front Porch

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

JULY 2008



Stapleton resident Dr. Adam Hill, below, at Exempla St. Joseph Hospital where he is an emergency room doctor and left, in his other life as a contestant on the NBC television show American Gladiators.

By Nancy Burkhart

here is a face on the Exempla St. Joseph Hospital staff that will look familiar to viewers who are tuned in to NBC-TV's "American Gladiators." The face is that of 41-year-old Dr. Adam Hill who works on patients in the emergency room, and also (works) on his opponents on "American Gladiators."

When the TV show first appeared during its 1989-1996 run, Hill was a medical school student, so although he wanted to try out,

he just didn't have the time. But his excitement for competition was piqued again when try-outs for the show were scheduled in Boulder.

"I'm sort of the Atypical contestant," Hill explained. "Most contestants are cops or firefighters who stay in shape and have high en-

ergy. Medicine is high energy, but I've never been a risk taker. I think it's the purity of the competition. No one has any advantage in any event. It's pure athleticism. When the show came back this year, my wife, Annie, encouraged me to try out in Boulder. "I waited in line 10 hours. I called my wife at 8 ½ hours, and said, 'This is ridiculous.' She told me to stay."

The try-outs included pull-ups and an obstacle course, followed by interviews. There were multiple call-backs, and the final call came about a month later.

"They didn't say why they chose me," Hill

said. "One of the many contracts says they don't have to tell you. I suspect part of it was the charity thing, part the age thing, part of it the career thing, and part of it the father thing. I'm older, still fit, and I have a job."

Hill, a Stapleton resident, is the father of three children: Noah, 8 years; Luke, 5; and Leah, 4.

"I was playing for the St. Joseph Hospital Foundation, a charity that funds indigent care in Denver," Hill said. "I see it every day, with people unable to pay for treatment."

"American Gladiators" pits competitors against each other and the gladiators. Each

person competes against another contender. Both contenders run athletic events against the gladiators. The object is to score as many points as possible against the gladiators. The point spread between the contenders determines the handicap in the final event, which is the eliminator. The eliminator is an obstacle course which involves no gladiators. A competitor runs only against the other contender. Whoever is ahead in points gets a head start. To ad-

vance to the next round, a competitor has to have one of the top six spots out of the 20 contenders. And, he has to beat the other contender in the eliminator.

"The training to get in shape for it was utterly amazing," Hill said. "It was quite a consuming undertaking."

What is the payoff? Nothing for the loser. However, the contender who wins the whole thing takes home \$100,000 and a new car.

Unfortunately, on (continued on page 5)

Father's Day Rotary Breakfast Raises Funds for Polio



Ellen Rogers, 4, gives her father Tad a big bite of pancakes as they share Father's Day breakfast at the opening day of the Stapleton Farmers Market which this year moved back to Founder's Green. The Stapleton Rotary Club sponsored the pancake breakfast and proceeds will go to an international fund to eradicate polio in children. Additional Farmers Market photos are on page 31.



DR. GLADIATOR

July 19
Fred
Thomas
Park
See
page 5

47

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

4

Wedgeworth Brings the World to Denver

Wildlife Refuge Reopens

13 s.u.n. 28

Photos: Summer Fun at Stapleton



Events in or near Stapleton that are free and open to the public. (Additional events listed on pages 10-11.)

JULY

Every Thursday in July & Aug. Northfield Stapleton Concerts (see p. 3 & 11)

6 - 8:30pm [www.northfieldstapleton.com]

Friday, July 4

Stapleton 4th of July Parade, Central Park 10am

Friday, July 18

Relay for Life, Founders' Green, Stapleton

Saturday, July 19

Stapleton Communitywide Garage Sale 8am - Ipm (see page 9)

Saturday, July 19

District 11 Unity Family Picnic Fred Thomas Park 4 - 8pm (see page 5)

Saturday, July 19

2nd Annual Stapleton Garden Tour 10am-4pm Free, locations to be posted: stapletononline.com

Sunday, July 20

City Park Festival of the Arts (see page 7)

Monday, July 21

SCFD Free Day, Denver Botanic Gardens [720-865-3500, www.botanicgardens.org]

MONTHLY EVENTS

Every Sunday through Sept.

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

Every Sunday through Aug.

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

Every Sunday July 6 - Aug. 3

Jazz in City Park 6 - 8pm [www.CityParkJazz.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]

2nd & 4th Thursdays thru Sep.

Fireside Chats, 6pm Members free; Non-members \$1 www.blufflakenaturecenter.org/firesidechats08.htm

Last Saturday

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

MONTHLY MEETINGS

Monthly

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

Every Tuesday

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

Every Tuesday

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

Every Wednesday

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

3rd Tuesday

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

1st Wednesday

"Ist Wednesdays" Home-based businesses [StapletonLife.com - most mtgs | 1:30am - | pm]

2nd Wednesday

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

3rd Thursday

Stapleton Citizens Advisory Board Mtg Stapleton Development Corp (SDC) 7350 East 29th Ave. - 7:30 - 9am [SDC 303.393.7700]

4th Thursday

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

2nd Saturday

NE Denver/Park Hill MS Self-Help & Support Group, Dist. 2 Police Station 10:15-11:45am - 3821 Holly St. [Lillie 303-329-0619]



Movies and Concerts at Founders' Green

Bring blankets and coolers. Sponsored by The Stapleton MCA and Forest City Stapleton.

Movies (Approx. 8pm)

Friday July 11th: The Goonies Friday August 8th : Curious George Friday August 22nd: Horton Hears a Who Concerts 6:30 - 8pm

Saturday July 26th: Legendary Nikators Saturday August 2nd : Something Underground Saturday August 16th : Opie Gone Bad

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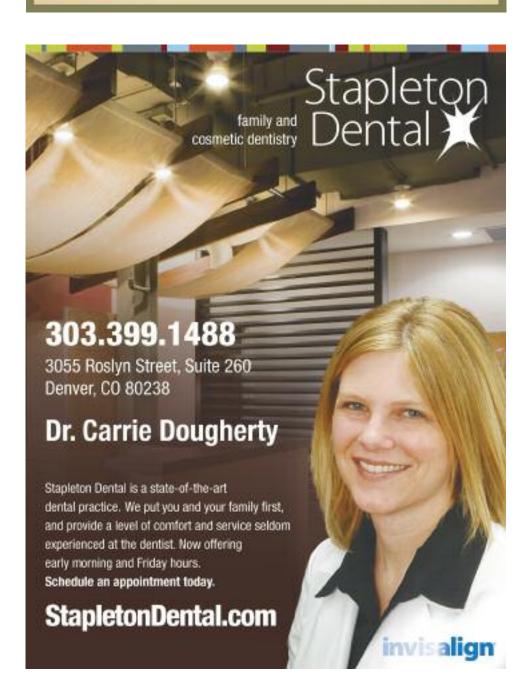
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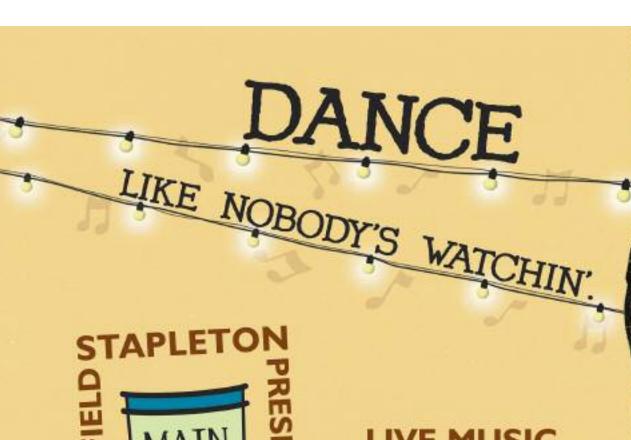


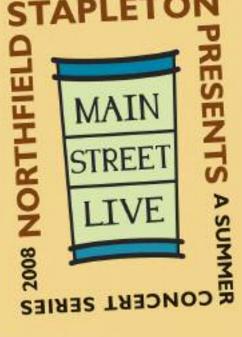
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www.StapletonFrontPorch.com

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17_{TH} - Nacho Men

24тн - Judge Roughneck & The Trampolines

31st - Jakarta



7TH - Hazel Miller

14TH - Wendy Woo

21st - Chris Daniels

- Opie Gone Bad 28TH



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3



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Wedgeworth Brings the World to Denver



Elbra Wedgeworth, President and Chair and Mike Dino, CEO of Denver 2008 Convention Host Committee, pose in front of the Pepsi Center, the site of the Democratic National Convention.

By Nancy A. Burkhart

Pormer City Councilwoman Elbra Wedgeworth has been influenced by political history, but now she has the opportunity to influence politics, herself.

The 2008 Democratic National Convention is coming to Denver August 25-28 because Wedgeworth saw that it was the right time for Denver to be the venue.

"We're an urban city now," Wedgeworth explained. "Denver is ready to be on the world stage."

She started thinking about convention possibilities for Denver in 2005.

"I knew the city had submitted bids before, but we didn't have the hotel rooms, and we didn't have the Pepsi Center," she said. "It would be 100 years since the last political convention that we had in 1908. I said, 'This is the time to do it.' I felt it in my heart and soul."

Thus, when Democratic Party Chairman Howard Dean was at a Denver event, Wedgeworth raised her hand to say, "If Denver can host the Pope and world leaders, we can host the convention."

Denver was one of 35 cities to sign letters of intent to indicate interest. Then, Denver was one of 11 cities asked to submit bids.

"It was a total grassroots effort," Wedgeworth said. "We raised the money without taking city money. It took 2 months to make 600 bid books that weighed 15 lbs. each.

"Denver started winning blog polls. Then it was just New York City and us. It was me vs. the Mayor of New York, who is a billionaire," she laughed.

Then there were site visits.

"They were meeting with me here and Barbara Walters in New York," Wedgeworth said, noting that her own background as a neighborhood activist and volunteer was up against the television-famous Walters.

On January 12, 2007, Wedgeworth got the call that Denver had snagged the convention. She hopes it will lead to more conventions and meetings for Denver that will boost the economy. The 2008 Democratic National Convention will bring Denver an estimated \$160 million to \$200 million in direct spending. Convention attendees will visit cultural facilities and shop in areas like Northfield.

Wedgeworth said Denverites should be proud to have the convention in their city because, "We were competing against a city three times our size (New York) with many more fortune 500 companies. We are making history with the first African American to represent a major party in Barak Obama. Some 15,000 press people from around the world will be in Denver writing stories about how wonderful Denver is."

Unlike the usual person pushing for a

city's designation as the Democratic National Convention site, Wedgeworth has done the work while she held a real job. She held her seat as City Councilwoman for District 8, which includes Five Points, City Park, and northeast Park Hill, from 1999 until March of 2007. At that time, Wedgeworth became Chief Government and Community Relations Officer for Denver Health. She also holds the position of President and Chair of the Board of the Denver 2008 Convention Host Committee.

Wedgeworth first became politically involved in the 1980s when a friend of hers ran for a State Representative seat in southeast Denver. In 1989, she started working for the City of Denver, and became involved with neighborhood issues and political candidates. She says she was most influenced by the legacy of such African Americans as Wellington and Wilma Webb, Hiawatha Davis, King Trimble and Ari Taylor.

She speaks with pride about the City of Denver and its accomplishments over the years. Wedgeworth's City Council term limit would have ended in May of 2007, and she believes that her mission for Denver has directed her to her position at Denver Health. There, she said it is her job to see, legislatively, "that we provide healthcare for everyone, regardless of their ability to pay. I want to see that Denver Health is the best safety net in the country that provides trauma care. I think Denver Health has an incredible mission and I want to work to see that it happens."

In the meantime, Wedgeworth will be working to give Denver a classy image for the 2008 Democratic National Convention.

"We're wanting to be the greenest convention that will ever happen, including green initiatives with hotels, vendors and restaurants," she said.

The convention has attracted more volunteers than any city ever has attracted, according to Wedgeworth. About 26,000 people signed up, including nearly 9,000 from out of state.

"We're going to see how we can utilize everyone in some way," Wedgeworth said. "In 1908, Denver 20,000 residents wore buttons saying 'Ask me.' In 2008, all these people, including seniors and people of color are helping with this initiative. This is a great commitment from volunteers."

Although the position of Democratic candidate for president has been greatly contested, Wedgeworth said that her position required her to remain neutral for fundraising purposes for the convention. Now that Barak Obama has been declared the party's nominee, she looks forward to greeting him at the convention.

Challenge House Proceeds Fund Educational Programs

Officials cost using

from New Town Builders. Forest City Stapleton,

Inc. and the Challenge Foundation recently broke ground at Stapleton on "Challenge House," a home that will be built below normal

donated land, materials and labor, and sold at full market

value to benefit the Challenge Foundation, whose primary goal is to help low-income students attend college.

Dr. Gladiator

(continued from p. 1) the June 16 show, Hill lost to his contender, dance choreographer Mike Gamble, in the eliminator round. Hill was ahead during the entire competition, but lost to Gamble in the final moments of the elimination.

The Challenge Foundation

The competition provides other non-monetary benefits though, Hill said. "I would tell my kids that there's a lot of value in facing your fears and dealing with uncertainty," he said. "Sometimes you can get the brass ring and it can be quite a ride."

Hill is grateful to "American Gladiators" and NBC for giving him the opportunity to participate. He also is thankful to his friends and family as well as to his co-workers who covered his shifts while he worked on the show. His co-workers at St. Joseph's showed Hill their support when they stole his hospital nametag and changed his name to "Dr. Gladiator.'



