Summer Program Preserves & Improves Reading Skills
By Nancy Burkhart

Educators say that children can lose one to two grade levels in reading during the summer break. This potential loss can make it even worse for the students who already are struggling with reading.

Summer Scholars, a non-profit organization (not part of Denver Public Schools) that focuses on reading, officially was launched in the summer of 1994 with 511 students. This summer, there are more than 900 “at-risk” Colorado students from 20 Denver public elementary schools enrolled in 6-week-long Summer Scholars programs.

Ann Byrne, Summer Scholars Executive Director, credits former Park Hill resident Cyndi Kahn with the creation of Summer Scholars. “When she was a volunteer at Hallett Elementary School, she asked a teacher why she was so discouraged. The teacher said the principal wanted her to pass a girl to the second grade who needed help with her reading.” The teacher said the girl needed six weeks of tutoring during the summer break, Byrne said. Therefore, Kahn went off to gather donations from the Greater Park Hill Community.

“Mostly Park Hill people contributed,” Byrne said. “Northeast Denver is a strong place of support for us. One of the really awesome things is that Summer Scholars sprang from the community. People saw a need to get involved with the community, and they’re stayed engaged for us to survive. It shows what people can do,” says Byrne.

Children compete against themselves in one-minute drills and repetition in order to improve their reading time. The goal is to bring the students up to grade level, or at least make sure that they don’t fall behind. When school starts, they are ready to jump right in.

“I really like Summer Scholars because it diagnoses where the kids are with reading and focuses on small group instruction, which is essential,” says Robby Herd, a 5th grade Ashley Elementary School teacher who is spending his first year as a Summer Scholars teacher. “You have to work with them individually and in small groups to focus on their needs. It helps them fill in the gaps. The program focuses on one subject – reading. They’re not trying to do too much.”

“The students participating in Summer Scholars seem to enjoy their work. And they understand that if they are good students in the morning, then they’ll be able to do all the activities in the afternoon. If you work hard, then you’ll be rewarded. Without that piece, it would

(continued on page 14)

Obama’s Acceptance Speech To Be on 45th Anniversary of “I have a dream”

Democratic Party convention delegates plan to formally nominate their party’s presidential candidate, Barak Obama, at Invesco Field on Thursday August 28th, the 45th anniversary of Martin Luther King Jr.’s “I Have a Dream” speech (given on August 28th, 1963 in Washington DC). Democratic Party officials say there will be some tickets available to the public as “community credentials.” Information about those tickets, as well as other events open to the public, can be found in on page 26.

What Non-Delegates Can Do During the Convention

Students in the Summer Scholars program at Ashley Elementary sing at the annual fundraiser for Summer Scholars held at Denver School of the Arts on June 25th.
The old control tower and the mountains are in the background looking west from Stapleton’s Central Park. In the foreground is the annual 4th of July parade.
Dick Anderson – “His Tireless Efforts” Helped Build the Best Community in the Nation

By Tom Gleason

Dick Anderson, one of the region’s most influential real estate development professionals and a key player in the creation of two of the nation’s most celebrated master planned communities, has announced he will retire this fall as President and CEO of the Stapleton Development Corporation.

Mr. Anderson will be succeeded by Cheryl Cohen-Vander, who has served for the past two years as the Chief Deputy Manager of Denver International Airport (see story on page 16).

Mr. Anderson was appointed President and Chief Executive Officer of the Stapleton Development Corporation (SDC) in January 1998. The non-profit corporation was established by the City and County of Denver to manage and sell the assets of the 4,700 acre Stapleton property. Under his leadership, SDC conducted a process to select a master developer for Stapleton that resulted in the signing of a purchase agreement with Forest City Enterprises in February 2000 for all of the developable land at the site of the former airport. Since that time, and after the recycling of more than six million tons of concrete runway, Denver’s former international airport has been transformed into a nationally and internationally acclaimed new urban neighborhood with more than 3,000 homes, hundreds of acres of new parks and open space, and more than two million square feet of new retail. Stapleton has also become the home of four new public schools and two private schools serving an estimated population of more than 7,500 residents. When fully developed, Stapleton is projected to have 12,000 homes and a population of 30,000 people.

“Dick’s gift to the entire region has been his passion, expertise and vision for Stapleton that has resulted in the most respected, modeled and successful development in the nation,” said Denver City Councilman Michael Hancock, who represents Stapleton and other neighborhoods in Northeast Denver. “His tireless efforts to build the best community in the nation will be missed.”

In his tenure at Stapleton, Mr. Anderson has also served as Vice Chair and 1st Vice President of Park Creek Metropolitan District, the special district overseeing the financing and construction of the projected $600 million of regional and local infrastructure required for the full development of the Stapleton property. He also served as Vice Chair of the Stapleton Foundation for Sustainable Urban Communities (formerly the Stapleton Redevelopment Foundation), which helps to oversee the implementation of the Stapleton Development Plan created by the citizens of Denver, Aurora and Commerce City. That plan was adopted as an amendment to Denver’s Comprehensive Plan in 1995. Mr. Anderson will continue to serve in his current capacities with the Metropolitan District and the Stapleton Foundation until a date yet to be determined.

“Dick’s steady, guiding hand will be missed,” said King Harris, Chairman of the Board of the Stapleton Development Corporation. “He has been the single greatest influence on this project for the last ten years. “Yet, as we see Dick’s influence continue based on plans now in place,” he added, “we are happy to hand over the financial and management experience of Cheryl Cohen-Vander to see this project to its successful completion over the coming years.”

According to a study conducted in 2006, the City and County of Denver had already realized a $3.7 billion economic and fiscal impact from the redevelopment of Stapleton between the start of work in 1996 through 2006. That economic and fiscal impact represented two-thirds of the total $5.7 billion impact created during the same period of time for the seven county Metro Denver region. Mr. Anderson also projected that the City of Denver would enjoy a $26.7 billion economic and fiscal impact through build out of Stapleton, with a total of $36.3 billion impact for the Metro Denver region.

(continued on page 4)
By Nancy Burkhart

What to do when mandatory retirement hits? That is the issue facing more than 100 greyhounds whose racing careers were cut short when the Mile High Greyhound Park in Commerce City closed after its June 28 race.

“The owners who could afford to or wanted to continue racing have moved their operations to another state, or are maintaining their dogs here,” explained Cami Ross, a long-time volunteer with Colorado Greyhound Adoption (CGA) and a paralegal at Forest City Stapleton, Inc.

Dog owners are faced with the problem of housing and feeding dogs that no longer can make money, so the owners are forced to find homes for the dogs.

The number of greyhounds in need of homes remains unknown. “A lot of the owners have not made up their minds. We have 112 dogs that we know for sure are coming in. We are one of five adoption agencies in Colorado, but we are the largest so we handle most of the kennels,” she said.

Ross has been a greyhound volunteer for nearly two years, and has fostered 37 greyhounds.

“As long as greyhound racing is around, there always will be a need for homes,” Ross said. “They start at 2 years old, and they have to retire the dogs at 5. Once they’re retired, they need homes.”

With the closure of Mile High Greyhound Park, CGA is looking for both foster and adoptive families for greyhounds.

Greyhounds are dogs that live for their racing careers. They live in crates for 22 hours, and are let out only to go to the bathroom or race, according to Ross. Now that their careers are over, they need help adapting to retirement.

“They don’t know what a house is. They’ve never seen TVs or stairs. But they’re really smart. It usually takes about two days to housebreak them. It’s in their nature to be social,” Ross said.

“Some of the jobs as a foster is to socialize them. We take them on walks and to dog parks to get them around other people. They are just naturally open and loving. They’re really docile.”

The greyhound is a family dog that is good with children and other dogs, Ross said. Occasionally, they also like cats. The CGA introduces them to a very large cat to determine their personalities. The dogs don’t need large yards; they actually need to live indoors. About 80% of CGA’s dogs go to people living in apartments and townhomes.

“They are house dogs,” Ross explained. “They don’t have a lot of fur and aren’t well-padded. They are very temperature sensitive. They can overheat very quickly. In the winter, when it’s cold, they get cold. They really need to be indoors. They are our 40 mph couch potatoes. They sleep 18-22 hours a day.

Owners and fosters need to hold tightly to a greyhound’s leash for control, Ross advised. “If they see something that they’re interested in, they chase it,” she said. “They go from 0 to 40 mph in 3 steps. But if you restrain them, they won’t take off.”

Dick Anderson

(continued from page 3) “Dick Anderson’s long and successful career in real estate development prior to coming to Stapleton brought credibility to one of the nation’s most ambitious urban infill developments at a time when Stapleton was not much more than our community’s vision for an abandoned airport,” said John S. Lehigh, president of Forest City Stapleton, Inc.

“He has played a major role in Stapleton’s progress to date and laid the foundation for its continued success.”

Mr. Anderson’s career in major real estate development began in the mid 1960’s when he became Vice President of the Rouse Company, where he had responsibility for the development of the “new town” of Columbia, Maryland, which has long been regarded as one of the nation’s most successful master planned communities. In his role with the Rouse Company, Mr. Anderson served as a director of the community organization responsible for providing the amenities and services in Columbia, and director and treasurer of the wholly owned subsidiary of the Rouse Company involved in urban planning. From 1974 to 1977, he was also an elected County Councilman in Howard County, Maryland.

From 1979 to 1996, Mr. Anderson was a General Partner in the development of the Aurora Business Center, a 900-acre Business Center. Prior to that, he was President and Chief Executive of the Denver Technological Center, Inc., the 850-acre urban center in southeast Denver.

