

Front Porch

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

DENVER, COLORADO

STAPLETON

MARCH 2009



Photo courtesy of Nature Rangers Camp.

Choosing A Summer Camp for Your Kids

Kids at Nature Rangers summer day camp are dip-netting from the floating bridge on Lake Mary at the Rocky Mountain Arsenal National Wildlife Refuge just north of Stapleton.

For many, summer camp evokes visions of crafts, sports and games with a group of kids excited about being outdoors and active after a year in the classroom. For those who live in northeast Denver, a number of those active outdoor

campers can be found close to home, but a wide range of other options are also available nearby. The Front Porch has identified 52 camps for children of all ages including: art, theatre, science, plants, animals, business, financial education,

chess, foreign languages, and a camp for children with disabilities. Sports camps include: golf, gymnastics, hockey, horseback riding, ice skating, karate, soccer, and speed training.

We welcome readers' submissions about additional local camps, which will be printed in upcoming issues. Our 2009 Summer Camp list begins on page 25.

Local Community Colleges Offer Training for Jobs of the Future

By Kathy Epperson

Photo courtesy of Front Range Community College.

The recent spate of job losses nationwide has sparked an interest in adult education as a means of honing existing skills or starting down a new career path. The Front Porch spoke with three local community colleges – Front Range Community College, Community College of Denver, and Aurora Community College – to learn more about what changes they've seen in enrollment and how they've been working



Front Range Community College students train for Emergency Medical Services certification.

with workforce development partners to forecast areas of job growth and help area residents adjust to the times.

What kinds of changes have you seen in enrollment or program inquiries since the beginning of the economic downturn?

Front Range: At the Westminster Campus, we've had about a 14% increase in enrollment in the last year for campus classes, and a slightly larger increase in online class enrollments. (continued on page 30)

Dancer Follows Irish Heritage

By Nancy Burkhart

When her grandmother and her aunts grew up with Irish dancing, what is a 10-year-old girl most likely to do with her spare time?

Nora Nix, a fifth-grader at Bill Roberts, has followed her family heritage. She has been taking lessons in Irish dance for nearly two years, and already does both soft shoe and hard shoe dancing, according to her mother, Jennifer Nix.

Irish dances include the jig, reel and horn pipe. Some believe that Irish dancing is a bit harder to do than most types of dancing because the dancer doesn't move his or her arms at all. They (continued on page 16)



Nora Nix, 10, shows off her Irish dancing skills to her mom, Jennifer, her brother Liam, 7, and little sister Tess, 2, on the front porch of their Stapleton home. Irish dancing is difficult because the arms must remain straight at the dancer's sides.



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

Late afternoon sun casts long shadows in Stapleton's Greenway Park.



CALENDAR

Events in or near Stapleton that are free and open to the public or are charitable fundraisers. Additional events are listed on page 13.

— Save the Date — Stapleton Public Forum Thursday, May 7 Update on development at Stapleton

7 - 8:30pm (doors open at 6:30)
Denver School of Science & Technology
Middle School, 2000 Valentia St
Cosponsored by: Stapleton United Neighbors,
Stapleton Citizens Advisory Board,
Forest City Stapleton, Inc.

MARCH

1st, 3rd, & 5th Fridays

Mothers of Preschoolers (MOPS) 0-6 years old
9 - 11:30am Corona Presbyterian Church, 1205 E
8th Ave., 303-832-2297, www.mops.org.

Tuesday, March 3

Free — 4-8pm at The Children's Museum
2121 Children's Museum Drive
303- 433-7444 or www.childrensmuseums.org.

Saturday, March 7

SCFD Free Day — Denver Art Museum

Saturday, March 7

Active Minds — Buddhism
2 — 3pm, Commerce City Library,
7185 Monaco, Commerce City
www.ActiveMindsForLife.com
RSVP: 303-287-0063

Monday, March 9

Stapleton New Resident Orientation
Please call or email to RSVP
303.388.0724
info@stapletoncommunity.com

Tuesday, March 10

Free, Active Minds — The Financial Meltdown
Origins of the current situation will be explained
and proposed remedies of the new Obama admin-
istration will be examined. 12:30-1:30 pm
Tattered Cover, 2526 E Colfax
www.activemindsforlife.com

Saturday, March 14

Denver St. Patrick's Day Parade — starts 10am
http://www.countingpix.com/id1.html

Saturday, March 14

Arthritis Answers: What's New in Rheumatology
Treatment, National Jewish Health, Molly Blank
Conference Center 8:15 a.m.
Continental breakfast, registration required
Call 303-756-8622.

MARCH

Saturday, March 14

Free! Bladium Kids Fest, 11am-2pm.
Fun for kids and families
Bladium, 2400 Central Park Blvd.
(303)320-3033
denverkids@bladium.com

Sunday, March 15

Schlessman Library Author Reading & Signing
—Arnold Grossman, author of three novels
and a nonfiction book about gun violence,
One Nation Under Guns. 2pm
1st & Quebec, Lowry.

Monday, March 16

SCFD Free Day — Denver Botanic Gardens

Wednesday, March 18

SCFD Free Day— Denver Museum of Nature
and Science

Thursday, March 19

SCFD Free Day, Denver Center for the
Performing Arts
August Wilson's Radio Golf ,Available the day
of the event at the theatre box office only
Box Office opens at 4:30 (lines form earlier);
No reservations; First-come, first-served;
One ticket per person; Seating is General Ad-
mission; No children under six; House opens
½ hour before curtain. 1101 13th St., Denver
303.893.4100

Tuesday, March 24

Free, Active Minds — Somalia: Piracy and
Anarchy. 5:30-6:30 pm
Tattered Cover, 2526 E Colfax
www.activemindsforlife.com

Wednesday, March 25

Free, Active Minds — Ukraine at a Tipping
Point. Since independence, Ukraine has
aligned more with the west, resulting in esca-
lating tension between ethnic Russians and
Ukrainians. 1:00-2:00 pm,
Generations at Lowry, 8505 Lowry Blvd
RSVP 303-364-8500
www.activemindsforlife.com

Thursday, March 26

SCFD Free Day — Denver Center for the
Performing Arts - A Prayer for Owen Meany
(see free day info at March 19th listing)

Sunday, March 29

Schlessman Library Author Reading & Signing
Stapleton resident Charlene Porter's novel
Boldfaced Lies: A Novel Inspired by True Sto-
ries of the Real American West, is about the
KKK in 1925 in Denver. 2pm
Free, 1st & Quebec, Lowry.