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

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

American

The Berkshire

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

Casey's Bistro and Pub

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

Einstein Bagel Co

7300 East 29th Ave (Stapleton) 303.322.2585 Not only bagels - also great for pizza. \$, BL, ₩

Famous Dave's BBQ

7557 East 36th Ave (Stapleton) 303.399.3100 Most lip-smacking, fingerlicking BBQ in Denver. Dine-in, take-out or catering. \$\$, LD, ₩

Solera Restaurant & Wine Bar

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

The Copper Canyon Grill

(at Renaissance Denver Hotel) - Stapleton 3801 Quebec St / 303.399.7500 Casual, upscale steakhouse in a beautiful atrium environment at the newly renovated Renaissance Hotel. \$\$\$, BLD, ₩

Asian

Blue Fin Sushi

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

Ling and Louie's Asian Bar & Grill

8354 Northfield Blvd 303 371-4644 Happy Hour 3:30 - 6:30 Daily Award Winning Menu 5280, ABC's A-List, and Westword. L,D, \$\$, *

Taste of Asia

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

Italian

Anthony's Pizza & Pasta

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

Mario N Wongs

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

The Cherry Tomato

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

Miscellaneous

Chipotle Mexican Grill

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

Noodles & Company

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

Udi's Bread Café

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



The Front Porch Dining Guide runs six times a year - the next six guides will run in Sept. & Nov. '08 & Jan., Mar., May & July '09. Ads can start in any issue, but are sold as a one-year package (six times) for \$300. Email advertising@fineprintco.com or call 303-333-0257.

Since You've Asked...

Q. What is the future of the Old Airport Parking Structure? Will it be demolished? If not, can something be done to make it look better until (the) transit center moves to (a) light rail station? Why are (the) upper decks always closed? Often demands exceeds first floor capacity.

A. The current plan is for the parking structure to be preserved to serve high density of-fice/residential development in the area of the control tower once the market indicates that development could be successful. Until that time, it is unlikely any money will be invested in cosmetic changes. The upper decks are not open because the structure has not been maintained for that type of use.

Q. Why is Forest City opposed to co-locating the library and recreation center on the same piece of land?

A. Adding a library to the proposed recreation facility that was designed through a process conducted by the Park Creek Metropolitan District and the Stapleton Development Corporation (with substantial input from the community) would increase traffic and require additional land to be devoted to parking. That would also require the design work to be redone, adding more expense and delay to the project. Forest City believes a library site in the E. 29th Avenue Town Center would be more appropriate.

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, that proposal does not seem to have much support.



Stapleton's old airport parking garage – renovation on hold awaiting additional office/residential development in that area.

Q. What is the status of the 35th Avenue Bridge over Westerly Creek?

A. The 35th Avenue bridge is designed and approved, however, it cannot be built until Westerly Creek is realigned and grading completed from 33rd Ave north to the confluence with Sand Creek. While the design for this grading piece is being refined to fit within budget, the primary constraint to the work is coordination and completion of the environmental remediation that needs to occur in this portion of the creek and also completion of the remediation in the eastern portion of Filing 19. Residents should continue to use the MLK bridge, the 26th Ave bridge or the various trail connections to cross Westerly Creek.

Q. When will 35th Avenue be opened east of Quebec Square?

A. 35th Avenue is open now from Quebec Street to Boston Street.

Q. When will the street connections be made from Stapleton south into Aurora?

A. Per the Aurora-Denver intergovernmental agreement, the Fulton and Iola connections are scheduled to start this year and be complete by the end of 2009. The Dayton/Emporia connection (one connection) and the Lima and Kingston connections are to be complete by the end of 2011. Moline Street will be re-constructed near the end of construction in the Filing 16 parcel (the area that is currently under remediation) and is scheduled for completion by the end of 2009. There is also a future connection expected somewhere in the vicinity of Oswego.

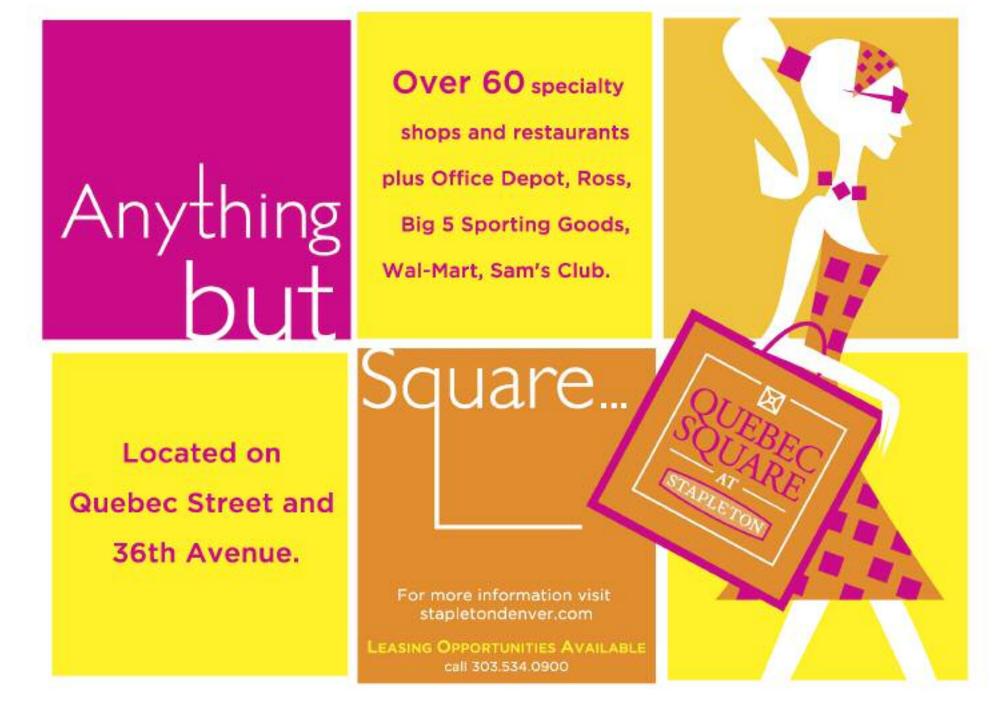
Q. What is the timetable for the extension of the Westerly Creek trail to the Sand Creek Trail?

A. The permanent trail connection is included in Westerly Creek North Phase 2 program, which is the realignment of the creek. It remains our intention to provide a temporary trail connection along the east edge of Filing 19 (west side of Westerly Creek, north of MLK Blvd.) once the environment remediation of that parcel is complete. This trail connection would move periodically and be subject to closures during the course of construction which will be managed through our construction manager. (Infrastructure responses provided by Derek Brown, director of engineering for Forest City Stapleton, Inc.)

Q. When will the signs be updated that say development (commercial) at East Bridge will be coming in 2008? What is the process that Forest City uses to update the dates and information on signs in Stapleton?

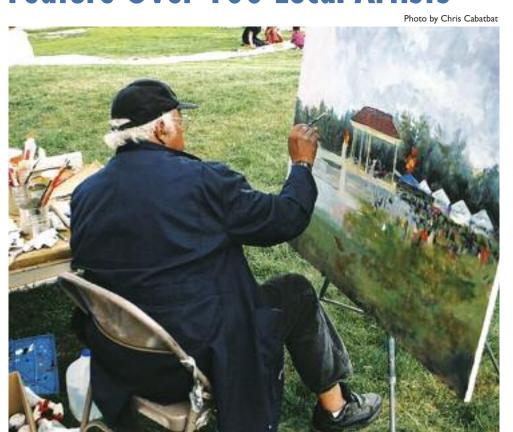
A. The sign at the site of the planned East-bridge Town Center (between MLK Boulevard and 29th Drive at Geneva Ct.) reads "Opens Mid 2009." That sign, like all "future use" signs around Stapleton, is for informational purposes only and should not be relied upon for any other reason as development plans are subject to change without notice. Signs are updated as new information about timelines becomes available-changes that are often the result of a slow and uncertain economy.

Unless otherwise indicated responses provided by Tom Gleason, vice president public relations Forest City. Please send questions to TGleason@StapletonDenver.com.



July 20, Noon to 6pm

City Park Festival of the Arts to Feature Over 100 Local Artists



Longtime Denver artist Jessie DuBois paints at the City Park Festival of the Arts.

he 8th Annual City Park Festival of the Arts will offer an arts and entertainment event from noon to 6:00 p.m. on Sunday, July 20, at Ferril Lake in City Park.

Entertainment from rock and roll to salsa and from hip hop to swing will be a part of the day, along with dancers, poetry slams, martial arts and a Children's Interactive Area, sponsored by The Children's Hospital.

Headliners include: Laura Reed and Deep Pocket, Johnny Romero and Cuervo Nation, Railroad St. Jazz West, Don & Gracie Batt, Sarah's Dream Group, Mestizo dancers, Santemu Aakhu, New Denver Orchestra, Sarah Sings, Denver Municipal Jazz Band, Heritage African Drum and Dance Troupe, Slakjaw, and Closing Drum Circle with the Tai Chi Project.

More than 100 local artists, including long-time artists as well as first-time exhibitors and craftspeople, will display their work.

For information, go to www.cityparkfestival.org or call Paul Weiss at 720-548-8934.

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July 8-Aug. 19

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Sunday worship: 9:00 a.m. Coffee and fellowship on the patio following the service







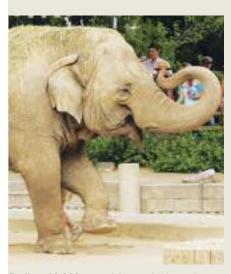


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Who Is Looking at Who(m) at the Zoo?



Dolly, a 10,000 pound Asian elephant does exercises to help her lose some of the weight she gained over the winter.



Stapleton resident and opthamologist Annie Hill examines the eyes of a Eurasian owl at the zoo's annual fundraiser, Do at the Zoo, held on June 19th. (Dr. Annie Hill is married to Dr. Adam Hill, aka Dr. Gladiator - story on page 1.) Proceeds from the event will help construct Denver Zoo's newest exhibit, Asian Tropics, a 10-acre conservation center devoted to highly-endangered Asian species including elephants, Indian rhinos and Malayan tapirs.



Rian and Rajah, almost 10-year-old lion brothers, watch the spectators who were awaiting the lion feeding event.



The Chinese lion parade symbolizes the lion chasing away the evil spirits and welcoming good luck. The parade led guests to see the evening's headline act, Starship with Mickey Thomas.



Northfield's La Sandia restaurant was one of 48 Denver restaurants that donated food for the zoo's fundraiser. La Sandia manager Jared Schwartz offers desserts to guests.



More than 2,150 people attended the Do at the Zoo. The event raised nearly \$600,000 and this figure is matched by bond dollars, so the total raised for Asian Tropics is almost \$1.2 million.

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BETTS LAKE at COLORADO GOLF CLUB

PARKER 103-840-0090

By Michael Kearns

ne Family's Trash is another's treasure. That's right, it is once again time to clean out your garage, basement, and closets and reap the hidden rewards of selling your extra "stuff" - and then buying more from your friends and neighbors!

The Third Annual Stapleton Community Garage Sale will be held on Saturday, July 19, from 8am to 1pm.

More information and downloadable maps are available online at www.BuildingStapleton.com/garagesale.

As Stapleton has grown, so has the Garage Sale. In its first year, the Sale included 109 Stapleton homes, and in 2007 we had more than 170 participate - this year we expect over 200 homes throughout Stapleton will join in the fun! Once again the Sale is being organized and sponsored by Diana and Michael Kearns of RE/MAX City Horizons @ Stapleton, and there is no cost to you to



participate. We will also have refreshment stops hosted by several Stapleton builders (details and locations are on the website).

The last day to register for the sale, and be included on the map, is Saturday July 12. To register, please send an email to GarageSale@BuildingStapleton.com, and include the following info: (1) Contact Name, phone number, and e-mail address (these are for use in communicating only, and will not be shared); (2) Street Address; (3) Where you

will have your sale (Alley or Front); and (4) The two or three main things you will have for sale – examples: "furniture and lawn equipment," "baby clothes, toys, and computers." So we don't have to do too much editing, please limit your description to about 10 words or less.

Have more questions? Check the FAQ page on the Garage Sale website (www.BuildingStapleton.com/garagesale) for answers to commonly asked questions, or email Garage-Sale@Building Stapleton.com.

Tips for a Successful Garage Sale

By Meighan Meeker

There is no better time than the present to prepare for the upcoming Stapleton Garage Sale to be held on July 19 from 8 am to 1 pm. Uncluttered homes are more enjoyable and easier to clean. Additionally, most people use only 20% of their things 80% of the time, which means you could part with nearly 80% of the stuff taking up space in your house. Following are some tips to motivate you to get rid of items cluttering your home and make some money in the process.

In preparation for the garage sale Do not allow yourself to get overwhelmed. Go room by room to gather items that you no longer need. As a general rule, if you have not used it in the past year, get rid of it. Make decisions about what to keep or sell quickly. Sort items in large clear plastic containers or boxes by theme such as: clothing, electronics, books, house wares, toys, etc. Keep in mind that once you get rid of these items you will be able to find the things you truly use more quickly. Do not let the emotional attachment or value of an item stand in your way of selling it. Get rid of multiple items that serve the same function. Consider gently cleaning the items with Lysol wipes or a cleaning rag if needed.

On the day of the sale Group items on tables by theme and price. Display your most expensive items up front. Clothing should be hung on a rack with a mirror handy if possible. Place items that are less desirable, or in need of repair, in a box labeled "Free Stuff."