Mr. Anderson’s career has included extensive civic involvement in which he has served on numerous boards and commissions. He and his wife Kathy enjoy living at Stapleton and plan to continue to be active members of their community.
“They are wonderful with children. They will take orders from a child. It’s OK to have a child walk them. They go really fast for short distances and that’s it,” she said. “For the most part, these guys know they’re retired and that’s it. We have some people that think they’ll make good jogging companions. But they don’t usually run for miles. You have to work with them and get their stamina up.”

A greyhound is a loving dog, but if there are behavior problems, a CGA behaviorist will help, Ross said.

The dogs will be kept at CGA kennels until the middle of August when their future is unknown, according to Ross. People interested in becoming owners or fosters can “meet and greet” the dogs at PetSmart. Dates are listed on the CGA website, www.coloradogreyhoundadoption.com. Applications also are available on the website.

“CGA will do a home visit to ensure that the greyhounds will have safe, compatible homes. “We really try to match personalities,” Ross said. If the match fails to work out, dogs can be returned to CGA, per the adoption contract.

Colorado Greyhound Adoption is a non-profit organization that operates on donations. They pay for such things as veterinary bills. To make a donation, consult the website.

For greyhound adoption or fostering information, go to the Colorado Greyhound Adoption website at www.coloradogreyhoundadoption.com.
The Denver school board on June 26 conditionally approved the Denver Language School, a full Mandarin Chinese/Spanish immersion ECE-8 school proposed to open in 2009 in central northeast Denver.

Officially the board unanimously voted to “reserve action” on the approval until the DLS design team fulfills eight conditions. A key condition is the formation of a leadership team and to hire a principal. Other conditions concern additional information about the school’s education plan, budget and staff recruitment.

The DLS design team is confident that it will meet all the requirements to open the school in 2009.

DPS Board members Jeannie Kaplan, Kevin Patterson and Superintendent Michael Bennet praised the school as “incredibly compelling” and “incredibly exciting.”

Board member Michelle Moss said she “loved the idea” and the fact that so many parents are eager to send their children to the school. Mr. Bennet said he was thrilled about the commitment from the community. He playfully thanked the parents who filled his e-mail box with messages urging approval; more than 200 families have signed up so far as interested in attending.

The DLS design team is led by an executive committee consisting of school founders and Stapleton parents Kristy Fantz and Camilla Modesitt, and Brian Weber of the Stapleton Foundation. Most of the design team is expected to serve on the leadership team.

The DLS plans to open with kindergarten to second grade in fall 2009; DLS plans to add a grade annually till grade 8, and ECE in 2010. The DLS will be an autonomous school which will free it from many district and union policies and allow more control over its hiring procedures, budget, schedule, calendar and professional development. No location has been chosen but it is planned for central northeast Denver (roughly Colorado Boulevard to Stapleton, I-70 to Colfax Avenue).

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

The design team plans to establish a school e-mail address and web site in the next few months to ensure regular communications. Contact the executive committee with any questions in the meantime.


The DPS New Schools Office can be reached at: 720-423-3493.

Executive Committee of the DLS Design Team:
Kristy Fantz, 720-221-3293
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Camilla Modesitt, 720-855-7106
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Brian Weber, 303-468-3224
bweber@stapletonfoundation.org

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Charlie Nicola checks the blast fence recycled from the old airport that is now being used as a decorative covering for utilities at the Sky Terrace Townhomes on 29th Ave.

A. The interactive water feature at the central gathering area in Central Park has been operating this summer.

Q. What is the cabinet at 29th and Trenton? A. The cabinets at 29th and Trenton and 35th and Havana enclose Xcel gas regulators that are part of the system that delivers natural gas to homes in Stapleton. Forest City’s residential group worked with Semple Brown Design to coordinate the design and installation of the enclosures, which are made of glass, steel and recycled “blast fence” salvaged by M.A. Mortenson from the former Stapleton International Airport. The blast fence was an impressive, 20 foot high structure that shielded vehicular traffic coming from the main terminal from jet engine blasts on the south side of Concourse E. The perforated panels are made of painted steel and were utilized at Stapleton’s recently opened Filing 13 pool.

Q. Where does the trash come from in Westerly Creek and whose responsibility is it to clean it up? A. The Westerly Creek Open Space has been conveyed to the City and County of Denver for management by the Denver Department of Parks and Recreation from Montview Boulevard to just north of Martin Luther King Boulevard (33rd Avenue). Westerly Creek originates at Lowry, but the trash can enter the Creek at any point along the course of the waterway, including through the storm sewer system. Your concern about trash in Westerly Creek has been brought to the attention of Denver Parks and Recreation. If you would like information about volunteer efforts to keep Westerly Creek free from trash, please contact the Volunteer Coordinator for the City of Denver, Tina Romero (tina.romero@denvergov.org) or the Stapleton Rotary Club (which has sponsored community clean up programs in Westerly Creek) at Info@DenverStapletonRotary.org

Q. Where has the trash been coming from in Westerly Creek and whose responsibility is it to clean it up? A. The area you describe is under multiple ownership but each party will be directed to move their property as required by City ordinances.
China & the Beijing Olympics

The 2008 Summer Olympics in Beijing have spotlighted China's human rights record and how it appears as an international issue. Active Minds will discuss the Tibetan conflict, as well as internal religious and political repression. Potential Olympics boycotts and international community reactions will be discussed.

Mon., Aug. 18, noon-1pm at Heather Gardens, 2888 S. Heather Gardens Way.
Cost $1 at the door. Box lunch available for $5.

The game will take an historical look at the convention process and how conventions evolved from Congressional Caucuses. The 1968 Democratic National Convention and the 1967 Republican National Convention that nominated Ronald Reagan over Gerald Ford for President will be discussed.

Convention History – Tues., Aug. 26, 5:30-6:30pm at the Tattered Cover, 2526 E. Colfax.
The game will take an historical look at the convention process and how conventions evolved from Congressional Caucuses. The 1968 Democratic National Convention and the 1967 Republican National Convention that nominated Ronald Reagan over Gerald Ford for President will be discussed.

Global Food Crisis

T he Back-to-School Go Green recycling event offers families the opportunity to purchase gently used children’s clothing and toys at discounted prices. The sale, sponsored by Just Between Friends, will be held August 9th and 10th, at the Hellenic Community Center, 4610 E. Alameda Ave. Saturday hours are 9am - 5pm and admission is $2. Sunday is the half-price sale from 2pm - 4:30pm. Consignors, first-time parents, volunteers, teachers and media can attend a preview sale on August 8, with registration at www.jbf-sale.com/Denver. Unsold items will be donated to Catholic Charities and The Junior League of Denver for distribution to needy families.

Mon., Aug. 18, 7-8pm at须ter Emanuel, 51 Grape St.

Congregations will offer food, music, and a New York Times bestseller in the context of an interactive discussion to learn more about the global food crisis. RSVP: 303-355-4492 or email robertalocke@aol.com.

Unsold items donated to charity

Gently Used Kids Stuff Sale

Sol Bound:
* stoking spirits * breaking free * catch me beaming

Sol Vida Dance Ensemble and special guests will perform Sol Bound at the Boulder International Fringe Festival 2008. Sol Bound: stoking spirits * breaking free * catch me beaming is a three-part urban dance of survival, with soul stirring music that fuses dances of the African and Latin diasporas, ballet, modern, jazz and more. These dances blend tribal, warrior women with ‘pure’ ol depth of emotion.” Performances will be Sun., Aug. 17, 8:30pm; Tues., Aug. 19, 9pm; Thurs., Aug. 21, 7:30pm; Fri., Aug. 22, 5pm at the Dairy Center Performance Space, 2590 Walnut Street, Boulder, CO 80302. Tickets are available at the door: $18! $7 (Seniors/Students/Denverites). August 17 is 2-for-1. Call 720-563-9950 for advance tickets or visit www.boulderfringe.com.

April Charmaine, Artistic Director/ Choreographer/ Dancer, trained with the Denver School of the Arts, Cleo Parker Robinson Dance Training Group, Ghana Dance Ensemble, and Tansiose Brazilian Music & Arts Ensemble. She is the premiere choreographer for Catchpenny Kids Theatre and Denver East High School and the Artistic Director of the Sol Vida Dance Theatre in Park Hill. She can be reached at solvidadance@hotmail.com or 303-564-7009 or visit www.myspace.com/solvida

Sept. 29th, 11am - 5pm
Park Hill Home Tour and Street Fair

For the 30th Annual Park Hill Home Tour on September 29th, 11am to 5pm, seven homes have been chosen that exemplify the neighborhood’s mix of architecture. The tour is set up so that it will be easy to walk or bike and it includes a Street Fair that will be held on Forest Parkway, where several of the homes are located.

Artists or businesses with a product or a service to promote can obtain a booth at the Street Fair at a cost of $50. In past years the Home Tour and Street Fair have had approximately 2,000 attendees. To obtain an entry form contact Roberta Locke at 303-355-4492 or email robertalocke@aol.com.

Active Minds Seminars – Free & Open to the Public

History of the Olympic Games: Diplomacy & Politics – Mon., Aug. 4, 7-8pm at the Stapleton Master Community Association, 2823 Roslyn St.

International politics is a part of the diplomacy and political design of the Olympic Games. Active Minds will explore Olympic history and the games’ background in international political issues, including issues surrounding the Beijing Olympics. RSVP: 303-468-3223. Sponsored by the Stapleton Foundation.