APRIL

Sunday, April 5

Hopscotch Hustle fashion show, a fundraiser
for WeeCycle Colorado, 2-5 pm (see p. 14)

(See page 14 for recurring monthly events and meetings)

Casey's

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Nightly dinner specials & kids eat free all day Sunday



The place to be on St. Patrick's day

Festivities start March 12 with Irish Trivia and continues
through the weekend with Irish dancers, bagpipers, a
tented patio and giveaways through St. Pats day.



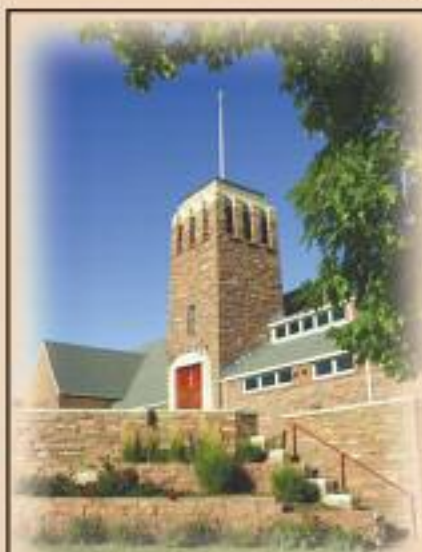
FREE Entree

Buy one entree and get a second of equal or lesser value free.
Offer good Monday through Thursday.
Cannot be used with any other coupon, discount or offer.

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Messiah Community Church, ELCA

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**Lenten Services every
Wednesday at 11:30 a.m.
and 6:30 p.m. beginning
Feb. 25, Ash Wednesday.
Our 6:30 gatherings will be
in the Taize-style of
contemplative service.**

Faith Adventures

Questioning Faith? This new
program for the 2009 Lenten
season invites conversation
about life and faith. It's for
believers with questions,
doubters, seekers from all areas
of society, cradle Christians or
agnostics. We won't provide
easy answers, but we want to be
in the midst of conversation
about the mysteries of faith and
life. The Thursday night,
six-week schedule for the fun,
informal and informative class is:
Feb. 26, March 5, 12, 19, 26 and
Apr. 2. This series discusses
how the Bible can be relevant in
the 21st Century. The program
begins at 6:00 p.m. Drop in for
one or all sessions!

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Sunday worship: 8:00 and
10:30 a.m. Sunday School and
Adult Forum at 9:15 a.m.



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Denver, CO 80220
303-355-4471
www.messiahdenver.org

The Front Porch welcomes
submissions of upcoming local events
(deadline is the 15th) and
story ideas for future issues.
Email TGleason@StapletonDenver.com
or Carol@FinePrintCo.com

EDITOR: Tom Gleason 303-382-1800
PRODUCTION by FinePrint
303-526-1969 FrontPorch@fineprintco.com
MANAGING EDITOR: Carol Roberts
PHOTO EDITOR & PHOTOGRAPHER: Steve Larson
FEATURES WRITER: Nancy Burkhart
AD SALES: Karissa McGlynn 303-333-0257

Front Porch

www.FrontPorchStapleton.com

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free paper is distributed during the first week of each
month to homes and businesses in Stapleton, Park Hill,
Lowry, Montclair and Mayfair.

Good karma has an address. And you get to pick your new neighbor.



The Stapleton Referral Program is designed for Stapleton residents who encourage friends and family to move to Stapleton and help make their community feel a little bit closer. Plus, it's a chance for residents to receive **\$500 cash** and be entered to win a **Vespa LX 150 Scooter** from Erico Motorsports.

So you might be torn between treating yourself to a shopping spree or putting the money toward throwing your new neighbors the best housewarming party on the block. Not to mention that you could also end up being the lucky one cruising through the community on your new Vespa.

It's just one small way Stapleton is looking out for the neighborhood.

Here's how it works.

1. You (the Referrer) refer a friend, relative or business associate (the Referral) to a Stapleton Homebuilder.
2. Your Referral registers your name as the Referrer, on the first visit with the Stapleton Homebuilder sales representative.
3. Your Referral purchases a new Stapleton home between January 1, 2009 and June 30, 2009.
4. Forest City Stapleton will give you (the Referrer) \$500 cash within 45 days of the Referral home closing.
5. You (the Referrer) will be entered into a random drawing to win a free Vespa LX 150 Scooter from Erico Motorsports (\$4,500 value)- along with a free Cyber helmet.

Referral Name		Referred by	
Address		Address	
City	State	City	State
Zip	Phone	Zip	Phone



So go ahead! Tell your soon-to-be neighbor about why you chose Stapleton. And while you're at it... tell them to see for themselves at live.stapletondenver.com.

FORESTCITY

Brought to you by Forest City Stapleton and Erico Motorsports.

Vespa® and Piaggio® are U.S. and Worldwide Registered Trademarks of Piaggio Group. Obey local traffic safety laws and always wear a helmet, appropriate eyewear and proper apparel.



Rules:

- The Referral must be hand written on this ad (see form above), and contain the name, address and phone number of both the Referral (your friend) and the Referrer (You). Referral must be accompanied by this ad and presented to a Stapleton Homebuilder sales representative on the FIRST visit to a Stapleton Homebuilder.
- No more than one Referral, per person in a calendar month without written permission from Forest City Stapleton, Inc.
- No Realtor Referrals are permitted for this Program.
- Forest City Stapleton will provide the \$500 cash within 45 days of the Referral home closing.
- Referral Program does not apply to resale homes. The Program only applies to new home sales with Stapleton Homebuilders.
- If multiple people refer a person, the ad/flyer with the earliest dated postmark (or earliest date received by Stapleton Homebuilder sales representative) will determine who receives the \$500 cash and who will be entered in the drawing for the free Vespa LX 150 Scooter from Erico Motorsports.
- In compliance with the IRS guidelines, any taxable income and sales tax is required to be paid under this Program and is the sole responsibility of the receiving party.
- Referral Program begins on January 1, 2009 and expires on June 30, 2009.
- Scooter winner will be announced on July 6, 2009.
- Scooter winner will be required to sign a release form with additional terms to claim the free Vespa LX 150 Scooter from Erico Motorsports.