Generally, items should be priced at 10% -25% of the original value. Purchase circular colored stickers and assign dollar amounts that are clearly posted on signs indicating the cost per item throughout the sale, for example red = \$1, blue = \$5, etc. If you do not want to engage in bargaining make clear that your prices are firm on your signs. Otherwise, be prepared for people to negotiate, especially toward the end of the day when you should be more willing to sell remaining stuff for a discounted price. Wear a fanny pack or waist apron with pockets to keep your money, sharpie, tape, extra stickers, and other important items. Go to the bank in advance and make sure you have plenty of change, including \$1, \$5, and \$10 bills. Other helpful items to have on hand include: newspaper to wrap fragile items, shopping bags or boxes for people to carry purchases, electrical cord to test items for sale, and a calculator. Get the kids involved, set up a lemonade and cookie stand to make extra money. The addition of balloons, music, or other festive touches to attract buyers is always helpful.

After the sale Immediately donate any items that do not sell. Remember to ask for an itemized receipt for your taxes. Put the balance of your leftover materials in a clear plastic tote labeled "Garage Sale" and keep until next year.

Meighan Meeker is the owner of Simply Put Organizational Solutions for the Home, LLC. For more information: email, meighanm@aim.com, or call, 303-321-2692.





City Park Family Event Jul. 25 Sneak Preview of Where God Left His Shoes

Park on July 25 for a sneak preview of the feature film, Where God Left His Shoes. The movie will start at 8:30pm. The location will be between the Denver Museum of Nature and Science and Ferril Lake. This event is a benefit for Denver's Road Home – all donations will support the city's 10-year plan to end homelessness.

Starring John Leguizamo, Where God Left His Shoes puts a face on the issue of family homelessness. In preview screenings around the country, audiences have shared their passion for the film and, more importantly, have voiced their desire to use the film to make a difference. Where God Left His Shoes exposes the reality of homelessness, a reality faced by hundreds of thousands of American families each year. As the cornerstone of a national awareness and fundraising campaign launching in 2008, the film will help generate heightened focus and inspire meaningful dialogue, bringing much needed visibility to a problem that can be solved.

Thanks to America's Road Home and Vulcan Productions, this sneak preview will benefit Denver's Road Home, the city's plan to end homelessness. For more information about this event, visit www.unitedwaydenver.org. For information about the film visit www.wglhs.com.

Active Minds Seminars – Free & Open to the Public

Tibet – **Mon.**, **July** 7, 7 - 8 pm at the Stapleton Master Community Association, 2823 Roslyn St.

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. RSVP: 303-468-3223 Sponsored by the Stapleton Foundation

North Korea – Tues., July 8, 12:30-1:30 pm at the Tattered Cover, 2526 E Colfax.

Topics include: the history of North Korea and the development of its nuclear program; the successes and shortcomings of its diplomatic efforts; international trade; and human rights issues.

The History of Denver – Tues., July 22, 5:30-6:30 pm at the Tattered Cover, 2526 E Colfax.

Stories of the Mile High City: how our city

was founded; the booms and the busts; why the 1976 Winter Olympics were not held here. Bring your favorite Denver trivia to share!

Vietnam – Wed., July 23, 1 - 2 pm, at the Generations at Lowry, 8505 Lowry Blvd.

Vietnam's history and its current and evolving role in the region today. RSVP: 303-364-8500

Can Egypt Blend Democracy and Islam? – Mon., July 28, 7 - 8 pm at the Stapleton Master Community Association, 2823 Roslyn St.

Egypt's complex future: They have a history of a dictatorship, they are a strong U.S. ally, they face an increasing push for democracy, and they have strong native Islamic forces. RSVP: 303-468-3223, sponsored by the Stapleton Foundation

America's Pastime: Baseball! – Wed., July 30, 6 -8 pm, Parkplace, 111 Emerson St.

The history of baseball; legendary stories of the game; how the modern era has been affected by the use of steroids. RSVP: 303-744-1950. Food, refreshments, socializing at 6:00, program from 6:30-7:30, tours and socializing from 7:30-8:00

History of the Olympic Games: Diplomacy & Politics —

Mon., August 4, 7 -8 pm at the Stapleton Master Community Association, 2823 Roslyn St.

How the games have been involved in a variety of international political issues, including the current ones that surround the Beijing Olympics. RSVP: 303-468-3223, sponsored by the Stapleton Foundation.

For more information visit www.activemindsfor seniors.com or www.ActiveMindsForLife.com.

Park Hill Public Library Events

Tales for Twos 10:30 & 11am on Mondays. Storytime for 2yr olds. Limit 22 children.

Storytime with a Craft 10:30am on Thursdays. Children listen to short stories and participate in songs and a simple craft. Limit 30 children.

Bookbabies 11:15am on Thursdays. For infants ages 6-23mo. Sharing books, songs and fingerplays.

Tuesday, July 8 – 2pm Kids Craft: Travel Journal for children age 7 and up. Registration required.

Fri, July 11 – 10:30am "Up in the Air," juggling with Peter Davison. **Sat, July 12 – 10:30am** "Learning about Dinosaurs!" with Jeff Waters.

Tue, July 15 – 2pm Kids Craft: Road Trip Koozie for 5yrs & up. Registration required. **Friday, July 18 – 10:30am** "Around the World Magic and Juggling" with Ann Lincoln. All ages.

Sat, July 19 – 10:30am "Bug-Eared Trip Around the World" with Michael Stanwood. Tuesday, July 22 – 2pm Kids Craft: Foam Airplane for 5yrs and up. Registration required. Friday, July 25 – 10:30am "Porkchop, Mudslinger and Digger" from Top Hogs, performing pigs. All ages.

Sat, July 26 – 10:30am "Rhythm Fun & More! With The Percussion Lady," Helen Trencher.

July 7, 14 & 21 – Teen Time at 2pm (6th grade or older) Call 303-331-4063 for details.

For registration, call 303-331-4063. The library is at 4705 Montview Blvd.

Children's Museum Exhibit Opens July 12th Kids Explore Construction Site

pening July 12th, Junior Jobsite is an interactive exhibit that gives kids a chance to see, touch, and crawl on real artifacts from the world of bricks and mortar. Hard hats, blueprints and safety vests are included, along with materials to paint and stencil walls. The grand opening will be from 10am - 5pm on July 12th, with Mighty Machines on the plaza from 10am - 2pm on opening dy. Kids can check out the mighty machines and meet the people who operate them. The exhibit is for kids aged 3-8 and their caregivers. The exhibit runs from July 12th - September 28th. The Children's Museum of Denver is located at 2121 Children's Museum Drive. For more information visit www.cmdenver.org. or call 303-433-7444

Children's Museum — First Tuesdays FREE

4 - 8pm Sponsored by Target.



Performances & Events in July

July 1 and Tuesdays thru Aug. 5, Avenue Theater — "Convention?"

A satirical look at how not to get elected. 417 E. 17th Ave. Call 303-321-5925 or see www.avenuetheater.com.

July 1 through August 22

Colorado Music Alliance Summer Music Festivals

Music festival events in Aspen, Vail Valley, Breckenridge, Central City, Boulder, Estes Park and Steamboat Springs. Call 303-955-6782 or go to www.coloradomusicalliance.com.

July 3, 10, 17, 24, 31 - Northfield Stapleton Concerts

From 6:00 to 8:30 p.m. July 3 – Pan Jumbies – Steel Pan Drums (Caribbean); July 10 – Conjunto Colores (Latin Jazz); July 17 – Nacho Men Classic (variety); July 24 – Judge Roughneck (reggae). Call 303-375-5475 or go to www.north-fieldstapleton.com.

July 4-July 10, Neighborhood Flix - "To the Limit"

Art House movies with lunch or dinner from the in-house restaurant. Open 11 a.m. daily, with brunch 11 a.m. to 2 p.m. Sundays. 2510 E. Colfax Ave. Call 303-777-3549 or go to www.flixonthefax.com.

Fridays July 4 through August — Skyline Park, Downtown

Noon to 1:15 p.m. Variety of performing arts groups highlighting jazz, rock and multicultural offerings.

July 4, 9, 13, 19, 20, 27 - Dick's Sporting Goods Park Events

Matches are: July 4 Colorado Rapids vs. NY Red Bulls; July 9 Colorado Rapids vs. Mexican First Division Club Tigres; July 13 U.S. Women's National Team vs. Brazil; July 19 & 20 Mile High Music Festival; July 27 Colorado Rapids vs. Columbus Crew. 6000 Victory Way, Commerce City. Call 866-466-6556 or go to www.tickethorse.com.

July 5, Free First Saturday – Denver Art Museum

Free day for Colorado residents. 100 W. 14th Ave. Pkwy. Call 720-865-5000 or go to www.denverartmuseum.org.

July 6, 13, 20, 27 and August 3 — City Park Jazz

Free Sunday jazz concerts from 6 to 8 p.m. Call 303-744-1004 or go to www.cityparkjazz.org.

July 7 - Colorado Arts Education Summit

Demonstration labs, training materials and speakers create plans to expand arts and creative learning opportunities at more than 30 schools. Go to www.denvergov.org/artsedsummit.

July 10, 6pm — Bluff Lake Nature Center, Fireside Chat

Turkey Vulture! With Carin Avila of the Rocky Mountain Raptor Program. Call 303-344-0031 or go to www.blufflakenaturecenter.org.

July 10 - Colorado Rapids World Cup of Wines

From 6:30 - 9 pm. a wine tasting inside the stadium to benefit the Rapids Foundation, which funds a fight against child hunger to support positive youth development opportunities in Colorado. 6000 Victory Way, Commerce City. Call 303-727-3504 or go to www.pepsicenter.com/KSEForms/Community/WorldsWines/

Thursdays, Fridays and Saturdays July 17 through August 23 Barth Hotel – "HOTL Baltimore"

The story is about a group of older lost souls who inhabit a once-elegant hotel. It is environmental theater staged directly in the hotel lobby. Fundraiser for Senior Housing Options. Thursdays, Fridays and Saturdays July 17 through August 23. 1514 17th St. Go to www.seniorhousingoptions.org or call 303-595-4464 ext. 10.

July 20 – 8th Annual City Park Festival of the Arts

Artwork from more than 100 local artists; entertainment including: Laura Reed and Deep Pocket, Johnny Romero and Cuervo Nation, Railroad St. Jazz West and the Denver Municipal Jazz Band. Call 720-548-8934 or go to www.cityparkfestival.com.

July, August — Denver Botanic Gardens

Free day July 21. "Story Time in the Gardens from 10-11 a.m. Saturdays and Sundays through Sept. 28; Fitness Walks and T'ai Chi from 7-9 a.m. every Tuesday. 1005 York St.

July 24, 6pm — Bluff Lake Nature Center

Fields of Grass with Betsy Neely of The Nature Conservancy. Learn about the plants and animals of the prairie. 9801 E. Colfax Ave. Call 303-344-0031 or go to www.blufflakenaturecenter.org.

Pree Admission from June 2 - Aug 16 Denver Waives Youth Rec Center Fees for Summer

ayor John Hickenlooper and Denver Parks and Recreation Acting Manager Scott Robson have announced that Denver youth age 17 and younger may use City recreation centers, including swimming pools, for free this summer.

Free admission began Monday, June 2 – the day City swimming pools opened – and will run through Sat., Aug. 16. Standard fees will continue to apply for programs and activities that typically are offered at an additional charge.

"Our goal is to give our kids every opportunity to participate in healthy, positive activities throughout the summer," Hickenlooper said. "We're happy to be able to offer this to our community."

"This is a great decision by the administration to ensure that children and youth in Denver are active and safe throughout the summer," added City Council President Michael Hancock.

Opening the recreation centers to all Denver youth for the summer complements the My Space program launched in January 2008. That program gave 30,000 Denver Public Schools students the opportunity for a free one-year membership to their neighborhood recreation centers.

"This summer, we wanted to make it possible for every youth in Denver to enjoy their neighborhood recreation center for the summer at no charge," Robson said. "We have some great programs and events planned for the summer, and this will allow all of our kids to participate fully."

Area recreation centers offer a variety of summer activities, including open swim, basketball, game room and a Food Bank of the Rockies program that offers free food for families. Programs available for a nominal fee include Hoopin' with Hickenlooper, baseball, t-ball, volleyball and swim lessons.

Denver residents may locate their nearest recreation center by visiting www.denvergov.org/recreation.

Editors Note: Stapleton pools, which are not operated by the city, are not affected by this policy.

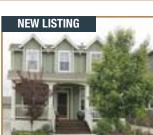
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Public Art Blooming at Stapleton



Latrice Norwood

By Latrice Norwood

s we transition into the warm sunny summer season, residents have begun planting in the Community Garden located next to open

at Spruce and 23rd Avenue for the first

Stapleton's Community Garden will be enhanced by public art. At the beginning of May, four finalists presented their ideas for the Community Garden site to the Stapleton Public Art Project Selection Committee. Lars and Lauren Stanley of Austin, Texas were recommended for the \$75,000 commission. Their proposal for groupings of slim steel "story poles" will convey human interaction with plants and garden tools, and will be placed creatively around the garden to break up the black vinyl fencing. In the interim, a colorful canvas banner project created by students from the Odyssey School, Westerly Creek Elementary and William Roberts School has been installed and will serve as the temporary fencing around the perimeter of the garden for the 2008 gardening season.

The new community swimming pool

located at 28th Avenue and Geneva Court opened on May 24th. The bathhouse façade (right), created by Jeanine Centouri and Russell Rock of UrbanRock Design of Los Angeles, features three large laminated glass panels depicting the three stages of water: vapor, liquid and solid (ice). In the small courtyard in front of the glass panels, concrete seating pods have been arranged to represent the molecular structure of each state of water.

Gerald Heffernon's artwork selected for the Ellipse II located at East 35th Avenue and Xenia Street is projected for installation next summer. This artwork, entitled The Picnic, features a life-size tableau of four bronze dogs arranged on and around a large boulder with a picnic lunch spread out in the foreground.