China & the Beijing Olympics – Tues., Aug. 12, 12:30-1:30pm at the Tattered Cover, 2526 E. Colfax Ave.
The 2008 Summer Olympics in Beijing have spotlighted China’s human rights record and how it appears as an international issue. Active Minds will discuss the Tibetan conflict, as well as internal religious and political repression. Potential Olympics boycotts and international community reactions will be discussed.


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Performances & Events in August


Starting Aug. 1 & Aug. 8 – Neighborhood Flix


Every Child Can Learn to Play Music

By Nancy Burkhart

Vanessa Vari has been teaching Suzuki violin in Colorado for three years. Her basic teaching philosophy is that every child can learn.

Dr. Shinichi Suzuki of Japan realized that all babies make the same sounds, but Japanese babies grow up to speak Japanese and U.S. babies grow up speaking English. Therefore, he believed that if young children were exposed to music, they would learn to play by ear.

Suzuki's father was a violin maker, so he started with the violin. Today, other instruments are used as well, including piano, viola, cello, flute, harp, guitar and voice.

"Hearing begins to develop four months into gestation," Vari explained. "By the time kids are 8 years old, the brain has formed how they process things audially. I start my kids learning to play the violin at age 3 — the younger the better. "The training is based on an equilateral triangle of the parent-teacher-child. The teacher teaches the parent how to teach the child at home through teaching the child in lessons.

"I work with the parent before the child starts lessons, so they learn to play the violin and learn the philosophy of working with the child," Vari said. "The parent is kept ahead of the child's learning. Parents are completely involved.

"I encourage the parents to have a goal. Rather than learn a new piece every week, they should spend quality time with their child every day. If parents want music and the ability to play a musical instrument very well to be in their child's life — if they believe their child can learn and they are willing to spend that quality time with their child every day — then they should take lessons."

Suzuki teaching is not just for youngsters whose parents want them to grow up to be the next Isaac Stern. If the children are bored or need help getting focused or help with motor coordination, the Suzuki training might be helpful, Vari said. She encourages parents to read Dr. Suzuki's book, "Nurtured By Love," and "You're Rarely Too Young and Never Too Old to Twinkle" by Kay Collier Stone.

"I don't see any students as: Will they get to C-sharp by next week? Or will they be able to play that song in the concert?" Vari said. "I look at them as what kind of 25-year-old will they be, and how can I help them become a more beautiful person. I believe playing the violin beautifully becomes a side effect of teaching."

"This is the philosophy of teaching the whole child. They can do or be whatever they want to be. There's absolutely no requirement. How ever they want to use the music in their lives is how ever it suits them best."

Violins come in different sizes, from 1/32 of the full size up to the full size. Vari counsels parents on choosing the right one for their child.

Children are motivated by their parents because the parents are ahead of them in learning to play the violin, Vari said. Then the children become motivated by their peers. There are private lessons once a week and several group classes throughout the year.

"They are matched in a group with kids their own level, but not necessarily their own age," Vari explained. "They learn to play together. They have a lot of teamwork. They know that their goal is to sound like one violin together. They're all playing their notes in tune, their bows are moving the same way, they are following their reader and listening to each other."

The Suzuki method has been in the United States for about 40 years, Vari said. Thousands of children all over the world play this method of instruction and go on to be doctors, CEOs, engineers and have other professions. However, several professional musicians in the Colorado Symphony Orchestra have Suzuki backgrounds, according to Vari. Vari herself took Suzuki lessons for 16 years. She was a member of an international touring ensemble, traveling to Russia, Hungary, Great Britain, Italy, and Australia. Her Master's Degree is in Suzuki Pedagogy. She taught for three years with the Suzuki String School of Guelph in Ontario, Canada. Her advanced violin group performed as part of the International Ensembles Concert at the Suzuki Association of the Americas Conference in Minneapolis.

For information about Suzuki violin lessons, call Vanessa Vari at 303-455-0175 or e-mail her at v_vari@hotmail.com. Suzuki information also is available at www.suzukiassociation.org.

Editors Note: Front Porch reader, Virginia Glist, an 87-year-old resident of Lowry, was so inspired by Vari's violin orchestra performance she submitted an article about these young musicians.

Delightful Kids Performance Inspires Rave Review From Reader By Virginia Glist

Vanessa Vari has twenty captivating kids ranging in age from four to thirteen, but they are not hers. She teaches them, but not in school. Actually, she conducts a children's violin orchestra, and together they make their small violins sing and inspire their audience. During their programs, which are unique and pleasurable, the children perform as part of a team and must do their job. They follow her advice. She maintains discipline, she replied, "I tell them they are now one third of a team and must do their job." They are matched in a group with kids their own level, but not necessarily their own age, Vari explained. "They learn to play together. They have a lot of teamwork. They know that their goal is to sound like one violin together. They're all playing their notes in tune, their bows are moving the same way, they are following their reader and listening to each other."

The Stapleton community is not typical...
Students bow at the beginning of each lesson, one of the Japanese customs that is part of the Suzuki method.

Vanessa Vari and Olivia Molina work on a lesson together.

Olivia’s father Mike and sister Maya, 8, observe the lesson. Parental participation is an essential part of the Suzuki method.

Vanessa uses a little puppet to help her students focus on her instructions.

Students bow again at the conclusion of the lesson.
Smoke-free Bet: A Definitive Win for Kids

By Vincent Dorsey

Derek Brown made a bet in 1995 that changed his life—and that of countless others—forever. The director of engineering for Stapleton and Colorado Science + Technology Park at Fitzsimons was challenged by a friend to quit smoking for a year.

The wager? A new Cannondale R600 bike.

The friend also invited Brown to join him on a charity bike ride, “knowing full well that my knees were trashed from playing football,” said Brown, who played football for the United States Air Force Academy.

Brown survived that initial ride and went on to win the bet. He is still peddling 13 years later. He cycles three to four times a week, traveling distances from 25 to 65 miles around Denver and the foothills of the Rocky Mountains.

The engineer’s cycling resume includes climbing Vail Pass, one of the most grueling passes, without stopping and completing what is known to avid cyclists as the Triple Bypass—riding 120 miles and climbing more than 10,000 feet.

Brown’s greatest personal cycling feat, however, has nothing to do with a specific distance or location. It’s how his riding has bettered the lives of others. He’s raised over $20,000 for The Children’s Hospital in Denver while participating in charity rides.

The 1996 Courage Classic, a 157-mile ride through the Rockies, served as Brown’s first charity ride since going smoke-free. His most memorable cycling memory came at the end of the event, which was completed on the bet-winning bike.

Reflecting back on the highlight of his athletic career, Brown says it was “crossing the finish line at the Courage Classic and having one of the patients from The Children’s Hospital thank me for doing the event and raising money to help with his treatments.”

Brown has seen first-hand the work of The Children’s Hospital. His son, Jeremy, received care for a heart defect at the hospital while his other son, Spencer, had dentistry work done there.

Brown’s participation in The Children’s Hospital’s Courage Tours provides a way for him to give back to the hospital.

Brown has formed a six-person team of Forest City associates that completes the tour together, “hammering for health” at a “cadence for kids.” To learn more about the team or donate to their cause, visit: http://www.couragetours.com/2008/team/fcflyers.

Vincent Dorsey is an intern in the corporate offices of Forest City Enterprises, Inc.
So What If Your Child Can’t Spell – He/She Can Write and Love It

By Nancy Burkhart

Most children are turned off by writing by the time they reach the second or third grade, so retired schoolteacher and Stapleton resident Iretta Bell takes them at the tender age of 5 or 6 and as old as 12 years, and gets them excited about writing with Quill Kids.

“I use the term recreational creative writing,” Bell explained. “I have a way that I work with the kids. I show them how to talk about any idea. I help the kids appreciate their surroundings and what they see. That creates a creative wellspring inside them. I do a lot of philosophizing. They think writing’s fun. They get excited.”

Bell and her sister, Louise Oliver, started Quill Kids and, in the beginning, went to children’s homes to teach them creative writing. Today, there are four-day camps in the summer that are in different parts of the city. There also are Quill Kids meetings, which are daylong trips to exciting locations, such as KUSA Channel 9, the Denver Art Museum and the Bluff Lake Nature Center.

“Each time I take them to a different venue and show them how to include writing,” Bell said. “It’s more like a project. We do some kind of writing exercise. I give each one of them a journal that is totally personal. We don’t do just one thing. We do more than just one story.”

On one trip, the children inspected seeds along the roadside. Bell said. Discussion about different kinds of seeds was followed by the children being asked to pretend that they were a seed, she said. Each child was asked to write what they thought it would be like to be a seed.

“There is no right way to do it,” Bell said. “We share and each one shows the way that they did it. We don’t all write the same thing. I give them an idea. We do a word list and they write whatever they want to write. I talk to them about how to make it better.

“All my kids know what alliteration is and what metaphors and similes are,” she said. “I do use grammar, but it’s not part of the way I talk to them.”

Quill Kids study poetry, fiction, non-fiction and music lyrics, as well as scientific writing. Parents are active participants in Quill Kids.

“I like the parents to listen to the way I’m instructing them,” Bell said. “I want the parents to hear how their kids can make it more exciting. The parents listen to the sharing. They ask questions about how they can teach the children that way.”

Bell wrote a book, Quill Kids and Writing as a Family, which she gives to parents of Quill Kids students.

“Any child can benefit from Quill Kids, but particularly the students who are having problems in class because of their writing inabilities, Bell said. She says she also has children with learning disabilities.

“I can take those children and quickly get them excited about writing and concepts that will help them,” Bell said. “When they go back to school, they will be at a different level in reading and writing. Writing well makes them read well. I can show them how to use writing for social studies, for math, and so on.”