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New Perspective REAL ESTATE

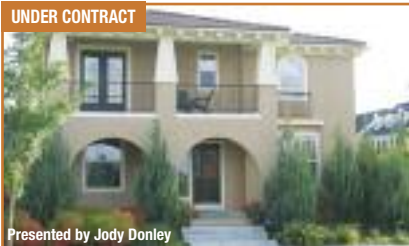
NEW LISTING



Presented by Jody Donley

5 Bedrooms, 5 Baths. Prime Stapleton Location. Gorgeous finishes and landscaping. Each room is a work of art! Over 4000 Finished Square Feet! 2813 Spruce Street. \$649,900

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Presented by Jody Donley

Under Contract in 5 days! 4 Bedrooms. 2.5 Baths. Corner lot across from Greenway Park. 2702 Square Feet. 9008 E. 25th Drive. \$549,900

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4 Bedrooms, 3.5 Baths. Uniquely situated directly on Aviator Park and Pool. Over 2800 Fin. Sq. Ft. 2746 Tamarac St. \$469,000

NEW LISTING



Presented by Melinda Howlett

3 Bedrooms, 2.5 Baths. Main floor master with endless upgrades. 1800 sq. ft. + 1100 sq. ft. unfin. bsmt. 2361 Alton St. \$409,000



Presented by Melinda Howlett

Charming Wonderland Ranch. Beautiful finishes and stunning upgrades. 1185 Square Feet. 2822 Clinton Way. \$349,000

NEW LISTING



Presented by Jody Donley

3 Bedrooms, 2.5 Baths. Huge Corner lot. Walk to pool and park. Over 2750 Finished Square Feet. 7904 E. 28th Ave. \$489,900

UNDER CONTRACT



Presented by Jaryd Takushi

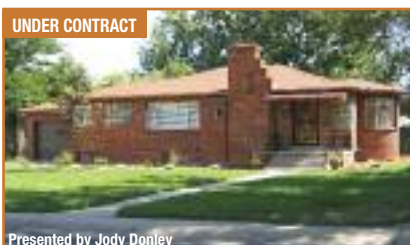
\$50,000 Price Drop! Finished basement. Move-in condition. 3164 finished square feet. 2534 Akron Street. \$439,900



Presented by Melinda Howlett

3 Bedrooms. 2.5 Baths. McStain Brownstone 1 block from Central Park. 1642 Square Feet. 8939 E. 29th Avenue. \$375,000

UNDER CONTRACT



Presented by Jody Donley

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We eat, breathe, and sleep Stapleton.

Stapleton Resident Helped Lure Stimulus Signing to Denver

Photo courtesy of Denver Museum of Nature and Science



The Denver Museum of Nature and Science has the second largest solar array in the state. Stapleton resident and electrical engineer Dave Noel, as Vice President for Operations and Technology, brought the museum's project to fruition.

By Nancy Burkhart

Thanks to the work of Stapleton resident Dave Noel, President Barack Obama last month used the Denver Museum of Nature and Science as the site for the signing of the Stimulus Bill.

Noel is vice-president of operations at the Museum of Nature and Science. His wife, Kathy, is a substitute teacher at the Odyssey School at Stapleton and works with teachers in training at The Friends School in Boulder. They were Park Hill residents for 30 years and last summer moved to Stapleton to "downsize" after raising two daughters and a son.

The Obama Administration "probably" chose the museum for the bill's signing because of the museum's connection with the Boulder-based solar electric company, Namaste Solar Electric, Noel said.

The museum's solar array is referred to as a photovoltaic array or PV panels or solar panels, he said.

"We were a great venue to present alternative energy," Noel said. "It's part of our mission. The whole reason is that we're a science education center as well as a museum, and we're a big proponent of climate-changing alternative energy and what we as a public can do."

"It's not enough for us to preach it without doing it ourselves," he added. "For us to install a large array and have it working as a demonstration environment is one step in our plan to reduce energy consumption at the museum and create a demonstration environment so that we can teach it to both adults and children."

"We worked hard to create a reputation that we're green and progressive and moving ahead and want to create the correct atmosphere for science and learning. It's a great feeling that the president knows that we're doing

this. He said to me that it's a great institution and he thought we were doing some great things. It was pretty fun," Noel said.

The solar array is only part of an alternative energy plan at the museum.

"The real message here is that this is one step," Noel said. "We've got a very aggressive energy reduction and energy audit going on in the museum now. We're designing a 100,000 sq. ft. addition to the museum which includes a 60,000 sq. ft. collection storage facility, as well as a science education facility. The whole wing is intended to be 50 percent more energy-efficient and have a zero carbon footprint."

As we power it and heat it and cool it, the energy we use can't produce carbon. We're not going to be able to heat the building with gas-fired boilers. We have a number of alternatives that we're considering."

To see how the museum's solar power is working on both a sunny day and a cloudy day and to learn what the array is producing every hour for the last week, month or year, go to the museum's website, www.dmns.org. Click on "About Us" and then "Solar Power."

The museum's solar array produces enough electricity to power 25 homes in the Denver area, Noel said. However, that is only about 3 to 5 percent of the museum's electricity. Therefore, other alternative energy opportunities are being considered, he said.

Noel advises other museums and non-profits about doing similar installations.

"The economics of an installation like that are tough," he explained. "Non-profits can't take advantage of state and federal tax advantages. We talk about ways to finance."

Contact Dave Noel at dave.noel@dmns.org. For information on the Denver Museum of Nature and Science, visit www.dmns.org.



Stapleton resident Dave Noel oversaw the entire project that resulted in 465 photo voltaic panels on the roof of the Denver Museum of Nature and Science.

YOUR NEIGHBORHOOD COLORADO RAPIDS KICK OFF THEIR 2009 SEASON THIS MONTH!