Sound artist Jim Green from Denver is one of two artists whose work will be featured in the Eastbridge Town Center. Mr. Green will install 16 functional parking meters that will be fitted with speakers and programmed to broadcast various whimsical sounds when coins are inserted. Completion of this \$110,000 commission is slated for fall of 09.

The "call for entry" for proposals for a second piece of public art for the Eastbridge Town Center was launched on March 27th. Three artists/artist teams were chosen as finalists for the \$310,000 commission. They are Stephen Daly (Dripping Springs, TX)

Lajos Heder/Mags Harries (Cambridge, MA) and Jim Sanborn/Jae Ko (Washington, DC). Site visits for finalists were held on June 4th with proposal reviews scheduled for the end of July 2008.

Anyone who is interested in being appointed to a Project Selection Committee, applying for a public art commission or obtaining information about Stapleton's Public Art Program should contact Barbara Neal at barbneal@mindspring.com.

Latrice Norwood is a Forest City employee who works with Public Art Consultant Barbara Neal in the implementation of the Stapleton Public Art Program. She may be reached at Inorwood@stapletondenver.com

Water the Theme for Art at Stapleton Pool



The glass façades of the public art at Stapleton's newest pool on Geneva Court are backlit so they glow like light boxes in the evening.

By Nancy A. Burkhart

onditional Reflections," the new public art at the pool near Geneva Court in Stapleton was designed to reflect the Stapleton community. "We had the opportunity to see Stapleton first," explained artist Jeanine Centuori, who with her partner, Russell Rock of UrbanRock Design in Los Angeles, designed the art piece. "To go out there to see it, gave us a sense of what the whole spirit and vibe of Stapleton was. I think it really helped us a lot to get a piece that was well-integrated into the whole neighborhood."

The piece "is a combination between the design of the plaza areas and the glass façade," explained Rock. "The theme of the piece was the mutable nature of H2O."

There are three sets of facades along the building. One represents water in the solid state, which depicts frost. The second one is water in the liquid state, which shows ripples on the surface of a pond. Then there is water in its gaseous state, showing an extreme close-up of water vapor.

The plaza areas each match with the façade, so they are a diagram of the molecular structure. Water in the solid state is a very geometric, hexagonal pattern. Water in the liquid state is depicted in partially formed hexagons with loose, free fragments of molecules. Water in the gaseous state shows free-ranging molecules. Some of those are projected up out of the surface to become seats, and some are pavers.

"The title, 'Conditional Reflections,' implies that water is ever-changing, and these conditions are reflected," explained Centuori. "Our piece is meant to offer a variety of experiences. The photographs that are embedded in the glass change. At night, when they are backlit, the color changes. As the sun changes and the lighting changes, it is reflected differently."

"The glass façades are backlit so that they are like light boxes in the evening," Rock said. "They glow so that as you drive by the facility, there are lighted photographic images that make up the face of the building."

"We looked at the building design that had these distinct three main components to it, and we felt that it really had to be something about the pool itself," Centuori said. "We have done glasswork before, but this is a first for this particular imagery in the glass. It's an interesting area that we would like to investigate."

Stapleton's Public Art Program is conducted under the auspices of the Park Creek Metropolitan District, based on the public art program principles established by the Denver Urban Renewal Authority.

Centuori and Rock were chosen to produce the public artwork, based on three presentations of their previous work. They typically do work by commission, rather than selling existing pieces.

"We do all scales of work and for private individuals as well as public clients," Centuori said.

Jeanine Centuori and Russell Rock can be reached at UrbanRock Design at 323-

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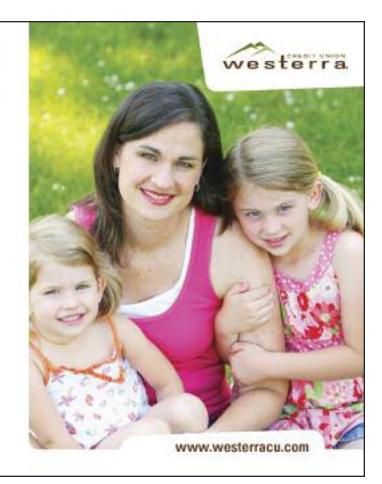
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New Programs, Art Exhibit and Fishing Connect People with Nature



Lake Mary, at the Rocky Mountain Arsenal Wildlife Refuge just north of Stapleton offers catch and release fishing under a new permitting system.

by Sherry James

▼he Rocky Mountain Arsenal National Wildlife Refuge reopened for public visitation, wildlife viewing tours, fishing and nature programs on Saturday June 14. Public visitation was temporarily suspended in late October 2007 due to the Arsenal's Lime Basins remediation proj-

The Park Rangers are excited to have visitors back hiking the trails and participating in wildlife tours and they hope people will connect with nature through some of the Refuge's new programs.

Several new nature programs have been scheduled incorporating the use of iPod's and GPS units. One program helps visitors identify birds while walking the Refuge trails by comparing the bird calls they hear to prerecorded bird calls on iPod's. In another program, a new twist has been added to a scavenger hunt by using GPS units to locate clues that solve questions about the Refuge.

A wildlife art exhibit on loan from the Great Western Art Gallery located in Down-

town Denver will be featured along with an aviary displaying a live screech owl in the Visitor Center. Catch-and-release recreational fee fishing will open for the season with a new permitting system. Bison and their calves, burrowing owls, deer, prairie dogs, pelicans, and other wildlife may be seen through scheduled tours and nature programs. Nearly eight miles of hiking trail meander through wetlands, woodlands, and prairie.

The Refuge is open every Tuesday, Wednesday, Saturday and Sunday from 6:00 am to 6:00 pm. Visitor Center hours are 8:00 am to 4:30 pm. Access to the Refuge is located at 56th Avenue and Havana Street entrance with parking available at the Visitor Center.

worked at the Refuge for 18 years. She can be reached at 303-289-0659.

For more information about the Refuge, including events for kids and families visit www.fws.gov/rocky mountainarsenal or call 303-289-0930. Supervisory Park Ranger Sherry James has

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CK/S

Linda Alston, author of Why We Teach, tutors Kevin Baker, a 7th grader at Bill Roberts Middle School, with his reading.

A Good Teacher is the "Guide on the Side"

By Nancy Burkhart

The best teacher is "the guide on the side, and not the sage on the stage," according to Linda Alston, who teaches at Farrell B. Howell K-8 in Montbello.

The 58-year-old Alston knows what she is talking about. In 2006, she was awarded \$100,000 from the Kipp Foundation/Kinder's Excellence in Teaching Award. A Blue Ribbon panel of educators, business people and community leaders conducted a national search for the best teacher in

the country from Kindergarten through the 12th grade. The Stapleton resident came out on top, and she was awarded the unrestricted, personal gift.

Although she has spent 27 years teaching, becoming a teacher never was part of her plan, Alston said.

"Sometimes I think it's really a calling in my life, because I really hadn't planned to be a teacher," she explained. "Every path, it seemed, brought me to that destiny.

"I teach because teaching chose me. The more that I started to see a gift that I have for teaching and a love and passion for observing children go from kindergarten, not recognizing the distinction between a numeral and a letter, to come from there to reading Shakespeare... is just such an amazing miracle to witness," Alston said.

A high regard for each individual child is a requirement for attaining

success as a teacher, according to Alston.

"Once that happens, they can perform," she said. "They all have their own gifts and their own extraordinary expressions of who they are. I've never seen myself as the teacher. I refer to myself as a guide, a guide who beholds a child's gifts. It's my honor to call those gifts forth. It's a wonderful way to teach. It's the joy that comes from getting to know the child."

A teacher needs to avoid becoming a person who is into power and the control of little children, Alston believes. A teacher should be "someone who is big enough and confident enough in themselves to be

able to honor children, respect them and get out of their way and let them lead," she said.

Alston brings her own personality into her teaching. As a fan of grace and tradition, her class of 5-year-olds serves guests high tea, using fine china and a real silver tea service with fresh linens. The children serve cucumber sandwiches

and scones. They pour hot tea and wash up after the event. Not a single piece of china or glass has been broken in the 12 years she has used this exercise, Alston says.

For the high tea, the children learn to tell time, booking people for service. They serve. They sit down and have conversations about world events and issues such as global warming. They even learn division, deciding that with four cucumber sandwiches available, two people will get two sandwiches each.

Parents need to work at encouraging their young children to learn, Alston says.

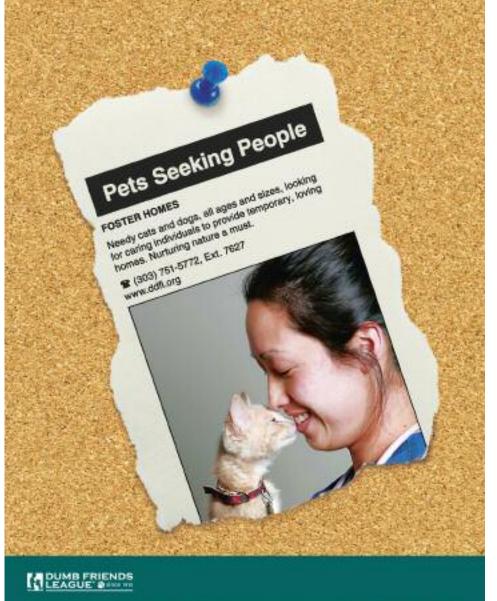
"Parents have to first look inside themselves and examine their own attitudes about being lifelong learners them-

selves," she said. "Children are going to emulate what they see. Children need to see their parents value new learning."

Children should know how to read and do math at the age of 3, Alston believes. "That's a sensitive period for them to absorb that kind of content more easily. It's what we're missing in many instances in traditional education. Sometimes by the time we think this is the time for a child to read or do math, we have passed that time and are doing remedial work."

Alston cited her son, Macio, the middle son out of three, as an example. She said he came to her when he was 3 years old and explained that he believed that Leon Spinks could beat Muhammed Ali for the Heavyweight Boxing Championship. When Alston asked Macio why he thought that could happen, he took her to a magazine where a story talked about the fight and the contenders' prospects. Today Macio is a staff writer for Newsweek Magazine.

"It's one thing to say that children are capable. But you have to make it fun and exciting; be *(continued on p. 16)*





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By Nancy Burkhart

Park Hill resident Rolf Reitzig has been heavily involved in the music scene as a trumpet player for 15 years. He became a member of the Judge Roughneck Band eight years ago, and believes the key to their success is that they have fun.

"We do what we do to enjoy ourselves first and foremost," Reitzig said. "Then we make sure our audience is enjoying themselves."

Judge Roughneck has become popular with its unique brand of pop-reggae music. The band's gigs have increased and become highly desired bookings. The band has performed five times at the Reggae on the Rocks Festival at Red Rocks Amphitheater. It has three CDs out, and band members are working on a fourth.

Despite the band's heightened status in the music world, band members still maintain other careers and businesses. Reitzig has a software management consulting business. He claims he really isn't a professional musician.

"It's very difficult to make a living with music," Reitzig explained. "The majority of us do it because we love it. We just can't seem to stop. It's just so much fun. Even if there isn't a big crowd out there, we have an ability to play with each other and just have fun with this. It's perplexing at times because we have families, and some of us have careers and businesses.

"I have a software management consulting business," he said. "That's my real job. I have a left-side, right-side balance of the brain here. I have my engineering side and my artistic side."

The 41-year-old Reitzig and his wife,

Judge Roughneck "Plays for Fun"



Rolf Reitzig, left, and Byron Shaw of Judge Roughneck perform at Northfield. Reitzig says it's hard to have a job and a family and play in a band, but they "just can't stop" because they love it.

Lea Ann, have a 7-year-old son, Philip, whose life has been musical, as well.

"We have him in piano lessons," Reitzig explained. "He just went through the Children's Music Academy for Piano. It's eye, hand and mouth coordination, as well as being able to hear what chords sound like. You can't do that on a trumpet. You can't sing and play on a trumpet, but he does play the trumpet a bit."

The Judge Roughneck Band was started in 1993 by Byron Shaw, who Reitzig describes as a "mainstay" in the Denver music scene.

"Byron wanted to put together a ska band. He assembled this group of musicians. We learned a bunch of songs and started having fun with this. People loved it. They loved the music, the songs, our interpretation of it, and the energy.

"One thing led to another and after six months, we were asked to play at Reggae on the Rocks. Because of Byron's reputation, we short-circuited five years of a typical band's career. We were playing the best venues in town almost right off the bat. We started writing our own songs," Reitzig said.

Judge Roughneck band members were in junior high and high school during the period when ska folks from Jamaica were in England, transforming ska into its second wave, called the "Two-Tone Movement," Reitzig explained. This influence has formed the band's style.

"I like to explore and learn," Reitzig said.
"Our band was heavily influenced by jazz, so a lot of improvisation always is going on. Going and playing isn't like a job. We're always creating when we're up there on stage."

Reitzig sees Judge Roughneck continuing and growing.

"The core group has been together eight years," he said. People keep trying to do something else, and it just doesn't work. We can't leave. Now we're getting old enough that we're becoming cool. Some of us have young kids. I see a time when that works its way out, we get a few more gray hairs and we will take this thing and pop it to the next level.

"We've already played on some of the biggest stages," Reitzig noted. "We're capable of doing that when big names like the Skatalites come and enjoy watching us play."

Reitzig warns kids aiming at a career in a band to remember that "it's not all about the music. When you're on *(continued on p. 25)*

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Linda Alston

(continued from page 14) passionate when reading books and talking to kids. Many children, particularly of color, have a 30-million word deficit of language heard. They have the deficit of those words not being spoken to them, and not being given the opportunity to speak.