Parents have been taught to read to their children being asked to pretend that they were a seed. Each child was asked to write what they thought it would be like to be a seed. That was like a种子.

“I have kids that can’t spell their names,” she said. “Kids who hate writing I can take in a very short period of time and get them to love writing. My whole goal is to get the kids to realize that writing is really a lot of fun. The child who doesn’t know grammar likes writing and can get something down on paper so that teachers can help him progress.

“I have kids who can spell their names,” Bell said. “They can teach the children that way. They think writing’s fun. They get excited.”

Children can attend one Quill Kids session during summer camp or one of the Quill Kids Meetings. They also can be part of a Stapleton group that has asked to meet every six weeks during the school year. Bell said she builds sessions to meet parents’ requests, and has held fun writing sessions at two children’s birthday parties.

Iretta Bell can be reached at 303-618-9701 or email her at quillkids@msn.com. Her website is www.quillkids.com.
Steve Pachan, who teaches for the reading intervention program at Ashley Elementary during the school year, works with young readers at a Summer Scholars program.

Summer Scholars (continued from page 1)

be a harder sell,” says Herd.

Herd says students can read books or magazines that fit their interests. He found one student who loves cars a book to pique his interest. “I encourage them to read books they really enjoy,” Herd said.

Evaluation of a student’s reading ability is constant.

“We do a very comprehensive evaluation,” Byrne said. “There are pre- and post-reading tests tracking changes in the kids’ reading skills. There is surveying of the stakeholders. We do focus groups with the staff and parents to see what works well and what needs to be improved on. We target our instruction accordingly. We invest a lot in our evaluation.”

Currently, there are three principal programs in the Summer Scholars organization.

Summer Literacy and Recreation serves almost 1,000 elementary students at 18 schools. They work in small groups to study reading and writing in the morning, and spend afternoons with swimming lessons, cultural field trips and music. Students participating in the program have completed preschool through 4th grade. All were reading below grade level and had been referred to Summer Scholars by their teachers. The students are required to make a commitment to working in the program, and can be dropped for too many absences.

Scholars After-School Tutoring and Enrichment works with 1,000 struggling students at 11 schools during the school year. Teachers tutor in reading, using computer-based literacy exercises. Enrichment activities include gardening, sports and hands-on science projects.

Summer Scholars also focuses on the parents. The Family Literacy program serves 250 families at 12 schools each year. Adult education, English language classes and parent education are part of the program, along with early literacy education and child care for young children.

“We have a family literacy program where adults are learning English while the kids are in their own classes,” explained Anne Byrne. “We schedule family visits away from school where they talk about the kids’ needs and what kind of help is needed. We conduct an assessment with the kids. The teachers show the parents what kids their child’s age can do and then see what we can do to fill the gap.

“Parents that we’re working with frequently are the most disenfranchised because of the language barrier,” Byrne explained. “We teach them how to read report cards and how a school operates. A principal was telling us that one of the moms in the English language class was concerned with lunchroom supervision for her child. She went to talk with the principal and the lunchroom supervisor. It was a big deal for her. The principal thinks these groups of parents are going to be strong advocates for their children, and will be engaged this year.”

Summer Scholars receives state funding through two grant programs, although a majority of its money comes from private donations, Byrne said. More than 90% of the organization’s income goes directly to serving the children, she said.

“We’d love to be able to serve more children, but we are limited by financial resources,” Byrne said. “We invest a lot in one child. It costs $2,000 per year for one child. We’d like to take on more school partners. We would like to serve as many kids as those who need us, but we need more financial resources.”

The Colorado Child Care Contribution Credit applies to monetary donations made to Summer Scholars. The Summer Scholars Pledge Card says, “You may be able to decrease the after-tax cost of your gift to Summer Scholars by more than 50 percent…. You should consult with your tax advisor to determine how the credit will affect you personally.”

People interested in contributing to Summer Scholars can go to www.summerscholars.org or call Michelle Thatcher, Development Director, at 303-355-0290.
Ladies and Gentlemen, it is time to eat tomatoes

I had the first ripe tomato out of the garden today and it reminded me again of why I wait all year for this. Fresh picked tomatoes do taste immeasurably better than any other tomato. This is one of those annoying truths of life that all the food science in the world has not been able to change. Tomatoes that ripen on the vine gain sweetness from the sap of the plant all the way through maturity. Garden tomatoes have a variety and richness that commercial varieties have lost. This is the time of year in Denver that gardeners are harvesting their tomatoes and local tomatoes are showing up at Farmer’s Markets. If you do not have a garden, it’s time to get cozy with someone who does so you can enjoy truly delicious tomatoes.

Tomatoes are one of the great food success stories. They originated in South America. The Spanish then took them to Europe in the 16th century. The first printed recipe using tomatoes wasn’t published until 1692. Can you imagine Italian food without the tomato? In just a few centuries tomatoes have become ubiquitous.

When the tomatoes are so good, you don’t really need to do much with them. Which is good, because in August none of us really wants to heat up the kitchen anyway. One way to enjoy your garden, or farmer’s market, bounty is to crush a ripe tomato and garlic clove onto a slab of bread (fresh baguette, perhaps), sprinkle with sea salt and drizzle with olive oil. Yum! One of my favorite dressings for fresh tomatoes is reduced balsamic vinegar. Just buy some good-quality balsamic vinegar and heat it in a saucepan to a simmer. Let it simmer until it is reduced by half. Cool and use as a dressing.

When I start to get my fill of fresh tomatoes (hard to imagine now but it will happen) I make a simple tomato sauce that I keep in the freezer. This can be used as is on pasta or you can substitute it for an equal amount of canned tomatoes in any recipe.

Susan Gamble describes herself as an enthusiastic amateur who has cooked tasty and nutritious meals for her family every day for many years. She is a Park Hill resident who has children ages 3 and 5. She can be reached at susanandpark@mac.com.

Simple Tomato Sauce

3 pounds fresh ripe tomatoes
2 garlic cloves, chopped
2 tablespoons olive oil
1) Peel, core, and seed the tomatoes. Make a shallow ‘X’ in the end of each tomato with a paring knife. Blande the tomatoes in boiling water, plunge them into ice water, and the skin will start peeling off. Peel and discard the skin. Using a paring knife, cut the core from each tomato. Then, cut each tomato in half perpendicular to the core. Squeeze each tomato over a sink or bowl to get out the seeds.
2) Chop the prepared tomatoes into even 1/2 inch pieces.
3) Heat the oil in a wide shallow pan over medium heat. Add the garlic and the tomatoes and heat until the tomatoes collapse into a chunky sauce.

Photo credit: www.lanai-z.com

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Paving a Path of Greatness for Our Children’s Future

Has anyone ever noticed the enthusiasm of a soccer dad or track coach or ballet/dance mom or the famous ex-football dad? Or maybe you’re one. What a glow you have when you see your little leaguer make a home run or the winning touchdown of the game, or the perfect double somersault and really stick that landing! Our hearts pound with pride as we exclaim to the world, “That’s my son or daughter!” But are we setting ourselves up for a huge disappointment as we attempt to carve out the path for our children’s future?

The perfect world seems to be one in which our children would follow in our footsteps. Even professionally we ask questions like, “So son, would you like to be a doctor when you grow up?” Or we say, “If you work really hard you’ll be able to take over the family business.” And it is pretty rare when they say, “Yes, Mommy and Daddy I can’t wait.” We can guarantee they are cringing at that thought by the time they are 12 years old because by then they realize that “Dr. Mommy” is really struggling to balance her home and career.

Before you take out that Flintstones carving tool and pencil in stone, “What I want Christopher to be by the time he is 8 years old,” consider a few things….

• Your child has his/her own destiny.
• As parents, we can guide them, but they really are going to be exactly who they are going to be: it’s their destiny.
• As we guide them to healthy activities that can develop them as a person, we also need to step out of the way as they detour.
• When they detour, we need to be a great traffic controller, recognizing and appreciating their mistakes and be able to get them back on track.

Our role as parents is essential to our children’s lives because they somehow chose us to be their parents. So, we can in no way diffuse the importance of this responsibility. An extra benefit we get in raising our children, is to see our reflection, because they are a direct reflection of us. Parenting is an exciting adventure that will sometimes be easy and sometimes hard. But it will always be rewarding in the end.

Together as a family you can help draw a beautiful future for your children by arming them with essential tools of life. Intellectual tools, like education and music. Physical tools like swimming, running, biking and of course self-defense. Once you arm them with these life and survival tools, step back and enjoy the view, as they will pave their own path of greatness for their future.

Mike and Karen Giles are owners of Mike Giles Family Karate in Stapleton’s Quebec Square – A Family That Kicks Together Sticks Together.” Call 303-577-KICK(5425) or visit www.mikegileskarate.com.

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Cohen-Vader To Join SDC

Cheryl Cohen-Vader has been named the new President and Chief Executive Officer of the Stapleton Development Corporation, replacing Dick Anderson who is retiring later this year.

Ms. Cohen-Vader brings more than 25 years of combined experience in the public and private sectors, principally in the financial arena. She is currently the Chief Deputy Manager at Denver International Airport, where she has business and financial responsibilities that include the airport’s operating budget, its debt management, internal audit and property development. She has served in that capacity since 2006.

Ms. Cohen-Vader is most well known as the City of Denver’s former Manager of Revenue. She served in that capacity from 1996 to 2006, a period of time in which her responsibilities included serving as the project manager for the financing and predvelopment of the City’s $259 million convention center hotel. She also served as Deputy Mayor of Denver from 2004-05.