EXPERIENCE THE WORLD'S GAME

2009 RAPIDS HOME GAMES

Day	Date	Opponent	Time	Promotions
Saturday	March 28	Kansas City Wizards	7:30pm	Family Nite: 4 Tickets, 4 Pizzas, 4 Cokes for \$69!
Saturday	April 25	Los Angeles Galaxy	7:30pm	Family Nite: 4 Tickets, 4 Hot Dogs, 4 Cokes for \$69!
Saturday	May 2	Real Salt Lake	7:30pm	Family Nite: 4 Tickets, 4 Hot Dogs, 4 Cokes for \$69!
Saturday	May 23	Seattle Sounders	7:30pm	Asian-Pacific Heritage Night!
Saturday	June 20	DC United	7:30pm	Doubleheader with Women's Teams!
Wednesday	June 24	FC Dallas	7:30pm	Family Nite: 4 Tickets, 4 Hot Dogs, 4 Cokes for \$69!
Saturday	July 4	Chicago Fire	7:00pm	Colorado's Biggest 4th of July Celebration!
Saturday	July 11	FC Dallas	7:30pm	Family Nite: 4 Tickets, 4 Pizzas, 4 Cokes for \$69!
Saturday	July 25	New York Red Bulls	7:30pm	Family Nite: 4 Tickets, 4 Hot Dogs, 4 Cokes for \$69!
Saturday	Aug. 1	Columbus Crew	7:30pm	Family Nite: 4 Tickets, 4 Pizzas, 4 Cokes for \$69!
Saturday	Aug. 8	Chivas USA	7:30pm	Hispanic Heritage Nite!
Sunday	Aug. 30	Houston Dynamo	1:00pm	Dog Days of August!
Saturday	Sept. 5	Toronto FC	8:00pm	Family Nite: 4 Tickets, 4 Pizzas, 4 Cokes for \$69!
Wednesday	Sept. 23	San Jose Earthquakes	7:30pm	Rapids Oktoberfest Celebration!
Saturday	Oct. 3	New England Revolution	7:00pm	Fan Appreciation Night!

All times are Mountain and subject to change.

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How the Recovery Act Stands to Benefit Colorado

Information courtesy of Colorado House Speaker Terrance Carroll and provided by the The Colorado Fiscal Policy Institute



Terrance Carroll

The President's stimulus bill will provide immediate relief for Colorado families. With just over \$2.8 billion coming to the state, we will see the creation of thousands of new jobs, investments in public education and increased assistance for our most vulnerable people. Although it is still too early to know exactly where all the money will go, here is a preliminary break-down:

Roughly \$752 million will go to building schools, retaining teachers, and improving technology in the classroom. Healthcare and human service programs, which have seen their budgets slashed, will be infused with much-needed funding. In addition, Colorado will receive \$280 million for Title 1 assistance to disadvantaged students and \$154 million for special education programs.

At \$880 million, Medicaid assistance is the largest single expenditure in Colorado's stimulus funds. Medicaid provides necessary healthcare to low-income people, and the federal government matches the amount of money the state spends.

More people will be eligible for food stamps, including legal immigrant families. Each dollar in food stamps generates \$1.71 in economic activity.

Approximately \$15 million will be used to assist families who have lost their homes, homelessness prevention programs and shelters. Additional funds may be used to build affordable housing.

Colorado will gain \$24 million in Child Care and Development Block Grant Funds, which will help subsidize child care for children in low-income working families and low-income families with parents in job retraining or education. An additional \$8.1 million will go to Head Start programs.

Colorado stands to receive more than \$507 million for infrastructure and transportation spending. The funds will go towards highway and bridge repair and construction, as well as new projects in public transportation, such as busing and rail programs.

Colorado will see approximately \$200 million for renewable energy and efficiency projects, putting thousands to work. Over \$43 million will be used for worker support, training, and aid to dislocated workers.

Tax Credits and Income Assistance

The "Making Work Pay Tax Credit" is the backbone of the tax assistance portion of the stimulus package, and functions as a refundable tax credit of up to \$400 for any individual or \$800 for any family. This tax credit will provide needed tax relief for those without children who do not qualify for the Earned Income Tax Credit.

The Child Tax Credit will be expanded, benefiting over 191,000 children in Colorado. Any family that makes over \$16,333 in a year will receive the full \$1,000 refundable tax credit, and any family making more than \$3,000 in a year is eligible for a partial tax credit.

More than 58,000 families will receive help from Supplemental Security Income, a program that provides income assistance and security for people with disabilities and the elderly. The stimulus will provide those who already receive SSI assistance with a one-time benefit increase of \$450 for individuals, or \$630 for couples.

For all individuals receiving unemployment, benefits will increase by \$25 per week.

Finally, the stimulus package included the Unemployment Insurance Modernization Act, which provides funds to close major gaps in the unemployment insurance system. Colorado will receive almost \$9 million to better serve unemployed workers.

Stimulus spending can be tracked at Colorado.gov/recovery. Information on the Colorado Fiscal Policy Institute is available at www.cclponline.org.

Terrance Carroll represents District 7, which encompasses all of Stapleton, parts of Park Hill, Montclair, and East Colfax, and Montbello and Green Valley Ranch. Speaker Carroll can be reached at 303-866-2346 or terrance.carroll.house@state.co.us

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Central Park Boulevard Interchange a Candidate for Stimulus Funds

By John S. Lehigh

When the citizens of neighborhoods in Denver, Aurora and Commerce City participated in the creation of the plan for redeveloping the former Stapleton International Airport, they envisioned a mixed-use urban community that would be connected as “seamlessly” as possible to its neighbors. One means for establishing those connections was the extension of the local and regional street grid to enable Stapleton’s neighbors to have easy access to the new jobs, retail, parks and schools that have been created on the former airport since the redevelopment began in May 2001.

One of the most important connections in that street grid is the arterial known as Central Park Boulevard, which is designed to connect Stapleton north and south of Interstate 70 via a new interchange proposed to be located just to the east of the Cargo Road overpass that once served the old airport. For the past several years, Stapleton’s master developer, Forest City, Stapleton, Inc., has been working with Colorado’s Congressional Delegation, the City and County of Denver, the Federal Highways Administration and the Colorado Department of Transportation to secure the necessary approvals and financing for that new interchange, which is now a candidate to receive funding under the federal stimulus package.

This new interchange is critical to maximize the full potential of Stapleton, one of the nation’s most ambitious urban infill developments. Between 2001 and 2006, the redevelopment of Stapleton

provided the seven-county Metro Denver region with a \$5.7 billion economic and fiscal impact, according to a study completed by Development Research Partners in September 2006. Based on a 20-year build out, that study projected that the redevelopment of Stapleton has the potential to generate \$36.3 billion in economic and fiscal impact for the Metro Denver region.