"Parents need to talk to their children, explain words and what they mean. It's important to have conversations with children, allowing them to express themselves. It makes all the difference with how literate they will become and the kind of vocabulary they will have to access."

Alston shares her career experiences in Why We Teach: Learning, Laughter, Love and the Power to Transform Lives." The book is published by Scholastic and sells for \$16.99. It can be found at the Tattered Cover, The Bookies Bookstore and Borders in Northfield, and can be ordered online from www.Amazon.com.

She said it is a book "for everyone who loves children and who wants to be inspired in

their own lives."

Each chapter begins with an affirmation and ends with questions to reflect on the reader's teaching. One affirmation is: "I trust my inner knowing."

"That's kind of the theme for the whole book," Alston explained. "Teachers now have so many mandates and are scripted. When we learn how to really center ourselves and trust our own inner knowing and wisdom, it makes all the difference because you are grounded and centered."

The book would make a great gift to take to a child's new teacher on the first day of school in September, Alston said. The book doesn't tell a teacher how to teach, but instead it offers anecdotes from Alston's teaching career.

"It's just very, very funny and moving stories," she said. "Each chapter is its own little story."

Alston also conducts a tutoring business out of her home, using the Montessori teaching approach. She welcomes children from 4 years old to 3rd graders.

Linda Alston can be reached regarding tutoring at: riversedje@aol.com.

Photos courtesy of Dianne Reeves



Dianne Reeves started her professional career at age 17, singing in local clubs.

Editors Note: One of the premier vocalists in the world and winner of four Grammy awards is Park Hill neighbor, Dianne Reeves. Features contributor Wallace Yvonne Tollette interviewed her for the Front Porch.

By Wallace Yvonne Tollette

fter Vada Burrell and Duronza Reeves married, one of the most gifted and talented singers of our time was born to this sacred union—Dianne Reeves. When she was two years old, her father died and she and her family relocated from Detroit, Michigan to Denver. At that time, "white flight" was taking place in Park Hill; busing was in force and many Black students had feelings of ambivalence because there was no curriculum for young Black American students. Some had been teargassed and "maced" even in junior high school. Such were the current conditions in Dianne Reeves' new world. Her young age, however, shielded her from the realities of that ugly period.

As she grew older, racial tensions eased and Dianne was able to lose herself in her music. By the time she reached junior high

Park Hill Neighbor

school, her voice was developing amazingly well and her junior high school music teacher, Mrs. Bennie Williams, noticed. After hearing her sing in the hallway at Hamilton, Mrs. Williams encouraged her to join the girls' chorus and to take piano and voice lessons. Dianne was willing but her mother was skeptical. She wanted Dianne to concentrate more on her academics and was fearful that the music would be a distraction. However, one day, Dianne sang "I Want Jesus to Walk With Me" in her mother's presence. At that moment, all of her mother's concerns instantly melted away.

At George Washington High School, she joined the concert choir, the madrigal group and the jazz band. She also performed all over the city for various programs with her uncle, long-time bassist with the Denver Symphony Orchestra, Charles Burrell. He greatly influenced her and she would later start a group called the Mellow Moods that largely performed only jazz. This also marked the formal beginning of her professional career in about 1974 at age 17 when she sang in local clubs.

She and the Mellow Moods worked on weekends earning \$200 per night. At the age of "sweet sixteen," Reeves met and worked with musician Clark Terry, performing at the luxurious Broadmoor Hotel in Colorado Springs. Her uncle, Charles Burrell, who remained very active in her training and mentoring, also taught her how to "feel" her music. By the time she graduated from high school, Reeves had collaborated with musicians Gene Harris and Bob Montgomery. She started a trend of helping to bring jazz as a major presence in the Denver Public Schools arts curriculum.

After graduation, she attended the University of Colorado for one year then went to Los Angeles for private study. Soon after, she



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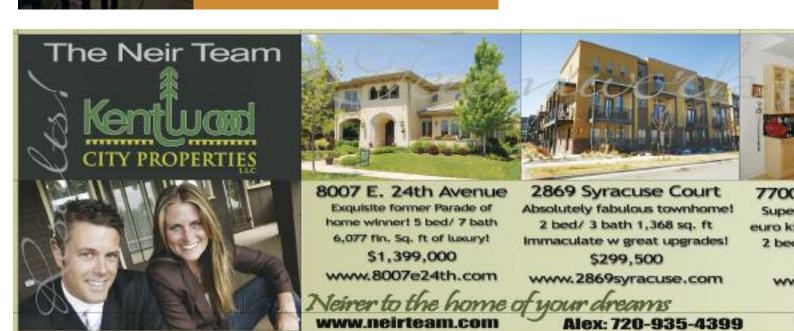
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One of America's Top Jazz Singers

met Phil Moore who became her vocal coach. He was the first Black conductor for the British Broadcasting Company. He also later became Dianne's first manager and remained in that capacity for 8 years.

It had all started in Denver as a young junior high school girl who wanted to "express herself." Over the next quarter of a century, Dianne Reeves steadily rose into one of the country's most consistent and admired female jazz singers. So admired, it has led to four Grammy awards.

Ms. Reeves' smooth and effortless-sounding melody has been the result of her love for her music, years of hard work and preparation, and being able to learn from some of the best in her industry, not the least of which is her Uncle Charles. Others include Gene Harris, "Blue" Mitchell, Phillip Bailey, Larry Dunn, Harry Belafonte and so many others who have all been deeply attracted to Reeves golden rich voice and have insisted on either mentoring her, performing with her or both. Her abilities began to be fully realized when she won a citywide talent competition. She then began to meet and work with a long list of notable artists whose influence and instructions would mold her career.

In 1978, Reeves made the decision to move to Los Angeles. Two years later, she was involved with her first major project, part of the Sergio Mendez "Brazil '88" tour. That year, she also recorded her first album, "Welcome to My Love," on Palo Alto Records.

After moving to New York City for three years, she remained under the management of Phil Moore. Reeves was steadily gaining recognition when Harry Belafonte sought her out. She performed as part of his international band and group. When she moved back to Los Angeles in 1986, two major developments took place: She signed with Blue Note Records. Her first recording for them was a tribute to the great Duke Ellington, called "Echoes of Ellington." The work earned Reeves her first Granny nomination. Eight years later, she would snare her second nomination for her album, "Quiet After the Storm."

She says that her greatest experience has been her ability to sing all over the world. Many audiences don't speak English but she's able to connect with them and they seem to understand and appreciate her music. She also stated that her greatest achievement has been "being able to do all I have wanted to do without compromise." To the question do you ever encounter racism? She answered in the affirmative; "but I'm still here," she states proudly. "Even though," she went on to say, "it's not just racism, a lot of it is 'in your face' racism. But I have been able to rise above it all realizing that racism is, has always been and always will be alive and well. I just continue to seize all opportunities to make

my way and I take full advantage on my own and in my own way. Music has always been #1 in my life. I have been performing since I was 12 years old. You don't stop. I really love life and there is always something to reach out to. I will be singing as long as possible."

"I also write and arrange music," she went on to say. I feel I must keep moving forward. My mother's philosophy which I adopted at an early age, 'is never to entertain anything negative such as boredom, illness or depression.' That has been a guiding light all my life and it has served me well. My advice to any aspiring young person – in whatever profession they choose, whether music or woodworking – is to learn your craft well. Work hard at everything you need

This is sound advice from one who provided the award-winning soundtrack to George Clooney's 2005 film, "Good Night and Good Luck." This garnered her fourth Grammy award and enhanced her status as one of the premier vocalists in the world.

to know, refine it and respect it."

Some have described Dianne as aloof; however, she claims extreme shyness. Funny how the shyness disappears when she sings. If and when retirement occurs, she has already received numerous offers to teach around the country. I'm sure her legion of fans will join this writer in hoping that retirement is a long way off.

Wallace Yvonne Tollette, a resident of NE Denver, is the author of Colorado Black Leadership Profiles. She can be reached at westernimages@juno.com or by phone at 303-830-1691.



Dianne Reeves' advice to young people: Work hard at everything you need to know, refine it and respect it.







Abyssinia Restaurant From Past to Present



By Monika Reitmeyer

he summer dining season has arrived and with the vast array of eatery options and fresh, new menus, you certainly won't go hungry. Yet, instead of heading downtown, why not try something a little closer to home; something a little different.

Monika Reitmeyer Abyssinia Market Cafe Ethiopian Restaurant is almost

hidden within a large brick building on the corner of Colfax and Ash, it's also home to some of Denver's most fantastic and culturally accurate Ethiopian cuisine. Ethiopia, formerly

called Abyssinia, is a country protected by forbidding desserts and tropical lands. Its isolated mountainous location allowed for its people to develop their own written language and a sophisticated culture based on rich traditions and religion. Yet, over thousands of years of evolution, the distinctive foods translate stories from the past to the present.

Dining at this restaurant is all about the ceremonial experience. After squeezing through the tight doorway, one is immediately drawn to the lavishly decorated interior: each table is covered with a small, red tent of sorts, and earthy wafts of pungent spices fill the air. After being seated, the tents are removed from the table tops, revealing a cone shaped, basketweave table just about knee-height as hot towels are handed out for guests to cleanse their hands.

Appetizers include a rich, house-made cottage cheese mixed with chili powder (\$4.95) and served with Injera, a sourdough based flat bread that is steamed to create a spongy texture. In fact it is Injera with which just about the entire meal is eaten. Another recommended appetizer is the Sambusa (\$1.99 each), which are freshly fried pastries stuffed with tender lentils.

Abyssinia offers many entrée options for any eager diner. Fresh seafood, lamb and many vegetarian dishes are prepared in a variety of ways. Perhaps

the best way to experience the best of what the menu offers is to order the Cornis (\$12.99), a bountiful platter of three different meat and vegetable preparations. Hearty sauces are spiked with jalapeño and garlic and flavored with cardamom. Yellow, red and green lentils are served aside curried cabbage and the Injera serves as a great sauce-sopper. Definitely be sure to try the imported Ethiopian beer, Meta, a lager with sweet, fermented honey flavors that cut the spiciness of the food and balance the meal.

After dinner, be sure to ask about the ceremonial coffee service (\$5 for two). Being a huge proponent of exotic coffees, I was blown away as the server roasted the green coffee beans in an iron pot, ground them finely and boiled them in a small percolator with cinnamon. This über fresh brew is served in a wooden pot with sugar and toasted barley and peanuts on the side. A pot of incense placed on the tray adds an extremely intense aromatic sensation as the smooth coffee is sipped slowly.

For an unforgettable culinary experience, savor the fresh and enchanting flavors of Abyssinia. With prices under \$13.00, this restaurant provides variety and flavor for any palate.

Abyssinia is located at 4116 East Colfax Avenue, 80220. Hours: Wednesday-Monday: 11 a.m.-11 p.m.; closed Tuesday. Phone: 303.316.8830. Most

major credit cards are accepted.

Monika Reitmeyer recently graduated from Johnson & Wales University in May 2008. She is now working as a pastry cook for Food Network chef Keegan Gerhard and his wife Lisa Bailey's new dessert restaurant, D Bar on 17th Avenue and Humboldt.

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Chu-Chu Haile, Manager of the Abyssinia Restaurant, serves a traditional platter of Ethiopian food.







4 Paws News

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

Does Fluffy Really Need that Vaccine?

Getting a shot at the doctor's office isn't much fun, and it isn't easy to watch your furry family member get one either--especially when it might be in its derriere. But in a world where even parents of young children are refusing to vaccinate their kids because they feel the risks outweigh the benefits, now some pet owners are posing similar questions to their veterinarian.

Dr. Michael R. Lappin is a small animal medicine specialist at Colorado State University's Veterinary Teaching Hospital in Fort Collins. He says that, "vaccines are broken down into three categories: core, noncore, and then those that are not recommended due to lack of efficacy or fear of harming the animal."

And just who decides what vaccines are core and noncore? That responsibility rests in the hands of the Canine or Feline Vaccine Task Force. They meet each year to review research and data from all over the country to develop the best vaccination protocol.

A core vaccine means that it has been decided that this shot is very important to the health of your pet, and that if the animal is not vaccinated, there is a good chance it will become seriously ill. Dr. Lappin mentions as an example that the core vaccines in dogs are, "Parvovirus, distemper, adenovirus, and, of course, rabies which is required by law." The first three items on the list are usually combined into one vaccine so the animal does not have to receive four different shots at one time--ouch!

In many cases, these vaccines will last three years. However, your veterinarian may recommend a different schedule for one reason or another.

The second category of vaccines, called noncore "usually depend upon where the dog or cat lives and whether or not it is in an endemic or high-risk area," says Dr. Lappin. He gives the example of an animal living in an area known to harbor leptospirosis. This bacterium is spread in urine or contaminated water and can be zoonotic; this means the other animal in your house, the one-year-old human kind crawling on the floor, can contract the disease as well.

In short, there is no cookie-cutter recommendation for dog or cat vaccines. Other than making sure your animal has received the core ones, it is up to your veterinarian to determine what additional vaccinations should be given. "Every vaccine has potential side effects," mentions Dr. Lappin, but reports show the risk is quite small.

For more information about vaccinating your dog, contact your local veterinarian.

Dr. Smith's clinic, The 29th Ave. Animal Hospital, is located in the East 29th Ave. Town Center at Stapleton in the courtyard next to Fantastic Sams. Dr. Smith also appears regularly on the noon news of KUSA Channel 9. Call 303.394.3937 for more information or email msmith@29thanimalhospital.com.



Chew on This

By Carrie Dougherty, DMD Stapleton Dental

Why Do I Need to Go to the Dentist?