Prior to her service with the City of Denver, Ms. Cohen-Vader was an Assistant Vice President in Public Finance for the Denver investment banking firm of Kirkpatrick, Petti, Pollan, Smith, Inc. Her previous private sector experience includes seven years in the Public Finance Department of Citigroup Securities Markets, Inc. in New York. She was also the Treasurer in the International Division of the Bank of New York Markets, Inc. in New York. She was also the Treasurer in the International Division of the Bank of New York Markets, Inc. in New York.

Ms. Cohen-Vader received an undergraduate degree from Princeton University and an M.B.A. in Finance from Columbia University. She also holds a certificate from the State and Local Government Pro-management at the John F. Kennedy School of Government at Harvard University.

Ms. Cohen-Vader will assume her new duties on August 1st.

Rocky Mountain Arsenal National Wildlife Refuge 1st Annual Fishing Frenzy Sept. 6th

K ids of all ages are encouraged to dust off the sun block and head to the Rocky Mountain Arsenal National Wildlife Refuge for the first annual Fishing Frenzy on Saturday, September 6th.

Sponsored by Commerce City, Bass Pro Shops and the U.S. Fish and Wildlife Service, this free fishing competition will be held from 8:30am to 3pm. Activities include a morning derby from 9:30am to 11am and an afternoon derby from 1pm to 2:30pm. Both morning and afternoon derbies have two age groups for young anglers, 5-10 year-olds and 11-15 year-olds. All anglers need to be registered for the event.

Please call the Commerce City Recreation Center in advance at 303-227-8850 to save a spot for the derby. The Friends of the Front Range Refuges will provide lunch for a small fee from 10:30am – 2:30pm.

Prizes donated by Commerce City, Bass Pro Shops and the U.S. Fish and Wildlife Service will be awarded for the biggest fish, smallest fish and most fish caught. And just in case the anglers hook something unexpected – a log or maybe a frog – an award will be given for the craziest catch in each age group for both derbies.

During the derby, visitors can stop by the fishing skills stations to learn knot or fly tying, casting tips and tricks, fish identification, water safety and fish ethics. Professional anglers will be available for photographs and to sign collectable cards.

Little anglers under age 5 can also join in the fun. A small-fry pond will be available for photographs and to sign collectable cards.

Everyone is also encouraged to participate in the craft booths to make a fish button or fish-print T-shirt or learn to tie flies. In and among the water fun, the service will provide fishing tours to see the bison. The herd welcomed three calves this spring, which brings the total to 24 bison at the Refuge. The 45-minute tours depart at 11:15am and 12:00pm. Seating is limited, so please call the Visitor Center in advance at 303-289-0930 to save a spot.

To get to the refuge, take I-70 and exit north on Havana St. The public entrance to the refuge is at 56th and Havana. For more information, call the U.S. Fish and Wildlife Service at 303-289-0930 or visit online at http://www.fws.gov/rockymountainarsenal.

Supervisory Park Ranger Sherry James has worked at the Refuge for 18 years. She can be reached at 303-289-0659.

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Great News!
State Farm has reduced auto rates in Colorado

Like a good neighbor...State Farm is there.

16
Stapleton Front Porch
Solar Energy

Right now Colorado residents can benefit from both state and federal financial incentives, which can reduce the cost of a solar electric system by 50%-60%. Currently Xcel Energy will provide a total of $4.50 per watt for solar electric systems installed on homes through December 31, 2008. As of mid-June, Congress has not been able to pass an extension of this tax credit; so this incentive may go away at the end of the year. Solar electricity is a clean and non-polluting renewable resource that produces no greenhouse gas emissions. Buying a solar electric system is essentially like buying 30 years of non-polluting renewable resource that produces no greenhouse gas emissions. Buying a solar electric system is essentially like buying 30 years of electricity at a fixed, upfront cost, thereby reducing your exposure to rising energy prices. The more energy prices go up, the more valuable your solar system becomes.

Rebates cover 20% of the total cost of installation and air sealing upgrades to $30, whichever is less. Rebates will be awarded on a first-come, first-served basis until program funding is exhausted. This is a limited time offer, with funding for approximately 100 rebates. Rebates are not guaranteed. The Smart Energy Living Alliance is also offering Comprehensive Home Assessments in conjunction with the Insulate and Seal Rebate program. The Comprehensive Home Assessment uses diagnostic equipment such as a blower door to help evaluate the performance of a home. The assessment, normally a $500 value, is free to homeowners who install a $1,500 worth of energy efficiency upgrades. By combining these promotions homeowners can save up to 40% on home energy upgrades.

Green Frontier Fest & New Energy Station

On Sunday, August 24th, the City and County of Denver, in partnership with the ReDirect Guide, is hosting the Green Frontier Fest from 10 a.m.–6 p.m. in the Sculpture Park of the Denver Performing Arts Complex. Admission is FREE and the event is open to the public. The Green Frontier Fest will promote green practices and highlight the sustainable aspects of the Democratic National Convention. The free festival will feature human-powered carnival rides for the kids, information booths hosted by eco-friendly businesses and organizations, exhibits and artwork promoting eco-friendly messages, live music and much more for Denver residents and visitors of all ages!

From August 24th through August 28th the Sculpture Park will also be the home of the New Energy Station, showcasing a number of loaned displays and applications that highlight environmentally-responsible energy technologies and practices.

For more information, visit www.greenfrontierfest.com or the Denver Metro Convention & Visitors Bureau website at www.denver.org/events/newenergystation.
Tents filled Founders’ Green at Stapleton on Friday night July 18th as Relay for Life teams camped out through the night.

By Angela Dirr

Friday night, July 18th, 24 teams of walkers with over 200 participants took part in the all night Relay for Life event at Stapleton’s Founder’s Green. Teams at Stapleton walked for over 12 hours to raise money for the American Cancer Society and raised over $35,000.

The night was action packed with a DJ keeping the teams motivated and a band to get them rocking and rolling. Children of all ages were entertained by face painting, fun bus and bouncy castle activities.

At the conclusion of the evening, participants released doves to remember those who we have lost to cancer and the continued need to fight back against cancer.

The American Cancer Society invites individuals who want to celebrate with cancer survivors and caregivers, remember those who have lost their battle with cancer, and fight back to find a cure for cancer by participating in the Relay for Life initiatives throughout the state of Colorado. In 1985, Relay For Life began with one man who walked and ran around a track for 24 hours, raising $27,000.

To learn more about the American Cancer Society and its Mission to FIGHT BACK, please visit ACS.org.

Angela Dirr is the publicity chair for the Stapleton/Park Hill Relay for Life. She can be reached at stapletonrelayforlife@comcast.net.

By Angela Dirr

The Denver Zoo is welcoming the return of the aye-aye, a rare, endangered primate that has lacked representation in Denver for the past 10 years.

There are only 23 aye-ayes in North American institutions, including the pair now at the Denver Zoo. Seven-year-old female, Salem, and her male counterpart, Ozony, also 7 years old, will be living in a renovated nocturnal habitat specifically designed for them.

Aye-ayes come from Madagascar. They weigh as much as 6 pounds, and are the world’s largest nocturnal primates. Sporting a monkey-like body, the aye-ayes also have squirrel-like tails, rodent-like faces, large eyes and elongated middle fingers.

Habitat loss and illegal hunting have caused the World Conservation Union to classify aye-ayes as endangered. There are native populations that believe aye-ayes are evil omens predicting a villager’s death. They believe that killing the aye-aye will prevent the death.

The Aye-Aye Species Survival Plan is one of 206 conservation breeding programs at the Denver Zoo.

Denver Zoo is open every day. Parking is free. For information call (303) 376-4800 or visit the Denver Zoo web site at www.denverzoo.org.
World Vision needs volunteers to help children and families affected by poverty and disaster by working in its Stapleton Distribution Center. Volunteers sort clothing, medical supplies, and other items for those in need. Volunteers receive a free tour of a mock refugee camp to learn how World Vision helps communities in the United States and over 100 countries worldwide.

World Vision provides emergency and hunger relief, long-term community development programs, agricultural development assistance and leadership training. The organization also educates the public on poverty – and justice-related issues and advocates on behalf of the poor and children in crisis. A worldwide staff of more than 31,000 assists about 100 million people in nearly 100 countries throughout Africa, Eastern Europe, the Middle East, Asia and the Americas.

To volunteer, email: Covolunteers@worldvision.org or call 720-374-0658 x7418.

Charity Chase Raises Funds for Those in Need

On June 14, cheers filled Stapleton Central Park as runners crossed the finish line at the 7th Annual Stapleton Charity Chase. The proceeds raised benefit Catholic Charities’ six neighborhood Emergency Assistance Centers which help struggling families cover the cost of rent and utilities, medications, food, and other basic necessities. Last year, the Emergency Assistance Centers helped over 76,000 people.

Following the 5K run/walk, families had a turn at the starting line for the 1K Family Fun Walk and Stroll. After the race, families and runners refueled with food and drink provided by sponsors that included Panera Bread, Mountain High Yoghurt and Joint Juice and children got their faces painted as a butterfly, a lion, or Spiderman.

“Stapleton Central Park is a great venue and thanks to Forest City Development and our other generous sponsors, we met our fund raising goal,” said Judy Megyesy and Friends of Operation Christmas Child, event coordinators.

Vanessa Chavez works at Catholic Charities. She can be reached at 303-742-1800. Printed materials are available at the Stapleton Apartments Welcome Center (2853 Roslyn Street) or the MCA Community Office (2823 Roslyn Street). Both offices are located just east of King Soopers on Roslyn Street, around the corner from the old Visitor Center location. The MCA Office, which is open from 9am to 4pm M-F, has the Front Porch, the New Leaf and many of the other publications that were in the Visitor Center.