Funding for this new interchange, which is projected to cost \$50 million, will immediately create over 1000 construction jobs and be the impetus to creating thousands of new permanent jobs in Colorado because it would provide the critical access to develop 400 acres of commercial land and 4000 residential units north of Interstate 70. The interchange would also help the region address the transportation improvements state and federal officials are likely to propose for the I-70 corridor. The design of the regional roadway system that connects to the interchange is already underway and construction of that system will be funded separately by the Park Creek Metropolitan District.

City officials have already begun the contractor selection process for the Central Park Boulevard Interchange, and construction is scheduled to start this summer, with the opening of at least the first phase of the interchange projected for late 2010. At a time when our nation is focused on efforts to stimulate the economy, securing federal stimulus funding for the construction of the Central Park Boulevard Interchange will not only provide immediate jobs, but also address the regional infrastructure improvements we need to build a strong economy for the future.

John Lehigh is President of Forest City Stapleton, Inc.

Stapleton Library Update

By Shirley Amore

As a result of the Infrastructure Bond Program that Denver voters approved in November 2007, the Denver Public Library will be building three new libraries and renovating and repairing its current 23 facilities. The new libraries will be built over the next few years in Green Valley Ranch, the Westside along the West Colfax corridor and Stapleton.

The Denver Public Library Commission looked at three possible sites for the new branch library to serve the Stapleton area: Central Park Blvd and Xanthia Way, the Eastbridge Town Center and the current Town Center on 29th Avenue and preferred the Central Park Blvd site.

The Library has worked with SUN to gather feedback from neighborhood residents about the library site. The feedback indicates that the majority of Stapleton residents agree with the Library Commission that the Central Park Blvd site is the best site for the new 28,000 square foot library. The Library Commission is proceeding with negotiations with Forest City to acquire land at the Central Park Boulevard site.

The Library Commission selected the Central Park Blvd site for a number of reasons. They deemed the Eastbridge Town Center site too remote for much of the service area which extends beyond Stapleton to include the neighborhoods south of Montview and the 29th Avenue Town Center site too small (27,000 square feet).

The Library Commission does not want to repeat the mistakes of the Schlessman Family Branch in Lowry: an undersized, land-locked footprint with no room for expansion and severely limited parking. The Town Center site would force the library to go vertical increasing construction costs. The

increased staffing for a second floor creates permanent higher operating costs and could result in fewer hours of operation especially in tough economic times. A two-story structure also negatively impacts the layout and flow of services within the building.

The Central Park Boulevard site is larger (2.79 acres) and allows for a more desirable single story building with greater parking availability. A single story library is less expensive to operate and provides a more customer-friendly layout. The proximity to neighborhood schools allows children to walk to the library for class visits and after school programs. The co-location of the library with the schools creates an education campus and encourages greater use of the library by students and parents. Central Park Boulevard is more accessible to the community south of Stapleton. This site would fill a gap in Library service and encourage further retail development in the surrounding neighborhood.

After the land is acquired, the Library will select an architect to design the building. Additional public input will be gathered to inform the design of the building and the services offered. Public safety and environmental impact will be high priorities. All City buildings including the new library are required to meet at least LEED Silver certification.

Bond funds approved by voters will cover \$12 million per location. Additional funding from grants and donations will be sought to fund enhancements to the basic designs.

The anticipated opening for the new branch is late 2011.

Shirley Amore is the City Librarian for Denver Public Library. She can be reached at samore@denverlibrary.org.

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Dry Cleaning Family Brings Experience to Stapleton



Cindy Shin, owner and manager of Stapleton Cleaners located in the storage facility on Martin Luther King Blvd. All the cleaning is done on the premises.

By Nancy Burkhardt

Cindy and In Sup Shin have brought their 20 years of experience in dry cleaning to Stapleton with the opening of Stapleton Dry Cleaners in the Extra Space Storage Building, located on Martin Luther King Blvd. east of Roslyn Street.

Dry cleaning has been a family business for the Shins, according to their daughter, Becky, 23, who helps out at the Stapleton facility. Her aunt also runs a dry cleaning establishment in Littleton.

"We have new computers to control eco-friendly dry cleaning machines," Becky explained. "We do clothes, household goods and any other dry cleaning items. We perform alterations

and do free button replacements. All our services are performed on-site. It all is done in this building."

Because all the work is done on location, Stapleton Dry Cleaners offers same-day service. When items to be cleaned are dropped off by 10 a.m. they can be picked up at 5 p.m. Business hours are 7 a.m. to 7 p.m. Monday through Friday and 8 a.m. to 5 p.m. Saturday.

Stapleton Dry Cleaners is offering a 20% discount on all dry cleaning through the end of April to celebrate the shop's opening.

The Shins stress that their work is eco-friendly and that their facility is compliant with all Environmental Protection Agency regulations.

"My mom wants me to say that we promise high quality, good prices, complete cus-

tomers satisfaction and friendly service," Becky added. "Quality is Number 1 for us. And lots of cleaners can't compete with our prices. Since we service all the clothes in our shop here, we're going to give more attention to them. We care. We can pay attention to every little detail."

The Shins immigrated to the United States from South Korea in 1986.

"They wanted a better life," Becky explained.

Cindy has been a U.S. citizen for 15 years. Becky got her citizenship when she turned 18 years old.

But In Sup just received his citizenship last month.

The family moved to Denver in 1987.

"Colorado was their first choice," Becky said.

All customers at the Stapleton Dry Cleaners will meet Cindy when they drop off their dry cleaning items.

"My parents practically live here at the shop," Becky said. "My mom sits at the front desk. She tries to get to know people."

Contact Stapleton Dry Cleaners at 303-333-4311.

To inquire about retail space at the Extra Space Storage Building where Stapleton Cleaners is located call 303-572-7700.

Acupuncture:



At Community Acupuncture, treatment takes place in a room with 3-5 comfortable recliners. The atmosphere is calm and soothing with low lights and music. The acupuncturist speaks in a

By Nancy Burkhardt

For more than 2,000 years the Chinese have used acupuncture, the insertion of needles through the skin, to heal by stimulating the movement of energy throughout the body. Helen Castro and Amy Rishe have opened the Community Acupuncture and Chinese Medicine Clinic at 1454 Newport St., #2, to continue this healing tradition.

Both Castro and Rishe earned Masters of Science degrees in Traditional Chinese Medicine from the Colorado School of Traditional Chinese Medicine. They completed internships at Heilongjiang Hospital in Harbin, China.