Overall Health – Seeing a dentist is an important part of maintaining your overall health. Bacteria harbored in the mouth has recently been linked to systemic diseases such as heart disease, diabetes, arthritis, respiratory infections and prostate cancer. By seeing your dentist for routine checkups and periodontal screenings, you and your dentist have the opportunity to detect any changes in your periodontal health and treat the affected area(s) conservatively.

Health of Mouth/Teeth/Gums – The most obvious reason to see your dentist is to make sure your teeth are in good shape! Routine x-rays (called bitewings) are taken every 6 months to 1 year and are used to check for decay between your teeth. While your dentist performs his/her exam, he/she is checking for cavities on top of your teeth. When cavities are small they do not hurt and are easily fixed with small fillings. By the time a cavity hurts, it is probably quite deep and usually requires more invasive treatment. By taking care of any problems with your teeth when they are small, you can preserve and maintain your teeth. Healthy teeth and gums will allow your smile to last a lifetime!

Pregnancy – While seeing a dentist is probably not at the top of your "to do" list after finding out you are pregnant, a periodontal screening and subsequent cleaning is important to both your health and the health of your baby. Studies have shown that about half of all pregnant women experience pregnancy gingivitis (swollen, tender red gums). While this may be uncomfortable for the mother, it is not a risk to the baby. On the other hand, periodontitis (a more serious gum infection that is destructive to the fibers and bone that hold the teeth in the mouth) may affect the health of your baby. Periodontal disease in pregnant women has been linked with preterm babies as well as low birth weight babies.

Setting an Example for Your Kids – By making dental visits routine for you and your

children, you demonstrate the value of caring for yourself to your kids. According to the American Academy of Pediatric Dentistry, it is recommended that children see a dentist by their first birthday. In my office, I have found that 2 years of age is a good age to start getting familiar with the dental office. By making it a fun experience, it is easy to teach children that going to the dentist is no big deal.

Keeping up with regular dental visits is a key component in your overall healthcare. So make an appointment with your dentist today!

Carrie Dougherty lives in Stapleton with her husband and 2 children. Dr. Dougherty's practice, Stapleton Dental, is located at 3055 Roslyn St, Suite 260. She can be reached at (303)399-1488, or visit www.stapletondental.com.





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Photo courtesy of Rich Engel

Flair owner Richard Engel (I) poses with legendary Denver bluesmen (I-r) Ed "Mr.

Wonderful" Wingfield, Sammy Mayfield and JD Kelly (with trombone). The picture was taken this past April when Mayfield and Mr. Wonderful stopped by the Flair and played a set with Kelly's band.

Stapleton's Home for The Blues

By Tom Gleason

enver businessman Rich Engel has brought "the blues" to Stapleton. Mr. Engel is injecting new life into The Flair Lounge on Montview Boulevard, one of the "legendary haunts" in Aurora that was a gathering spot for travelers, airline personnel and employees from Stapleton International Airport for more than 50 years. In doing so, he is pursuing his vision to create "Stapleton's home for the blues" which has a growing reputation as one of the area's premier small venues for musicians such as David Booker, JD Kelly, Rudy Grant and Bruce Delaplain.

"We are the type of 'dive bar' that has been a popular tradition in Metro Denver neighborhoods for many years," Mr. Engel said in describing a gathering place that offers "Louisiana Texas blues" for music fans at night and pool tables for "locals" during the day. "What distinguishes us from the others however, are the unusually great acoustics of our small building that produce a high quality, intimate entertainment experience."

Born in San Gabriel, California, Rich Engel graduated from the University of Colorado and later received an MBA from Santa Clara in 1993. He inherited The Flair Lounge, which has been owned by his family for more than 40 years, upon the death of his father.

In the 1960s, The Flair Lounge was a supper club and steakhouse. In bringing the bar back to life, Mr. Engel has reopened the club's kitchen, where American and southern cuisine is served each day of the week under the careful direction of Bob Lucero. The Flair Lounge is open Mondays through Fridays from 10 a.m. - 2 a.m., Saturdays from 9 a.m. -2 a.m. and Sundays from 8 a.m. - 2 a.m.

The Flair Lounge is located at 9496 East Montview Boulevard on the southern boundary of Stapleton between Chester and Clinton Streets. For more information, visit theflairlounge.com or call 303-344-1394.

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Forest City Community Day at Bluff Lake

ast month, employees from Forest City Stapleton, Inc. spent their company's annual "Community Service Day" volunteering at Stapleton's Bluff Lake Nature Center. The employees built trails and planted native landscape at the 123 acre natural area that is located east of Havana Street. For the fifth consecutive year, more than 1,500 Forest City employees from 60 cities across the nation spent the day lending a helping hand and celebrating the company's core values of sustainability and community involvement by giving back to the neighborhoods in which they live and work. For information about volunteer activities at Bluff Lake, visit www.blufflakenaturecenter.org





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Sustainability at Stapleton

by Melissa Knott

Director of Sustainability for Forest City Stapleton, Inc.

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Read the July
issue at:
stapletondenver.com/Sustainability-New-Leaf.aspx

Make the Most of Your Recycling!

orest City Stapleton has partnered with Denver Recycles, a program of Denver Public Works/Solid Waste Management, to track Stapleton's residential recycling participation rates and the amount of recyclable material collected over the past year. Over 93% of eligible Stapleton households are participating in Denver Recycles' program and approximately 950 tons of material has been collected and recycled from Stapleton households in the past year. Great job Stapleton!

While the amount of recyclable material picked up each cycle varies somewhat, it has remained relatively constant over the past year. In that time, the number of Stapleton households subscribed to the program has increased by about 250. With the increase in participation, we would expect to see an increase in the overall amount of recyclables collected. Surprisingly, that has not happened. Please be diligent in your recycling efforts so that recyclable materials do not end up in the trash. Denver Recycles estimates that the average household could easily recycle 30 percent more by simply recycling the materials already accepted in Denver Recycles' program and focusing on recycling materials from every room in the house.

You can recycle more by practicing the following tips:

- Remember that recycling really begins at the grocery store. By purchasing products packaged in materials that are accepted in your Denver Recycles purple cart, you can dramatically increase the amount you recycle and reduce your trash. For example, when purchasing pastas avoid brands packaged in plastic wrappers or bags, which are not recyclable, and instead buy pasta that is packaged in paperboard, which can be recycled
- Only cardboard placed in your recycling cart, as opposed to next to the cart, will actually get recycled. Cardboard is a valuable recyclable material but cardboard left outside of the cart by residents is usually not collected by the recycling trucks. Make sure to break down cardboard into 2 ft. x 2 ft. pieces and place it in your Denver Recycles cart.
- Place a separate box, bin or bag in rooms where lots of recyclable items are used like the kitchen, home office and bathrooms. When these bins get full, empty them into your recycling cart.
- Keep on eye out for recyclable items in your bathroom like toilet paper rolls, tissue boxes and soap boxes, which are all

considered paperboard and are recyclable. Empty shampoo, conditioner, mouthwash, contact lens solution and liquid soap bottles are also recyclable. Even empty aerosol cans such as shaving cream and air freshener can be recycled in your Denver Recycles purple cart.

- Clean up your act in the laundry room by recycling liquid detergent bottles, bleach bottles, powder soap boxes and fabric softener boxes.
- Look around your bedroom for recyclable items such as newspapers, magazines, and shoe boxes
- Make recycling part of your workday and recycle items such as copy paper, envelopes and junk mail found in your home office.
- The kitchen is cooking with recyclable items. Recycle your soda cans and glass jars, but also remember that aluminum foil and pie tins, plastic milk jugs and paper items like cereal boxes, paper egg cartons and paper towel rolls can be recycled. Paper towel is not recyclable, though.

For more information about waste reduction and other recycling programs, call 3-1-1 or visit us on-line at DenverGov.org/DenverRecycles.

Greening the Democratic National Convention

You may have heard that the 2008 Democratic National Convention being held in Denver from August 25-28 is striving to be the most environmentally sustainable political convention in modern American history. The organizers of the convention have been actively incorporating sustainability principles into the planning process of the event for over a year now.

DNCC programs range from energy efficiency measures, minimizing waste, measuring and offsetting the carbon footprint of the convention, using sustainable sourcing for materials and encouraging the use of alternative transportation. For complete information, including a list of the DNCC's "Green Tips of the Week," visit www.demconvention.com/greening-the-2008-democratic-national-convention.

Many other greening measures are happening all around the city in preparation for the convention. For example, the Downtown Denver Partnership recently installed 10 yellow recycling bins on the 16th Street Mall and the recorded announcement on the 16th Street Mall shuttle now encourages riders to recycle. Earlier this spring the EPA and the Colorado Restaurant Association held trainings to help Colorado restaurateurs implement programs to reduce their impact on the planet and the Colorado Hotel and Lodging Association hosted workshops designed to improve the environmental impact of Colorado's hotel industry.

All of the greening efforts being implemented in advance of the Democratic National Convention should help create a lasting legacy of sustainability in Denver long after the convention is over.

To view videos that show some of the behind-the-scenes greening work at the Democratic National Convention visit www.demconvention.com/green-screen.



Remember to Recycle at the Pools!

Remember that Stapleton's Master Community Association provides recycling at all three of Stapleton's pools. Look for the big blue bins located near the entrance to each pool. You can recycle the same materials in the blue bins at the pools as you can at home through Denver's curbside recycling program. Ac-

at the pools as you can at home through Denver's curbside recycling program. Accepted materials include aluminum cans, glass bottles and jars, plastic bottles and steel cans, mixed paper, newspaper, cardboard and paperboard.





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Views on the Street - How are

Monika George: One of the reasons we moved to Stapleton was because we are both selfemployed and we were able to have a home office here. I found in the last few months I only have to fill my gas tank once a month, and that would be even less if we could get Mia into the ECE program here. Both of us have architecture businesses and we're having a tough time in this economy - and I work mostly on residential architecture and homeowners aren't doing



additions right now. Some of my previous clients have lost their jobs and everybody is just tightening up. People don't have the equity in their house like they did in the past since house values have dropped. From my perspective as a small business person, I am affected directly and immediately. Our family isn't going on trips to see relative or new babies due to the high cost of flying. It is affecting our lives in lots of ways.

Steve George: Fuel prices haven't even peaked yet and the flooding in the Midwest will only exacerbate an already difficult situation. A lot of businesses have not begun to adjust for fuel cost increases, so the impact on food and everything else is going to continue to escalate for quite some time. We probably won't know the full impact for many months.



Monika & Steve George & Mia, 3 1/2 yrs.

Michael Sennett:

We just got back from a long trip to Istanbul and the west coast of Turkey which turned out to be a lot more expensive than we anticipated. We planned the trip a long time ago, and I am glad we did because after we paid for it prices



Michael and Janet Sennett

went up. One of the people we traveled with is a young financial advisor who retired to Florence, Italy to get away from the cost of living in the United States. He is traveling a lot now because he predicts that in a few years he won't be able to afford it. He is really concerned about what fuel prices are going to do to the global economy, and I agree with him.

We are going to stick around home for a while. Since I retired, we don't drive nearly as many miles as we used to, but we will still take our trips up to the mountains. We can't give that up, even if it costs more, but we'll probably go in a smaller car. We are lucky because I'm retired and I don't have to commute to work or feed a family anymore - except when our kids come over, which is frequently! We live 6 blocks from one, and 8 blocks from the other – that's why we moved here. We can walk to visit our children - we don't have to drive.







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Free and open to the public Aug. 2nd Third Annual Children's **Health and Safety Fair**

The Lowry medical and dental community is pleased to announce the Third Annual Children's Health and Safety Fair will take place from 10 a.m. to 2 p.m. on Saturday, August 2. The event will be located at the COPIC parking lot on the corner of Quebec Street and Lowry Blvd.

This event will provide health and safety education to children and their families. Parents will be provided with resources to make informed health care decisions while their children participate in a variety of fun-filled activities.

The scheduled activities include a teddy bear hospital where children will be introduced to the many components of healthcare with the help of their favorite stuffed animal. In addition, there will be child safety seat inspections, child helmet inspections, and fire safety education. All activities are free to the public. Children are encouraged to bring a stuffed animal.

For more information, or to volunteer for this event, contact Cori at 303.366.3000.





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higher gas prices affecting you?

Gregory Diggs: I have mixed feelings...I am probably one who is fairly content with the rise in gas prices. I think that we have been spoiled long enough where we haven't paid for our consumption like other places in the world. When it impacts your budget and lifestyle, I am actually hopeful that this hardship will help us think better and be more responsible about our resources and how we are



Gregory Diggs

using them. I think we can do better than we have been and hopefully this will help us go that way.

Perhaps we will start to take more advantage of the urban living here and think about alternatives to using our cars. As of last year I could take for granted filling up the car, and now it is about twice as much to fill up my small car. In my house now, for example, all of a sudden we have 4 bicycles instead of 2, which ostensibly has something to do with gas prices.

Our budget can kind of absorb some of the impact, but I do worry about others who can't. For example, I just heard a story on NPR talking about the impact of gas prices on Meals on Wheels. Volunteers can't afford to deliver meals anymore. That goes to another level because people not only depend on the meal, but the contact and companionship. That is a very, very unfortunate thing and I worry with the winter coming and the impact on heating and food.

There are some of us who can grin and bear it, but there are others who are struggling to make it and this is going to have a devastating impact on their lives. I think we need to see what we can do to identify those needs and step up to the plate. Those of us who can absorb it have a bigger responsibility to find out what the needs are, because it is going to be a tragedy if we let the needs of the disadvantaged go unmet. The need is there already and there certainly is going to be a greater need as a result of fuel prices. It is hitting everything – you can see it in the grocery stores right now. We need to start being proactive about it now, so we will be prepared to help where we need to do so.