2nd Tuesdays
Happy Hour
Meet Your Neighbors

Pete Naseh (middle) and Sarah McGregor (to his right) are organizing a Happy Hour gathering of neighbors at different locations on the second Tuesday of each month from 5:30 to 7:30pm. The next gathering for “singles/empty nesters/adults-in-need-of-time-away-from-kids” will be August 12th. Email threepets@comcast.net. Above: The first gathering was held at Casey’s; Pete Naseth (middle) and Sarah McGregor (to his right) are organizing a Happy Hour gathering of neighbors at different locations on the second Tuesday of each month from 5:30 to 7:30pm.

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N
ow that we are in the middle of summer I feel that this is a good time to reiterate the importance of safety and crime prevention. It seems that as the summer progresses we all sometimes lose sight of how to keep our homes and families safe. There have been more occurrences of property crime in Northeast Denver and the Denver Police want you to keep a few things in mind. We are asking that everyone remember to keep their houses, garages and cars locked. It seems that we are having an increase of burglaries to homes, garages, and cars that are left unlocked or in some cases wide open. Basically, to the criminal this is just an invitation to take your stuff – and you place your family at risk if they are the ones home when the criminal decides to enter your house.

This brings up another topic: Neighborhood Watch. For those of you who don’t know what this program is, it was started in 1972 by the National Sheriffs Association in an effort to drastically reduce crime in residential neighborhoods with the assistance of the citizens living in that neighborhood. This is a program that has proven over time to be a very successful tool in greatly reducing incidents of residential crime, not to mention it is a great way to become acquainted with the neighbors around you. Our goal is to make every block in Northeast Denver a Neighborhood Watch block. If you are interested in becoming a certified block or are just curious if your block is already a certified block please feel free to contact me or stop by the Denver Police 303.321.4445 • 7479 E. 29th Place and receive more information on this program. As Officers Hancock and Hild drove to the area where the girl was reported to be staying, the officers observed a car parked on the street with multiple occupants and its lights off. Pulling up behind the vehicle, the officers observed the front seat passenger looking back at their police car while making movements as if to hide something underneath the seat. The back seat passenger, seated in the right rear, kept turning around nervously as well and appeared as if he was hiding something on his left side.

At Officer Hancock approached the driver’s side, he observed the back seat passenger’s left hand under a dark colored jacket on his left side. His right hand was down by his right leg, out of Officer Hancock’s line of vision. Officer Hancock ordered all of the parties to raise their hands where he could see them. Officer Hild was on the passenger side of the vehicle, and also ordered the parties to show their hands. The back seat passenger appeared very nervous, unable to sit still as he looked back and forth at Officers Hancock and Hild. Officer Hancock observed a small baggie on the door handle to the right of where the back seat passenger was sitting that contained what appeared to be marijuana. The back seat passenger appeared to be intoxicated and admitted to being drunk. Due to their suspicious behavior, the officers called for a cover car. The back seat passenger was removed from the vehicle by Officer Hild and covering officers and placed into handcuffs. He was found to have a warrant for his arrest for possession of marijuana. Officer Hild noted the backseat passenger was wearing a backpack. When Officer Hild began to put him down, he detected the outline of a gun inside the pack. The officer was able to loosen the draw string around the top of the pack and saw a revolver and a plastic bag with a number of loose .38 caliber rounds inside it. The suspect was found to have a conviction for “Felony Menacing,” making him eligible for the charge of “Possession of a Weapon by a Previous Offender.” The handgun, a .38 caliber revolver, was fully loaded with six rounds. The man had numerous gang tattoos and was an admitted gang member.

The Citizens Committee joined the two officers’ superiors in applauding their excellent powers of observation and police work that resulted in the arrest of an armed, known gang member.

By Tom Gleason

The District Two Top Cop Citizens Committee has honored Officers Derek Hancock and Raymond Hild as “Top Cops” for May. On May 8, the two officers were conducting a follow-up investigation of a runaway teenager. As Officers Hancock and Hild drove to the area where the girl was reported to be staying, the officers observed a car parked on the street with multiple occupants and its lights off. Pulling up behind the vehicle, the officers observed the front seat passenger looking back at their police car while making movements as if to hide something underneath the seat. The back seat passenger, seated in the right rear, kept turning around nervously as well and appeared as if he was hiding something on his left side.

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The Citizens Committee joined the two officers’ superiors in applauding their excellent powers of observation and police work that resulted in the arrest of an armed, known gang member.

Honor in the “Top Cop” for the month of June was Officer Brian Urlick. On May 29th, at approximately 9:50 p.m., Officer Urlick was investigating a 911 call from a cell phone. The dispatcher stated the line was open and a dog could be heard barking in the background. There was no confirming information other than that the call was coming from somewhere in the vicinity of the officer’s location. As Officer Urlick was pulling into an alley, the dispatcher stated she was receiving a call concerning a possible sex assault in progress. At the same time the officer was receiving this information, his headlights illuminated two male parties, one of whom appeared to be an adult, the other a juvenile. The adult had the younger male pinned against a fence and appeared to be assaulting him. Officer Urlick notified the Dispatcher of his location and ordered the adult back to avoid holding him at gunpoint. The suspect was taken into custody without incident and an ambulance was called for the juvenile who was determined to be 15 years old.

A subsequent investigation indicated the suspect had assaulted the boy by punching him with his fist in the face and demanded his wallet which contained $5.00. The suspect then began to assault him. The boy had a cell phone and dialed 911 while it was in his sweatshirt pocket. This resulted in Officer Urlick, who is regularly assigned to this Precinct, to respond to the area to investigate. The suspect was just beginning his assault when Officer Urlick pulled into the alley. After it was later determined the juvenile victim had a learning disability, the suspect was charged with “Sex Assault to an At-Risk Child” and “Robbery/Assault of an At-Risk Child.” It was also learned that the suspect had been paroled from prison 10 days earlier and had a lengthy record for violent felony crimes.

The Top Cop Citizens Committee praised all three officers for their outstanding actions and commended all of the men and women of the Denver Police Department for their daily service to the citizens of Denver.

By Amy Esten

Don’t Invite Crime

Now that we are in the middle of summer I feel that this is a good time to reiterate the importance of safety and crime prevention. It seems that as the summer progresses we all sometimes lose sight of how to keep our homes and families safe. There have been more occurrences of property crime in Northeast Denver and the Denver Police want you to keep a few things in mind. We are asking that everyone remember to keep their houses, garages and cars locked. It seems that we are having an increase of burglaries to homes, garages, and cars that are left unlocked or in some cases wide open. Basically, to the criminal this is just an invitation to take your stuff – and you place your family at risk if they are the ones home when the criminal decides to enter your house.

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Helpful Tips to Get Organized for Back to School

By Meighan Meeker

By now your children’s summer break is nearly over and it is time to get ready for back to school. Below are some simple tips to help you organize key areas of your household.

Kitchen: Keep a calendar that includes each family member. Consider color coding activities and appointments. Find an area nearby where each person can have their own coat hook, cubby for large items such as a backpack or shoes, and a basket for important schoolwork or papers requiring a signature or response. As you find items cluttering your home put them in the appropriate cubby for each child to be responsible for putting away.

Children’s room: Give your child two small bins, and if old enough, ask them to sort their laundry by light and dark colors. Review their clothing and other items in the room and get rid of things they no longer wear or need. Gather artwork, photos, awards and report cards into a bin labeled memorabilia and find a place to store – try to be disciplined and only keep items that are truly special and important. If possible, try to borrow items needed from friends or neighbors until you are confident it is something they enjoy and want to pursue. Get rid of outdated computer games, electronics and computer parts. Clearly label memorabilia and photos by event or family member. Store on shelves units against the wall so the contents are easy to find and access. Keeping items in plastic bins versus cardboard boxes helps preserve contents from water damage, dust and mildew. Donate anything that you have not used recently or forgot you own.

Make your children part of the process to show them both the benefit of getting rid of things to create more space in your home as well as the value of donating to others in need. Reward their efforts to motivate them to continue these habits throughout the year.

Playroom: Sort through videos, dvds, games, books and toys. Donate anything that is no longer age appropriate. Keep prizes to games and puzzles in zip lock bags inside the box to minimize lost contents. When considering purchasing equipment for a new sport, wait to see if your child is truly interested before making any major investments or commitments. If possible, try to borrow items needed from friends or neighbors until you are confident it is something they enjoy and want to pursue. Get rid of outdated computer games, electronics and computer parts. Clearly label memorabilia and photos by event or family member. Store on shelves units against the wall so the contents are easy to find and access. Keeping items in plastic bins versus cardboard boxes helps preserve contents from water damage, dust and mildew. Donate anything that you have not used recently or forgot you own.

Storage: Put all storage in labeled clear plastic bins. Organize them by category such as holiday items, sports, photos, household items, etc. Clearly label memorabilia and photos by event or family member. Store on shelves units against the wall so the contents are easy to find and access. Keeping items in plastic bins versus cardboard boxes helps preserve contents from water damage, dust and mildew. Donate anything that you have not used recently or forgot you own.

Make your children part of the process to show them both the benefit of getting rid of things to create more space in your home as well as the value of donating to others in need. Reward their efforts to motivate them to continue these habits throughout the year.

Those of us serving as Directors of schools stand at the helm but are also in service to incredible staffs who are preparing to support students as mathematicians, readers, writers, thinkers and as strong members of a community. It is vital to keep a ship carrying such important cargo afloat and running smoothly. I am hoping we all took time this summer to lounge for a moment on the deck with a cold drink in our hands.