The acupuncturists have brought community acupuncture to Denver. The procedure is done in a room with three to five comfortable recliners for patients in a

Front Porch

Dining Guide

Average entree:

\$ - less than \$10

\$\$ - \$10 to \$15

\$\$\$ - over \$15

*-Family friendly

Meals served:

B-Breakfast

L-Lunch

D-Dinner

American

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303.321.4010 Serving refined comfort food in a comfortable & relaxed atmosphere. Visit www.theberkshirerestaurant.com. \$\$, LD, *

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720.974.7350 Neighborhood Irish Bistro. Twice daily happy hour. Every Sunday kids eat free. \$\$, LD, *

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The Copper Canyon Grill

(at Renaissance Denver Hotel) - Stapleton
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Asian

Blue Fin Sushi

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

Ling and Louie's Asian Bar & Grill

8354 Northfield Blvd 303 371-4644
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Taste of Asia

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Miscellaneous

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

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303.780.0044 Open Sun - Thurs 11am-9pm & Fri-Sat 11am-10pm. Visit noodles.com for more info! \$, LD, *

Udi's Bread Café

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An Option for Healing



whisper as to not disturb other patients. Most conditions can be treated by using acupuncture points on the arms, legs and head. Owners Amy Rishe, left, and Helen Castro, right, work with patients.

soothing atmosphere with dim lighting and music.

“Community acupuncture in the last three years has been popping up all around the country. There are probably seven to 10 community acupuncture clinics in the metro area,” Castro said. “We are trying to make acupuncture more affordable and to allow a person to access it more frequently. Frequency makes for better and faster success.”

Community acupuncture provides services on a sliding scale, between \$35 and \$55, depending on what patients say they can afford, Castro explained. Follow-up treatments are between \$20 and \$40. No proof of income is required.

“Acupuncture is an all-natural form of healing,” Castro said. “It allows the body to balance and heal itself as opposed to using medications to treat the symptoms. We try to find the root of the problem instead of treating just the symptom.”

The acupuncturists encourage their patients to discuss their medications with their doctors, Castro and Rishe said. They stressed that they do not tell their patients to stop the Western healing prescribed by their physicians.

The number of acupuncture sessions would depend on the malady, Rishe said.

“Chronic problems take about 10 treatments to see significant results,” she said. “Most people come in one to two times a week. If it’s something more serious, they can come in up to five times a week. In China, some patients were coming in seven days a week.”

“I think if we get a condition under control and a patient is feeling better, we would recommend continuing treatments on a regular basis, slowing down to a couple of times a year for maintenance,” Castro said. “Acupuncture keeps them healthy and balanced.”

“In Chinese medicine, when we talk about illness, something is not flowing the way it should flow,” she explained. “By using acupuncture and Chinese herbs, we are looking for those blockages. Acupuncture keeps that system flowing so that it can continue to nourish the whole person and to keep in balance. When the body’s in balance it can heal itself. When it’s out of balance, that’s when you get pain.”

For information and appointments, call Community Acupuncture and Chinese Medicine Clinic at 303-321-1747 or visit the website: www.communityacupunctureclinic.com.



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Saturday, March 21st – 9 a.m. – noon

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Johnson & Wales University is a private, nonprofit, regionally accredited institution offering bachelors degrees in business, hospitality and culinary arts. For more information about the campus visit www.jwu.edu/denver.

Lemongrass Demonstrates Vietnamese Culture



An Nguyen, owner of An's Lemongrass Grill, displays a bowl of Pho, traditional Vietnamese noodle soup and an order of spring rolls.

By Nancy Burkhardt

An Nguyen immigrated to the United States at the age of 9. Today, she gives people who eat at An's Lemongrass Grille, 2373 Central Park Blvd., #107, a hint of the Vietnamese culture in her cuisine.

"It's quick-serve Vietnamese food," Nguyen explained. "We have a main course of marinated meat in a lemongrass marinade. We grill it. It's soaked with rice, noodles, steamed rice or brown rice and a traditional Vietnamese sauce which we call 'piscis.' It's Latin for fish."

Vietnamese food includes fresh vegetables, but without stir-frying, Nguyen said. Besides meat, the grille offers shrimp and tofu.

"A lot of people who don't like tofu like ours because it absorbs a lot of the flavor. It takes the flavor of the lemongrass," Nguyen said.

Some of the recipes used at An's Lemongrass Grille have been handed down through Nguyen's family, she said.

"I was a boat person. We did the refugee camp in Thailand for about 7 months before we came to the U.S.," Nguyen said. "I came with my sister and my brother-in-law and my brother. My mother was a single mom raising six kids because my father

died. She's my inspiration."

Nguyen's mother recently passed away, but Nguyen still visits other relatives in Vietnam.

Now Nguyen is offering customers a taste of her Vietnamese cuisine at three An's Lemongrass Grilles in the Denver area. Besides the grille at Stapleton, there is one in Highlands in northwest Denver and one in downtown Denver.

"In Chinese, Asian and Thai restaurants, there is confusion about food," Nguyen said. "We want people to experience the true culture of what we eat in Vietnam. We don't offer stir-fry because that's Chinese cuisine. In Vietnam, we mostly drink iced coffee, so we don't offer hot coffee. We have Thai tea and Vietnamese coffee."

"We have traditional 'pho' here. It's a noodle soup, a blended broth of different spices. It takes a whole day of cooking it. It's served with fresh vegetables, bean sprouts, basil, lime and jalapenos. It comes with a container of hot, spicy sauce -- sirachi sauce, and hoisin sauce which is a little bit salty and sweet."

"We do take-out, and people can call Delivery by Jeeves and get food delivered."

To order take-out from An's Lemongrass Grille in Stapleton, call 303-321-3004.

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Flair and Function for Cruiser Bikes



Tara Byrnes uses her Betty Basket Liner to stylishly and conveniently carry her groceries.

By Nancy Burkhart

Stapleton resident Tara Byrnes is a biking aficionado who became a “momprenneur,” making functional bicycle basket liners when she found it difficult to shop and carry her purchases on her bike.

The bike basket liners are called Betty Basket Liners because, according to the Urban Dictionary definition on Byrnes’ website, a betty is a “hot chick” who is “attractive, stylish and self-confident. A betty is typically a looker.”