Jonathan Kleinberg:

While the higher gas prices have affected us, I wouldn't say that it's affected us enough to force us to drastically change our spending habits...yet. We don't drive up to the mountains as



Jonathan & Laurie Kleinberg, Jacob 11 mo.

much as we used to now that we have a new baby and we both commute about six miles to work. But I certainly feel for the people that do have long commutes as well as lower income families struggling to pay their bills. The worst part about it, in my opinion, is that all consumer goods, particularly food, use gas to get to the end user. So it seems that the prices of everything are increasing, causing the economy as a whole to really suffer. All that being said, I still think there's a positive side to the issue. The higher gas prices are creating more incentive for businesses and governments to

develop alternative energy sources. In the long term I believe that better and cleaner renewable energy sources will come out of this, but it will undoubtedly be painful in the pocket book for everyone in the meantime.

Laurie Kleinberg: We are not doing any plane travel right now because of the increase of costs because of gas. That is hard because our family lives in Chicago. Prices of the flights are double what they used to be.

Karen Mallah: Our family bought a Prius in 2006. We really like it and it has helped quite a bit. My husband works only 15 minutes away from Stapleton and I recently started as a remote employee working from home. I travel out of state about 3-5 days a month, and take the RTD SkyRide from Stapleton to DIA, which I highly recommend.

Stapleton is nice because it is poised to let people bike and walk places. When we are just going to dinner, a family activity, or the supermarket, we

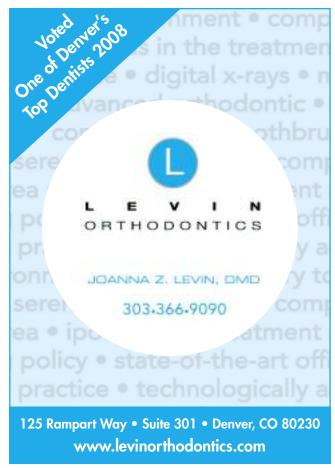
are nicely set up to not have to use the car. Some of my colleagues who go into the office have been riding the bus and others have been carpooling. The buses can be difficult here because we are not a great city for public transportation in terms of times and coverage throughout the city.



Karen Mallah and Eliana, 3









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The Power of Yoga

By Ashli Fishman

olorado is regarded as a state with some of the healthiest and fittest people in the country. Many of these athletes and health nuts love yoga because they find it increases their performance in sports by improving mobility of muscles and enhancing attention span during activity. Ongoing practice of yoga also promotes a healthy diet, and can teach one to slow down and feel grounded in order to live life at an optimum level.

The word yoga stems from the Sanskrit root "yuj" which translates to "union" or "yoke". Each time one revisits their mat, progress towards a harmonious relationship between mind, body and spirit develops.

The age old practice of yoga was brought to America in the late 1890s during a period when eastern wisdom was making a steady transference to the west. The convergence of the eastern philosophy and the western fitness trend has created a yoga revolution in America. The most prevalent style in the west, Hatha yoga, incorporates an intelligent sequencing of postures. It focuses on toning the entirety of the body so that ultimately

one can control the mind and liberate the spirit. The practice of both power yoga and hot yoga is done in a heated room to further aid in lengthening of muscles, dilation of blood vessels, and detoxification of body.

A voyage of self discovery, yoga utilizes muscular energy and deep concentration to improve strength, flexibility, and core power for the totality of the individual. The practice awakens stagnant energy in the body that encourages practitioners to become more aware of the body's areas of tension. This in turn allows students to focus on living in the present moment. The various poses practiced in a yoga class provide the body with rejuvenating, invigorating, restoring, and calming effects to either jumpstart the day or rest at ease at night.

Dedicated yoga practitioners live their yoga off the mat - letting their yoga guide a healthier lifestyle. The practice of yoga is a lifelong journey with lifelong benefits - consider learning more about it to see how it can improve your quality of life.

Ashli Fishman is a yoga instructor at Core Power Yoga in Stapleton's E. 29th Ave. Town center. She can be reached at (303) 377 -7444 or stapleton@corepoweryoga.com

Healthy Relationships The Dance of Intimacy



By Elizabeth Taeubert LCSW

elationships are powerful sources of joy and satisfaction but even the best relationships get stuck.

Elizabeth Taeubert

As humans we continue to develop

throughout the entire span of our lives and we face specific, predicable tasks or challenges at different ages. Eric Erickson's theory describes eight stages of human development, each focusing on a different conflict that we need to solve in order to develop successfully into the next stage of our lives. If we don't resolve each stage, our ability to deal with the consecutive stages is impaired. In stage six, (ages 19-40) our task is one of psychosocial development. The task of developing healthy relationships dominates this stage. Successful relationships rely heavily on our ability to create and maintain intimacy.

In her book "The Dance of Intimacy", Harriet Lerner takes a look at relationships where intimacy is most challenged, be it with a spouse, family member, lover, or best friend.

Lerner refers to intimacy as "the ability to make a personal commitment. It is not necessarily sexual. It means that we can be who we are in a relationship and allow the other person to do the same. Neither person silences, sacrifices or betrays the self and each person expresses strength and vulnerability, weakness and competence in a balanced way."

The Path to Intimacy Includes the 3 R's Resonance - Rupture - Repair

Resonance: When we feel attracted to someone we tend to resonate with him or her. We find them interesting and engaging. We feel their energy and it makes us feel more alive and excited. There is a sharing of feelings, thoughts, values, and ideas. We feel reflected by the other. We feel accepted and aligned. There is a bond and a con-

Rupture: At some point there is a felt rupture in this connection. It is unavoidable. It is inevitable because we are two different people who will disagree, disappoint and misinterpret each other. This rupture evokes our most basic fears. Fears associated with abandonment, loss of control, failure, dependency, being criticized, and being vulnerable. Couples carry out the "dance of intimacy" by getting as close as either or both can tolerate and then they have an argument or do something that permits a pulling back to a safe distance. It is a way to protect our most vulnerable parts.

Repair: It is not the rupture of the relational bond that causes relationships to disintegrate. It is the failure to repair. It is through the repair process that we are able to build psychological and emotional safety within the relationship. When couples face their fears and communicate without shaming or blaming their partner a more intimate bond results. Once the bond is re-established we move back into the phase of resonance but with a deeper more secure sense of intimacy.

The cycle of Resonance, Rupture and Repair will continue throughout the life of every close relationship. Each time we go through the cycle the relationship becomes more safe, intimate and a powerful resource.

Creating intimacy takes courage. But it is a developmental task for all humans. By dancing the "dance of intimacy" we heal our hearts and

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

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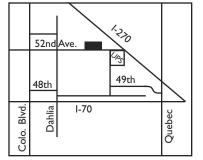
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"When you don't have your health -

the federal government makes sure that you have nothing."



Nancy Burkhart

By Nancy A. Burkhart olitical polls have shown that healthcare is this year's Number 1 issue for candidates at every level from city and state offices to seats in Congress and the Oval Office. Yet, those hoping to renew or aspiring to Congressional spots have yet to take on the task of restructuring Social Se-

curity management to offer citizens a

realistic resource for those times when illness or injury yanks them away from employment.

My father used to say, "If you have your health, you have everything." I didn't realize that when you don't have your health, the federal government makes sure that you have nothing.

At the age of 59, I was diagnosed with lymphoma, a cancer that is curable, but that can be economically fatal. In the beginning, my doctors were unsure of what the outcome would be for me. I spent three months in the hospital, followed by six months at home alone. I was so weak that just getting out of the chair and to the bathroom, using a walker, was difficult. I had groceries only because a remarkably faithful friend brought them to me. I only left the house to go to the hospital for chemotherapy treatments or to the doctor's office.

Four months into the cancer catastrophe I was able to scrape together enough brain power to do a lengthy telephone interview with Social Security Disability (SSD) in the hope of attaining benefits so that I could live. I had gone through every cent I had earned in my nearly 60 years of life and 47 years of employment, including IRAs. Two months later and exactly the day after the deadline for turning in all my paperwork, SSD denied my claim.

I appealed SSD's decision with the approval of my doctor, who said he had no idea how on earth they could deny my application for help if they had read his notes. I dutifully again included his notes in the appeal package.

Two months later, I returned home to Colorado to further my health care. I moved without an answer from SSD. Once in Colorado, I called again. I was told my application would be moved to SSD's Colorado health board. The movement of appeal papers then took place expeditiously. I contacted U.S. Representative Diana DeGette (D-CO) to request that SSD expedite my appeal. Four months later, I still had no answer – and no money to live on. In January, my appeal was denied.

If it were not for friends who have been there for me with emotional, physical and financial aid, I would be living out of my car. The really sad news is that I am not alone. In fact, there are many people who are living in their cars or depending on homeless shelters because SSD has utilized their lack of management abilities to put off awarding benefits to people who have worked all their lives and deserve the help. SSD staff regularly denies claims in the hope that the applicants will give up and not appeal the decision.

I only can hope that there are enough people running for Congress and state legislatures this year who have had their lives impacted by Social Security Disability's negative decisions for their friends and/or family members, and who will act to put change into the way SSD does business. SSD is an embarrassment to our federal government and does not reflect the quality of life United States citizens have been trained to expect.

When you work all your life to support yourself and your family and you pay taxes into a system that supposedly is designed to take care of you when circumstances beyond your control knock you down, there is no excuse for that system to treat you without dignity and respect. There is no reason for anyone to be put out on the street without food and without a home before they can attain the benefits to which they contributed.

This isn't about adding tax money to the system. This is about mending a broken system and making it work. I am sure the result will prove to be less costly than the tortured process in existence today. Hopefully, this year's political candidates will have the courage to take on the Social Security Disability giant and give us a system with results.

Nancy Burkhart is a cancer survivor and a writer. She can be reached at nburkie@comcast.net.

Editors Note: This is the first in a series of regular editorials on a variety of topics. Email Tom Gleason at TGleason@Stapleton Denver.com with proposed columns, which can be up to 650

Judge Roughneck (continued)



Front: Rolf Reitzig. Back, left to right: Jon Hegel, Chris Reidy, Kyle Jones, Scott Seiver and Byron Shaw.

(continued from p. 15) stage, it has to be, but it's a business and it's a tough business," he said. "You have to promote. But you have to save money to make your music accessible to people. You can pay other people to do it, but that's expensive. When you're on stage, show people that you're having a great time, and good things will follow."

Reitzig's fellow members of Judge Roughneck are: Byron Shaw on lead vocals, bongos and melodica; Brian Handlos on bass; Chris Reidy on guitar; Zach Pietlock on drums; and Jon Hegel on saxophone.

Judge Roughneck's July schedule includes: July 4 – City of Lonetree celebration; July 6 - Cherry Creek Arts Festival; July 24 - Northfield Stapleton; and July 27 - Herb's Hideout jazz club in LoDo.

For more information about the Judge Roughneck Band visit www.judgeroughneck.com.

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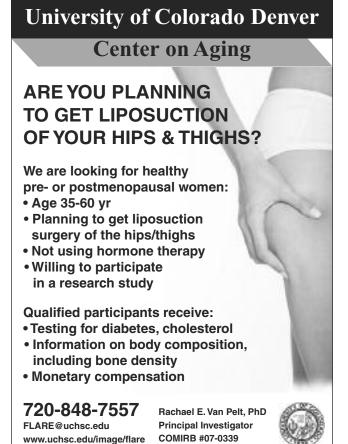
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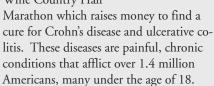
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25 Stapleton Front Porch July 2008

Crohn's disease and ulcerative colitis One Mom's Quest To Help Find a Cure

By Kristen Rasmussen

n July 20, 2008, I'm going to do something that just a short time ago I never could have imagined - run a half marathon! I've joined Team Challenge, a training and fundraising program of the Crohn's and Colitis Foundation of America. Over the past 4 months, I've been training to run 13.1 miles in the Napa to Sonoma Wine Country Half



My husband was diagnosed with ulcerative colitis over thirteen years ago, shortly after we were married. So far, his disease has been fairly benign with long periods of remission. I was given the same diagnosis a year later, but my experience has been different. The intensity of the symptoms I experienced during pregnancy, along with the bone loss I suffered as a side-effect of the medications I had to take, led to our difficult decision to not have another baby. We also worry that we have passed on a genetic disposition for this disease to our child.



Kristen Rasmussen and her daughter Lily

My daughter is now six, and I cringe to think that so many of her childhood memories of me could be filled with images of my illness and my inability to have fun with her. As miserable as the disease has been for me, however, I can only imagine what it must be like to have Crohn's or ulcerative colitis as a child, and that's why I'm writing this.

Try to remember how self-conscious you were as

a child or as a teenager. Think about how hard it would be to suffer from a painful disease with many embarrassing symptoms at this vulnerable age. I am running in support of one of these great kids. Audrey, my honored teammate, is a beautiful 8 year old who was diagnosed with Crohn's at age 2.

In honor of Audrey and everyone else suffering from these diseases, my goals are to raise \$3,500 for the Crohn's and Colitis Foundation and to reach the finish line in this half-marathon. Donations can be made online at: www.active.com/donate/napa08rockymountain/krasmussen

Kristen Rasmussen and her husband and daughter are Stapleton residents. Kristen can be reached at kristen2336@gmail.com

Stapleton's 3rd Annual Recycle It Day a 25,000 lb. Success



A mountain of recycling was brought in for Stapleton's Recycle It event on May 31. By Justin Ross

7ou read it correctly!! With the help of local companies Techno Rescue, and Pedro's Planet, we were able to keep over 12 tons of 'goodies' out of basements and garages and most importantly, our landfills.