To parents, your job on this journey is equally important as we run this course together. It is your job to make sure that the students are physically, mentally and emotionally ready for the journey. As a parent myself, I know how difficult that challenge can be. Take a moment to decide how you want to be present in your child’s education this year. Your presence is vital to the success of the voyage.

Most importantly, the expedition into the unknown depends upon the crew of children that walk through our doors. Your job on this ship is to come with a curiosity about your world. Come ready to take what is yours; take the opportunity to learn and grow as a thinker and as a person. Come hungry to learn. Take a few risks along the way. Know that educators all over the city are setting up rooms, planning curriculum and are very excited to be a part of your learning.

Whatever school we attend, whatever role we play, there is good reason to be excited about the upcoming year. The strength of our community depends in large part on the success of our schools. May this year’s journey be filled with treasures unimagined.

Bon voyage!

Marcia Fulton has survived her first year as the executive director of the Odyssey School. She can be reached at 303-316-3944 or Marcia@OdysseyDenver.org.

By Marcia Fulton

As August begins, so does the annual ritual of preparing for the beginning of the school year. While it is always hard to see summer go by so fast, exciting adventures await each one of us as we prepare for a new voyage ahead.

We have a saying at The Odyssey School, “We are crew not passengers.” On a boat, passengers are catered to. Their main purpose is to arrive at the destination with as little effort as possible. They are involved in activities, but not wholly engaged in the journey. Crew on the other hand, is responsible for the entire journey. They are engaged in the activities of the ship. In fact, without their individual and collaborative effort, the passage cannot happen. Crew, too, reach the same destination as the passengers, but their experience is significantly richer.

As a large community of learners, each one of us has a job to do as a member of this crew. Every year we are on a ship sailing into the unknown world of learning. What will we see together? What obstacles will we face? What hard questions will we ask of ourselves? What wonders will be discovered? What will I learn about myself? What will I learn about the outside world? To answer these questions is our quest.  

We Are Crew Not Passengers

By Marcia Fulton

East/Manual 20th Reunion August 8th
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Finding Time To Fit It All In

By T eddi Bryant

L iving as a mom is hectic at best. Between play-dates, nap-times, work, house-work, meal-times, etc. there just doesn’t seem to be any time for mom to take care of herself. Finding time each day to exercise, even 30 minutes, is essential to not only getting fitter, but also to staying sane. A recent study by the Psychology Department at the University of Arizona revealed, not surprisingly, that exercise has a positive effect on mental health especially on depression and anxiety — two very common issues with new mothers.

The first thing a brand new mom can do is to get out of the house and walk. This should happen every day and should be at the same time every day. This routine will help the baby get accustomed to the stroller and the time spent in the stroller while mom works out — even if it’s nap time. Once given a doctor’s approval, mom can now get serious and start working out. The first thing to do is come up with a plan . . . and stick with it. The biggest problem with most moms is that their workout time is at the bottom of the list of things to do daily, when it should be at workout time — your workout needs to be focused and intense. Studies have shown that the only way to effectively change your body and burn fat is to train with intensity and consistency. Your workout needs to be focused and intense. Studies have shown that the only way to effectively change your body and burn fat is to train with intensity and consistency.

The Bear in the Bedroom

By Lisa Davidson, M.D.

G rowing up, I remember family vacations, sleeping in a hotel room with my parents and, laughing at how loud my dad would snore. He sounded like a bear. It was insane! I also remember him regularly falling asleep in the middle of a Super Bowl party. Little did I know that my dad suffered from sleep apnea. As he lay flat, knees bent, slide fingertips up to knees, pause and then lower your body flat, knees bent. This contraction with the abdominal muscles toward the spine. Combine this contraction with this crunch — lying on your back, feet flat, knees bent, slide fingertips up to knees, pause and then lower your body back down. Begin with 1 set of 15 and work up to 3 sets of 15.

Toned core and strong back. Begin with 1 set of 10 and work up to 3 sets of 15. 

In a plank position with knees on the ground. Hands shoulder distance apart and chest is over the space between the hands. Slowly lower the chest to the ground until elbows are 90 degrees, then slowly push back up until arms are straight. Begin with 1 set of 10 and work up to 3 sets of 15.

Lower Your Parenting Stress

By Shelly Mannman

D o you come home tired at the end of the day, only to face the struggles of getting your kids to behave? Do you wonder what happened to the “fun” part of being a parent? If you’re like most parents, you could use a few new tools in your parenting toolbox. The Love & Logic Institute provides some great ideas for simple, easy to use techniques that can make a difference in your family.

Were you raised by a “Drill Sergeant” always telling you to “Jump,” and you asking, “How high?” or were you raised by a “Helicopter” always hovering, ready to sweep in and rescue? Did you ever think what kind of message these parenting styles tend to send to your kids? Drill sergeants are communicating these messages. “You can’t think for yourself. You can’t make it without me.” Helicopters send these messages. “You are fragile. You need me to protect you.” Are these the kinds of messages you want to send to your precious children? If not, what can you do?

Consider adopting the “Consultant” approach to parenting. Consultants send this message to their kids. “You do your own best thinking.” How do consultant parents do this? One way is to offer choices and alternatives instead of orders or commands. Commands give something for the kids to fight against. Choices keep the kids in thinking mode. Here are some guidelines for giving choices effectively.

Give only 2 choices, either of which you are happy with. Do you want to do your homework before or after your snack? Do you want to change your diaper over here or over there? If the child doesn’t decide in 10 seconds, you decide for them. Only give choices when things are going well and before any resistance.

Build up your child’s choice account so

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Edward Jones
Making Sense of Investing
How To Maximize Your Metabolism

Editors note: The recommendations listed in this article are the opinions of the author, based on his training, personal research and experience as a certified fitness trainer. Consultation with a doctor is recommended before understanding significant changes in exercise or diet.

By Howie Waldstreicher

Y
ou cut calories and you exercise. You do exactly what the articles say. Your calories out are greater than your calo-
ri es in. You should be losing fat. But if you aren’t, perhaps you’re still not paying attention to an often forgotten factor of fat loss — your metabolism.

Your metabolism is a measure of how many calories you are burning each day. But did you know that the food, exercise, and lifestyle choices you make every day have a significant impact on your metabolism? For example, if you starve yourself (instead of following a sensible fat-loss eating plan) your metabolism will slow down. If your metabolism slows down, it means you will burn fewer calories. And that means no more fat loss, and possibly even continued fat gain. So for every day that you continue to slow your metabolism with unhealthy lifestyle choices, you get further and further away from fat loss.

Based on my work with clients trying to lose weight, I have developed a list of tips to help increase metabolism in order to burn more calories each day — and finally start losing the fat.

1) Don’t starve yourself! Cutting calories too much is one of the worst things you can do to your body. Staring yourself actually causes you to lose more weight and muscle than fat. Use fitday.com to find out your daily calorie intake.

2) Eat 6-8 small meals per day with an emphasis on lean protein, fruits, and veg-

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Howie Waldstreicher is the owner of HalfHourPower in the Luxury neighborhood. He is a certi-

fied fitness trainer that specializes in 30 minute workouts for busy active people. For more informa-
tion visit www.halfhourpower.com. He can be reached at howard@halfhourpower.com or 720-
985-8902.

by your metabolism, studies indicate they may help prevent decreases — and they are the two of the healthiest beverages.

9) Stick to a consistent sleep schedule. Don’t stay up all night and, if possible, avoid working after-noon and overnight shifts. If you must do shiftwork, stick to the rest of these principles as strongly as possible.

If your metabolism has slowed down due to improper dieting or lifestyle, following these recom-

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lism, which will put you on the road to losing fat.

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Howie Waldstreicher is the owner of HalfHourPower in the Luxury neighborhood. He is a certi-

fied fitness trainer that specializes in 30 minute workouts for busy active people. For more informa-
tion visit www.halfhourpower.com. He can be reached at howard@halfhourpower.com or 720-
985-8902.

by your metabolism, studies indicate they may help prevent decreases — and they are the two of the healthiest beverages.

9) Stick to a consistent sleep schedule. Don’t stay up all night and, if possible, avoid working after-

noon and overnight shifts. If you must do shiftwork, stick to the rest of these principles as strongly as possible.

If your metabolism has slowed down due to improper dieting or lifestyle, following these recom-

mendations will help correct your metabo-

lism, which will put you on the road to losing fat.

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lism, which will put you on the road to losing fat.
Stapleton’s Block Captain Network: Keeping You Informed!

By Amanda Baldwin

Why do we need block captains in Stapleton? Having a reliable means of spreading information efficiently here in Stapleton is crucial for a number of reasons. Our neighborhood is growing rapidly and it is hard to keep up communication regarding things such as crime, community events, concerns of the residents, etc. The most common way that information is shared is by email. An email is sent to each block captain who in turn sends it on to their blocks. It is that easy to keep everyone safe and informed.

A new block captain recently shared a story at our Outreach meeting. One morning she noticed a neighbor’s garage door was left open and she could see the valuables in his garage. This seemed unusual and she felt it was left open by accident. Then she remembered that she had the neighbor’s cell phone number because she had recently gathered contact information for her block. When she called him she found out that he was at DIA about to get on a plane to go out of town. The neighbor told her how to close the garage door and was so grateful to her for caring enough to check on his home.