“After having my third child, my husband gave me a Cruiser bike with a basket,” Byrnes said. “I’ve got three boys and so we spend a lot of time outside. As gas prices kept increasing, we rode bikes more and more. I thought there had to be something to put into the basket to keep things from falling out.

“What better way to tap into my creative side, do something for myself and stay home with the family,” she said. “I made the first liner for my own bike. Everyone who saw it wanted to know where to get one. In the course of one-and-a-half years, I came up with a liner. I wanted it to be made of high-

quality, cute fabrics. I wanted it to be functional. I wanted to be able to take it out of the basket. I’ve melded all of those ideas and created my product.”

The bag-like liners that Byrnes creates give both flair and function to Cruiser bikes, which have become popular.

“My liners fit inside many, many different baskets,” Byrnes said. “The liner becomes an extension of the basket. I added straps so that I could go to the grocery store and use it as my reusable bag.”

There are two different sizes of liners in five styles that fit most bicycle baskets and cost \$68, according to Byrnes. There also is a custom model that can be made to custom-fit anyone’s bicycle basket for \$88. In this case, no one else will have the same liner.

“It’s an extra dimension to show off your style and be more fashionable,” Byrnes said. “Fabrics are so incredible and fun these days. That makes it fun for me. I want to encourage people to ride their bikes more. Get outside and get fresh air.”

To order bicycle basket liners, visit www.bettybasketliners.com. Contact Tara Byrnes at 303-895-7494.

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Gently Used Baby Gear for a Good Cause



Sunny Heydorn and Jayme Ritchie, Co-Founders, of WeeCycle show some of the toys they have collected.

By Nancy Burkhart

Prices of baby gear have reached such highs that many people today find it difficult to have the equipment and supplies necessary to take care of infants and toddlers.

Stapleton resident Jayme Ritchie and Sunny Heydorn were attorneys together in a downtown Denver law firm. They embarked on motherhood at about the same time and began searching for opportunities to get involved with the community and “give back,” Ritchie explained.

“It was hard to find things we could bring infants to – Meals on Wheels didn’t work,” she said. “We both started brainstorming and thought if we could come up with something that we could get our kids and other peoples’ kids involved with to teach them values, it would be a good place.”

Thus WeeCycle was born in April of 2008

as a non-profit organization. “Our mission is to help low-income families with infants and toddlers with new and gently used baby gear free of charge,” Ritchie said. “We acquire the gear through donations and distribute it through organizations who have a structure to deal with low-income families.”

The organizations that work with WeeCycle include: Family Star, Women in Crisis, House of Hope, Family Tree Housing and Family Services and Center for Work Education and Employment.

Donations of used baby items should include baby-proofing items such as safety gates and door locks, back and front baby carriers, cribs, bassinets and high chairs. New items needed include diapers, breast pumps and car seats. WeeCycle has registered a list at Babies Are Us.

“We do safety checks of everything that comes in,”

Ritchie said. “We make sure that everything has all the parts and is in good condition. We sanitize it. We monitor the recall lists that are out there. The Consumer Product Safety Commission sends us daily e-mails about things that have been recalled.”

Monetary donations also are welcome, Ritchie said. Although she and Heydorn do not take salaries, advertising, the website and office supplies still require payments.

See page 14 for WeeCycle’s upcoming family-friendly fundraising event.

To donate new or used baby gear, drop off items at 2945 Ulster St. between 9 a.m. and 6 p.m. You will receive a donation form for income tax purposes. To donate baby gear or to get information on obtaining recycled baby equipment, go to the WeeCycle website, www.weecyclecolorado.org or call 720-771-0072.

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ST. PATRICK'S DAY EVENTS

3/12 - 3/17 Events at Casey's Irish Pub. Irish trivia, Irish dancers, bagpipes and giveaways. 7301 E. 29th Ave, 720-974-7350

3/14 Saturday- Denver St. Patricks Day Parade Step dancers, pipe bands, floats, clowns and more! The "Best St Patricks Day Parade west of the Mississippi" starts at 10:00am in LoDo. www.countingpix.com/id1.html

3/14-Saturday: The Heritage Irish Stepdancers will perform traditional Irish dances and teach the audience some simple steps as well. , Denver Central Library, presented in Schlessman Hall. 2-3:00pm, Free

3/17 Tuesday- Holiday Play for St Patty's Day at the Childrens Museum Wear green and feel lucky as you learn about 4 leaf clovers, pots of gold and everything green. 9am to 4pm. Museum admission: \$5.50 to \$7.50. members free. 2121 childrens museum drive, Denver. www.cmdenver.org for more info

3/21 Saturday- Irish Dreams at the Martin Luther King Jr Library. Presented by Bennett School of Dance. Live music and dance, free. 9898 E. Colfax Ave 303.739.1940 or auroralibrary.org for more info

GREEN EVENTS

3/3 Tuesday-"Natural Cleaning Products" Make your own herbal based cleaning products that will clean even better and keep you and your family healthier. Learn the main ingredients to have on hand to tackle even the toughest cleaning jobs. Botanic Gardens \$36 member, \$41 non member, \$12 materials fee. www.botanicgardens.org for more info or to register.

3/17, Tuesday- "The Green House: New Directions in Sustainable Architecture and Design" Aurora History Museum -traveling exhibit that explores what makes a house "green," the healthfulness, safety and comfortability of a green house. Through May 3rd, Tuesday through Friday 9:00am - 4:00pm. 11:00am-4:00pm Saturday and Sunday. Free. 15051

E. Alameda Parkway. auroramuseum.org or 303.739.6666

3/18, Wednesday- Xeriscape Gardening - How to start a xeriscape garden in Colorado. Aurora History Museum. Noon-1:00pm. \$4.00 a person bring your lunch! 15051 E. Alameda Parkway, 303.739.6666 or auroramuseum.org for more info

3/21 Saturday-Worm Composting in the High Desert, Botanic Gardens. Reduce, reuse, rebuild, recycle with the composting worm. Make your own worm bed with worms to take home. \$54 member, \$59 non member, includes \$30 for materials. 9:30-11:30am. Register at www.botanicgardens.org

CONCERTS

3/21 Saturday - Aurora Symphony and renowned violinist Linda Wang perform Mendelsshons Violin Concerto along with Gershwin and Wagner. 7:30pm, tickets \$12 (seniors/students \$9). Gateway H.S. Center for the Performing Arts, 1300 S Sable Blvd, Aurora. For tickets visit www.aurorasymphony.org or phone 303.873.6622.