Photo courtesy of Justin Ross

From old TV's to broken iPod's, I saw it all. You'd be surprised the stuff people hold on to. Luckily these items were disposed of properly and free of charge to boot. We also collected pallets of tires, old batteries, motor oil, and had a company on site, shredding documents to help protect personal and private data. Thanks to the Kearns Team, truckloads of moving boxes were collected and exchanged as well.

All in all, it was a very 'sustainable' day. A special thanks goes out to the Greater Stapleton Business Association and the Transportation Management Association. They did a wonderful job of facilitating and also raised over \$400 for the Anchor Center for the Blind. The hope is to move the collection spot closer to the neighborhood to get more people and businesses involved; maybe our local Firehouse, and District Police Station too. There were so many cars coming through, we needed help directing traffic. Maybe our movement grows, and can keep some cars off the street that day as

Justin Ross is a Stapleton resident and board member of the Greater Stapleton Business Association. For information about Recycle-it-Day or the Greater Stapleton Business Association please contact Justin Ross at jusross@stapletonmortgage.net

Denver Preschool Program Now Has 50 Providers

By James Mejia

The Denver Preschool Program (DPP) has garnered 50 preschool providers in an effort to increase access to quality early childhood education programs for Denver children in their last year of preschool before kinder-

garten.

Denver International School (DIS) pushed the DPP roster to the 50 mark. This means that DPP now supports quality improvement for nearly 300 classrooms. Continuing to increase provider enrollment is essential

to the program's goal of increasing access to quality preschool programs in Denver, and DPP is proud to welcome Denver International School into the rapidly expanding program. Program staff look forward to working with DIS and other recently approved providers to enhance the educational opportunities they offer to our city's youngest students.

All provider types of for-profit, non-profit, public and private providers may participate in DPP. Participating preschool providers are eligible to receive quality-improvement grants for materials and supplies of up to \$3,000 per classroom.

James Mejia is the chief executive officer for Denver Preschool Program. He can be reached at 303-825-6246.

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DPL Offers A Wealth of Resources to Parents

The Denver Public Library offers a wealth of resources for parents to encourage their children to read. Following are some of the DPL websites

- Subscribe to DPL newsletters Select from a list of e-newsletters with booklists, library events and other information of interest including Literacy at the Library, a monthly newsletter for adults who care for young people, including literacy tools and other resources to help kids become lifelong readers and learners http://www.denverlibrary.org/ newsfeeds/dplfeeds/dpl_newsletters.xml
- Reviews of Recommended Children's books searchable by topic http://kids.denverlibrary.org/grownups/parents_new.cfm
- · Register for DPL summer reading program http://summerofreading.org/kids/index.html
- Early literacy information the importance of starting early http://read.denverlibrary.org
- · Statistics on How Reading Level correlates to wages http://www.trelease-on-reading.com/ets_wages.html
- Resources for parents to promote children's reading http://kids.denverlibrary.org/grownups/index.cfm

Westerly Creek & Bill Roberts Schools

School Registration for New Residents

Tapleton residents new to the Westerly Creek and William "Bill" Roberts K-8 Schools will register their students for the 2008-2009 school year from 9:00 a.m. to noon on Friday, August 1.

New students who have moved into the area during the summer will need their original birth certificates, immunization records and proof of residence. A mortgage statement/document or notarized lease agreement can be used.

Westerly Creek will register grades Kindergarten through 2nd, while William "Bill" Roberts will register Kindergarten through 8th

If students already have registered at one of these two schools, there is no need to call or attend this registration.

Colorado Ranks Low in Education Funding

By Jodi Maturo

A look at Colorado's national ranking* in education funding highlights the necessity of fundraising in order to have quality public schools in Colorado.

- Colorado public school funding lags behind the national average by \$1,034 per student.
- The state ranks 38th in student to teacher
- Colorado is 43rd in the US for state expenditures on K-12 schooling as a percent of state taxable income.
- The state is 41st in the US for overall technology in K-12 schools.

With limited state funding, Colorado parents need to help fill the gap between what their local schools need and the public funds that are available.

*Statistics from GreatEducation.org

Jodi Maturo is a Denver resident with three children. Her oldest child is currently enrolled in a DPS school.

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July 12 Fundraiser at Aviator Pool **Westerly Creek Elementary Seeks Community Support**

By Jodi Maturo

√he Westerly Creek Elementary PTA will hold a fundraising kick-off party at Aviator pool on Saturday, July 12 to educate the community about their plans for the upcoming year. Westerly Creek has been working with the faculty at Bromwell, a DPS school rated excellent, as they develop a plan for making WCE an A+ elementary school.

"A big key to Bromwell's success has been tremendous community support, specifically through financial donations and parent involvement," says Tina Turner, WCE PTA President. "We especially need parents of preschoolers and toddlers to understand that they are helping build the foundation for their child's future school. A donation of just a couple hundred dollars today is a big savings over the cost of a private school in years to come. With direct giving WCE gets 100% of the proceeds and it's fully taxdeductible for the donor."

Westerly Creek has a whopping \$100,000 deficit for the upcoming school year. The money raised is needed to achieve the following goals:

- Improve student-teacher ratios by having paraprofessionals in every classroom.
- Add an art program not provided in the DPS budget.
- Implement a 3-year technology improvement plan to give students computer access.
- Fill several empty library shelves with books.
- Purchase additional classroom materials and programs

The July 12th event at Aviator pool starts at 6:30 and is open to the public. The price is \$12/advance purchase and \$15/at the door. Email Jodi Maturo at MaturoFamily@msn.com to purchase advance tickets. Donations can be made at www/westerlycreekpta.com.

Jodi Maturo, has lived in Stapleton for four years and is a member of the Westerly Creek Elementary PTA. She can be reached at maturofamily@msn.com



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Stapleton United Neighbors

S.U.N. Meetings are open to the public

The SUN Board meets at 6:30pm on the 4th Thursday of every month at the Stapleton Community Room, 2823 Roslyn Street.

SUN Supports Completion of Sand Creek Greenway Trail

The Sand Creek Regional Greenway is a nearly 14-mile public greenway, connecting the High Line Canal in Aurora near Tower Road and Colfax Avenue, with the South Platte River Greenway in Commerce City. The Sand Creek trail has been developed as a unique metro area partnership between Denver, Commerce City and Aurora. Currently, the Commerce City portion of the trail - from just west of Quebec to the South Platte – is entirely paved, except for a short stretch that should be completed this year. The Aurora portion of the trail - starting near Peoria - is almost entirely unpaved, soft surface. Because this is the only unpaved trail in Aurora, the City plans to keep this portion of the trail in its more natural condition.

The Denver portion of the trail, which runs through Stapleton roughly from Peoria to Quebec, is currently unpaved. The long-term plan for the Sand Creek Greenway has always called for this central portion of the trail to include parallel paved (concrete) and unpaved (crusher fines) trails. This past year the Sand Creek Board identified this project as one of its nearterm priorities.

The Sand Creek Greenway trail provides what will soon become a major amenity for the Stapleton community. Unfortunately, because completion of the northern portion of the Westerly Creek trail, which will connect to the Sand Creek trail, has been delayed by construction and clean-up activities, to date the Sand Creek trail has not been readily accessible from Stapleton. (The trail can currently be accessed at Havana.) This will change as soon as the northern portion of the Westerly Creek trail, and the wetlands park planned at its confluence with Sand Creek, are completed.

The benefits to the Stapleton community of moving forward with the Sand Creek parallel trails project include:

- With the completion of the Westerly Creek trail, the Sand Creek trail will provide a major extension of the trail-based family recreation opportunities currently provided by the East-West Greenway and the Westerly Creek Greenway through Stapleton.
- For bicycle riders and in-line skaters, this project will extend the available paved surfaces to the South Platte and beyond on the west, and to Aurora's Sand Creek Park and other Aurora paved trails on the east.
- For runners, walkers and horseback riders who prefer soft surfaces, this project will provide a continuous, high quality soft surface trail from just west of Quebec all the way to the eastern end of the Sand Creek trail near Colfax and Tower Road.
- The paved surface will be particularly beneficial to Stapleton residents interested in commuting by bicycle, particularly to the Fitzsimons campus in Aurora.
- The completion of the Sand Creek parallel trails will substantially enhance the only current pedestrian and bicycle access to North-

field and the future North Stapleton high school and residential development.

The Sand Creek Regional Greenway Partnership is now initiating fundraising efforts for the completion of parallel trails through the Denver portion. The Partnership will seek the bulk of these funds through application for various foundation grants and state and federal trails grants. Individuals, businesses, and local non-governmental organizations will also be approached for contributions. The Partnership hopes to complete fundraising within the next year, and have the parallel trails constructed within two years. However,

for any such fundraising effort to be successful there is a need to demonstrate grassroots, community support.

At its May meeting, the SUN Board approved a contribution of \$500 to the Sand Creek parallel trails project. Residents who would like more information about the Sand Creek Greenway or who would like to add their support to this project should contact the Sand Creek Regional Greenway Partnership at 303-468-3260 or www.sandcreekgreenway.org. Contributions can be sent to SCRGP, 7350 E. 29th Avenue, Suite 300, Denver, CO 80238.

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Letters to the Editor

The Front Porch will publish letters to the editor as space allows. Please mail your letters to: Tom Gleason, editor, The Front Porch, Forest City Stapleton, Inc.,

7351 E. 29th Ave., Denver, CO 80238. Or email: TGleason@StapletonDenver.com





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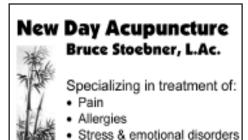
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Stapleton MCA



Keven A. Burnett, **Executive Director**

Community Fund Grants - The Stapleton MCA is pleased to announce two community projects that received funding through the Stapleton Community Fund, which is generated through the transfer of all real property located within the bound-

aries of Stapleton. The first project was an educational grant that helped support a transitional position for an established teacher at the Bill Roberts School, thus enabling the school to retain this experienced teacher in the community.

The second project was a request to help support the development of the Stapleton community gardens located just off 23rd and Spruce St. in the east-west greenway. The community garden will serve a unique opportunity for residents to grow and sustain vegetable and other food crops within the community for years to come. Community gardens also serve as gathering spots for the community, formed around a common purpose. For more information on the Stapleton community gardens please contact Denver Urban Gardens (DUG) at 303.292.9900 or by email; dirt@dug.org.

The Stapleton MCA considers many funding requests for Education programs, Parks and Open space, Workforce Development and Sustainable Development projects aimed at the Stapleton community. Grants levels are based upon identified community need, participation of other community support and consistency with the mission of the community fund as defined by the Stapleton Green Book.

Summer Events - The 4th annual Fourth of July parade will be held this year in Central Park on the Promenade. The parade will begin at 10 am from the central gathering area located at the main fountain area. The



parade will travel East down the main promenade to the Lake Pavilion, then West along MLK Blvd. to Central Park Blvd. Finally it will complete the loop along the main promenade finishing where it started. We encourage and invite all Stapleton residents to come out and participate or watch the parade. This year we will divide the parade into four sections highlighting; kids, bikes, pets and walkers. Participants are encouraged to decorate their bikes, wagons, pets, or themselves in the red white and blue to express their patriotism on this annual celebration of Independence

Summer Markets – Stapleton features two distinct communities markets designed to serve the neighborhoods needs. The Sweet Williams Market, which occurs the last Saturday each month, offers a variety of antiques and home décor 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 Stapleton Summer Events, Concerts and Movies please log onto the Stapleton Community website at www.StapletonCommunity.com.

For More Information: The Stapleton MCA is a 501(c) 4 Non Profit Community Organization whose mission is to create and sustain a sense of community through comprehensive programs, events and public facilities maintenance. We are located at 2823 Roslyn St. or can be reached by email for public comment and concerns at info@stapletoncommunity.com

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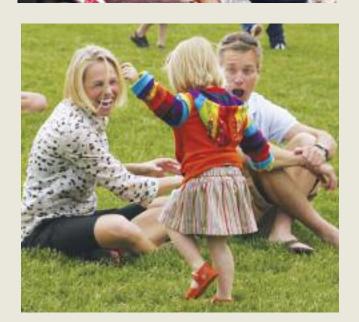
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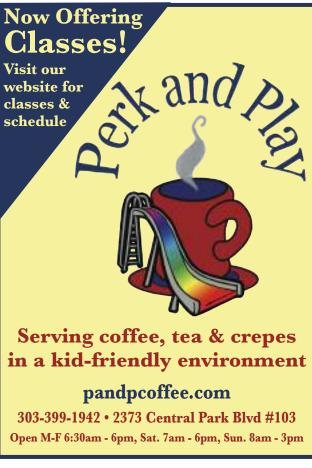
Summer Concerts Appeal to All Ages



Above: Antoinette Jackson, singer with the band Funkiphino, entertains the crowd at the first summer 2008 concert on the Green at Stapleton. Future Stapleton concerts are listed on page 2, future Northfield concerts are listed on page 11.

Top left: David Lamb and his son John,4, play together between sets at the first Concert on the Green Lower left: Staci and Rick Amend enjoy watching their 3- year-old daughter Clementine dance during the Funkiphino Concert on the Green.















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Farmers Market Visitors Linger on the Green







Above: Farmers market visitors can not only buy the week's fresh produce, they can buy a wide variety of local homemade items, and linger on the Green for a meal. The Stapleton Farmers Market is open from 8:30am til 12:30pm every Sunday through September. Ready made food options to eat while shopping vary from week to week, but may include tamales, burritos, pork sandwiches, crepes, bakery items and waffles. Vendors also offer flowers, nuts, meats, pasta, bread, pet treats, candles, soaps and other items.

Above right: Bonnie Prather (background) sells fresh produce from the Palizzi Farm stand. Lower right: Alex Leon prepares a crepe at the Colorado Crepes Company stand.

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