What are the responsibilities of a block captain? A block captain’s job is not hard and can be very rewarding! The first thing a block captain does is gather contact information for all the neighbors on his/her block and act as the communication conduit for their block to SUN. Our goal is to have every block in Stapleton neighborhood watch certified and would appreciate the block captain taking the lead in getting that accomplished. Other than that, anything additional, e.g., parties, etc. is entirely optional and will vary by block. We have a Stapleton wide block party each year in the spring where we encourage each block to plan a party so that they can get out and meet neighbors. The block captain typically makes sure that someone is planning the block party.

Outreach meetings are held on the 3rd Monday of the month in the MCA meeting room on Roslyn Street behind King Soopers. The purpose of these meetings is to get the block captains together to discuss neighborhood happenings, but we would welcome any resident who would like to attend. All the information that is discussed at the meeting should be emailed to all the residents on each block by the captain.

How do I become a block captain? If you think you would like to become your block’s captain or if you would like to learn more, please visit www.StapletonUnitedNeighbors.com where you can submit your contact information or you can contact Amanda Baldwin at (303) 601-5591.

More information: You may recall receiving a postcard in the mail regarding the block captain network here in Stapleton. Thanks so much to all of you who filled out and returned those cards. We currently have 116 block captains keep in touch with the click of a mouse! 303-320-1850 Stapleton “EXPRESS” Search View every available home in Stapleton with the click of a mouse! 303-320-1850 www.SellStapleton.com Richard Warnowski

The 2008 SUN Kickball Tournament:
Sat, Sept. 20, 10am at Our New Central Park location!

By Amanda Baldwin

Back by popular demand, the 5th annual SUN Kickball Tournament is scheduled to kick off promptly at 10 am on Saturday, September 20 at Central Park (where Beeler and MLK meet). In the past we have had as many as 250 people take part in the competitive adult tournament. There will also be an organized, fun, kid tournament to keep the youngsters busy. It’s a great opportunity to have fun, see friends, meet neighbors and enjoy a great outdoor activity.

The registration deadline is September 11. All are welcome to sign up as teams, small groups or individuals. Teams will be formed from small groups and individuals. Teams can be up to 20 people, but 5-14 players will need to be on the field and there must be at least 4 males and 4 females playing at all times per team. There will be a team / individual registration fee this year: $50 per team or individuals is $5 per person. The fee will help offset costs for the event. All paid registrants will receive a 2008 SUN Kickball Tournament t-shirt.

There is a limit of 16 teams, so be sure to register early to secure your spot. Kid’s teams (free) will be formed the day of the event and we will have other entertainment for the kids including a bounce castle.

To register, please go to www.StapletonKickball.com and complete the online registration form or contact Amanda Baldwin at 303-601-5591.

Refreshments will be provided for players and spectators by many local Stapleton restaurants and businesses. If you are interested in becoming a sponsor of this event, please contact Amanda Baldwin at 303-601-5591.

Front Porch Advertising

EMAIL: Advertising@fineprintco.com
CALL: 303-333-0257 or 303-526-1969
VISIT: www.StapletonFrontPorch.com and complete the online registration form or contact Amanda Baldwin at 303-601-5591.

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.

Stapleton Community Room, 2823 Roslyn Street.
The SUN Board meets at 6:30pm on the 4th Thursday of every month at the Stapleton Community Room, 2823 Roslyn Street.
The SUN Board meets at 6:30pm on the 4th Thursday of every month at the Stapleton Community Room, 2823 Roslyn Street.
The Stapleton MCA is seeking a qualified individual to operate all three pool facilities we will have through August. If we are unable to retain sufficient staff to operate all three pools, we will close one pool for the season. Staff to operate all three pool facilities must have sufficient guards on deck at all times. At no time are we able to operate with children under 15 years of age in the pool unless accompanied by an adult 18 years or older and a life guard is present.

Applications are being accepted for the position of Aquatics and Recreation Director. The ideal candidate will possess the following qualifications:

- 5 years of experience in Aquatics and Recreation programs, events and public facilities maintenance.
- A passion for creating opportunities for individuals to enjoy aquatic experiences and to remain fit.
- Outstanding organizational/programming skills.
- Experience in management, budgeting, and evaluation.
- Excellent communication and customer service skills.
- Strong collaboration and problem-solving abilities.

Please submit applications via email to info@stapletonmca.com. Interviews with qualified candidates may take place in mid-August.

For More Information

The Stapleton MCA is a 501(c) 4 Non Profit Community Development Organization whose mission is to create and sustain a sense of water conservation. The Stapleton pools are public facilities and must have sufficient guards on deck at all times. At no time are we able to operate with children under 15 years of age in the pool unless accompanied by an adult 18 years or older and a life guard is present.
Hickenlooper Says City Prepared for DNC
By Tom Gleason
Denver Mayor John Hickenlooper has provided the following information to reassure Denver residents and businesses that the City is preparing adequately for the transportation and security demands posed by the Democratic National Convention that will be held in Denver August 23rd – August 28th.

Number of Visitors: As many as 50,000 visitors are expected (including 15,000 members of the media), which is less than the number of people that come downtown for Rockies Opening Day or for a Broncos game. Downtown restaurants will be open for business – and should be able to easily accommodate local diners as activity on the Convention floor takes place between 4 p.m. and 9 p.m.

Street, Residential and Commercial Access: The Pepsi Center’s location (the site of the convention) in the Platte Valley will minimize transportation- and security-related impacts on Downtown. Downtown residents will be able to access their homes and parking garages and Downtown businesses will be able to remain open with access to employees and customers. Downtown workers should not have difficulties getting to or leaving work, particularly since the main hours of Pepsi Center activity (4 p.m. to 9 p.m.) do not correspond with standard morning or evening commute times.

Security: Mayor Hickenlooper stressed that one of the City’s top priorities will be to keep Denver “open for business.” He said the City does not intend to impact public access any more than necessary during the Convention. Updated information will be disseminated as soon as it is available.

City is Open for Business: City offices and facilities will be open and operational during the Convention week, and no interruptions to City services are anticipated. The City will be engaging law enforcement officers from neighboring jurisdictions to assist during the Convention in order to have the staffing to cover Convention-related security needs as well as the City of Denver’s standard operational and safety needs.

Community Involvement: Information on Cinemocracy (public short-film competition about democracy), America Live and In Person (public multi-media competition about America), and Dialog City (site-specific public art exhibitions designed to encourage civic engagement) – and how to participate – are all available at www.denverconvention2008.com.


Jon and Michelle Lindblom: We aren’t into the political scene that heavily, but we are very excited to have the Democratic National Convention here in Denver. We look forward to partaking, or at least observing, some of the unique opportunities related to the convention.

As far as the parades, we’d be interested in attending some of those. It’s intriguing to see people with strong political views and hear what they have to say about the issues they care so deeply about.

If we could go to Obama’s acceptance speech we would. This has been a landmark year for the democrats and hopefully it will be the beginning of much-needed change in our country.

Roy Logan: I would like to participate in the Democratic convention. Also the March of
Matt and Julie Ball: It’s an exciting time in our country, with a historic candidate for president and a pent-up demand for change. Having the convention in our city is a great spotlight for our city’s progressive policies, and great exposure to change. Having the convention in our city is a great spotlight for our city’s progressive policies, and great exposure to change.

During convention week, August 25–28, the public is welcome to attend daily caucus meetings from 10 a.m. to 2 p.m. at the Colorado Convention Center.

Each convention day, there will be a parade by seven permitted organizations. The parades will be from 11 a.m. to 3 p.m. According to the City of Denver, the Designated Parade Route will start on the north side of Colfax Avenue in the westbound traffic lanes at Bannock Street. Parade members will move west toward Speer Boulevard and turn north on the southbound lanes of Speer Boulevard to Larimer Street.

The end of the parade route will be within walking distance of the Pepsi Center parking lot, which is within sight and sound of convention delegates entering the Pepsi Center. The public is welcome to attend the demonstrations, whether or not they choose to participate in a march.

The parade schedule is:

- Monday, August 25 – Recreate 68
- Tuesday, August 26 – Recreate 68, We Are America: Immigration Rights March, We Are Change Colorado, and Citizens for Obama March for Democracy.
- Wednesday, August 27 – Recreate 68, Citizens for Obama, March For Democracy, and Tent State University.
- Thursday, August 28 – Recreate 68, Americans for Safe Access, Citizens for Obama, March for Democracy, Protect Colorad0’s Future.
- Recreate 68 is a reference to the 1968 National Democratic Convention that was held in Chicago during the time of the Vietnam War. Protests and demonstrations resulted in some 100 police officers and 100 demonstrators injured and more than 500 arrests. The Recreate 68 website, www.Recreate68.org says they are grassroots folks “who are tired of being sold out by the Democratic Party.”
- Tent State University, at www.tentstate.com, believes “education is not equally distributed.” It also has an antiwar project to develop grassroots ways to organize against war.
- Americans for Safe Access, at www.safecessnow.org, “promote safe and legal access to cannabis for therapeutic use and research.”
- Protect Colorado’s Future, at www.protectcoloradosfuture.org, is a group of Coloradans “who work on… creating good jobs and providing access to affordable health care.”

We Are Change Colorado is at www.wearechange.org.

The Barak Obama website is at www.barakobama.com.


Democratic Party convention delegates will formally nominate their party’s presidential candidate, Barak Obama, on Thursday, August 28, at Invesco Field. Democratic Party officials say there will be some tickets available to the public as “community credentials.” However, at press time, no method for ticket distribution had been approved. People interested in attending the event were recommended to go to www.Demconvention.com and click on “Throwing Open the Doors” fill in your name, e-mail address and zip code to receive information about getting tickets, or go to www.Coloradodems.org to fillout a form online. When ticket details are available, the information will be e-mailed. Having provided contact information does not guarantee that you will receive tickets, however.
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