3/21 Saturday - "Three American Kids in Paris" 2:00pm, A fun twist on George Gershwins "An American in Paris", this is a family friendly concert that offers kids the chance to meet with the muscians and their instruments. Free, Gateway H.S. Center for the Performing Arts 1300 S. Sable Blvd, Aurora. 303.873.6622 or www.aurorasymphony.org

3/21 - Saturday, An Evening With Hazel Miller at the Soiled Dove Underground. Doors open 8:00pm, show 9:00pm. Visit www.soileddove.com for ticketing information and more shows. 7401 East 1st Ave (1st and Quebec) in Lowry

LIBRARY EVENTS

3/10 Tuesday- "Internet Basics," RSS feeds, websites, email, blogs and browsers- comes

see what these things mean along with other basic internet terms 4:30-5:30pm Schlessman Library 100 Poplar Street (1st and Quebec) 720.865.0000

3/18, Wednesday- "Fairies and Trolls" Stories and activities about the "little creatures" appropriate for ages 7 to 12. Free. Call to register, 303.739.6626. Aurora Central Library, 14949 E. Alameda Parkway. www.auroralibrary.org for additional programs.

MUSEUMS

Through May 3rd, Nature Unleashed, Inside Natural Disasters. Denver Museum of Nature & Science. From earthquakes and volcanoes to hurricanes and tornadoes, nature's forces have shaped our dynamic planet. Uncover the causes of these natural disasters and find out how people cope and adapt in the aftermath. Admission \$6-\$11, 9-5pm 303.322.7009 or www.dmnns.org

3/11 Wednesday- Superhero Wednesday Night at the Children's Museum. Stars from Disney on ice present a Disneyland Adventure featuring the Incredibles 5-7:00pm. Members free. Museum Admission, \$5.50-\$7.50. www.cmdenver.org for more details.

PARKS & OUTDOOR

3/8 Sunday, "Spring Forward at the Denver Zoo, A Celebration of Amphibians" Spring into Daylight Savings Time with the Denver Zoo, learn about local frogs and other amphibians during this day-long celebration. 10-4pm, zoo admission \$7-\$12, members free. www.denverzoo.org for more info and addl programs.

3/13 Friday- "Sunset Stroll" at Morrison Nature Center at Star K Ranch. Enjoy an evening walk to look for wildlife as the sun sets. Free, 6:45pm. 16002 E. Smith Road. Visit www.auroragov.org/nature for additional classes and programs

3/21 Saturday- "Song Dogs" at the Rocky Mountain Arsenal Wildlife Refuge. A coyotes howl travels far on a calm prairie day. Learn how this cunning carnivore communicates with its pack through a series of yips, barks and howls. recommended for families. 1-3 pm. Free, reservations required, call 303.289.0930. For additional programs visit www.fws.gov/rockymountainarsenal/index

SPORTS

3/11, Wednesday- Soccer, Mexican National Team against Bolivia 7:00pm. "Futbol Fiesta" before the game, an interactive zone including live music, games and celebrities 3:00-7:00pm. Tickets \$25 to \$75, available at 303.825.GOAL or www.tickethorse.com. Additional info at www.dickssportinggoods.com

3/28, Saturday- Soccer, Colorado Rapids home opener against the Kansas City Wizards, 7:30pm. Call for tickets, 303.825 GOAL or www.tickethorse.com. More info at www.dickssportinggoods.com

THEATRE

Through March 21- The Mousetrap by Agatha Christie, John Hand Theater, Lowry. The Grand Dame of Mystery returns to Spotlight in what is perhaps her most famous play! 720.880.8727 or www.johnhandtheater.com for ticketing and more info.

SPECIAL EVENT

3/20 Friday- Denver March Pow Wow - Colorado's largest gathering of American Indian dancers. Last years pow wow attracted more than 1200 dancers and 34 drum groups. The pow wow also features more than 185 booths selling authentic American Indian arts and crafts. Doors open at 10:00am daily, through Sunday March 22. Tickets \$7.00 at the door, under 6 and over 60 are free! Denver Coliseum I-70 and Brighton Blvd. www.denvermarchpow.org for more info



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RECURRING EVENTS

Every Thursday
(when school is in session)
Bill Roberts Ele Sch Tour, 10am
2100 Akron Way, 720-424-2640

First Thursday
Bill Roberts Middle Sch Tour 10am
2100 Akron Way, 720-424-2640

2nd Friday
Story time & craft for young children & caregiver Westerly Creek Elementary library
9:15 - 9:45am. 303-322-5877

1st Saturday
Bluff Lake Birders, Nature Center
7-9am [BluffLakeNatureCenter.org]

Periodically
Meet Your Neighbors
If interested in upcoming events email meighanm@aim.com

MONTHLY MEETINGS

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

Every Tuesday
AA Open Discussion Mtg
7:30pm MCA Community Room,
2823 Roslyn Street
[Joe 303.912.7075]

Every Wednesday
Weekly Weeders, Bluff Lake Nature Center
9am-12pm, 303.945.6717

1st Tuesday
Breast Cancer Support Group
5 - 6:30pm AF Williams Family Medicine Clinic, Conference Rm (west entrance) 3055 Roslyn (at MLK) 720-848-9000

MONTHLY MEETINGS

3rd Tuesday
Greater Stapleton Business Assoc. 8am
MCA Community Room,
2823 Roslyn Street
303.393.7700

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

2nd Wednesday
Odd numbered months
SUN Transportation Committee
6:30pm MCA Conference Rm,
2823 Roslyn St.
[stapletonneighbors@msn.com]

3rd Thursday
Stapleton Citizens Advisory Board Mtg,
Stapleton Development Corp (SDC)
7350 E. 29th Ave.
7:30 – 9am 303.393.7700

4th Monday
SUN Board Mtg – 7:30pm
MCA Community Room,
2823 Roslyn St
[stapletonneighbors@msn.com]

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

Hopscotch Hustle Fashion Show to Benefit WeeCycle Colorado

Hopscotch Hustle fashion show, a fundraiser for WeeCycle Colorado, will be held Sunday, April 5th from 2 to 5 p.m. at the Curtis Hotel, 1405 Curtis St. Fashions for mothers, nursing mothers and expectant mothers, as well as babies, will be shown. Family-friendly, children are welcome. Tickets are \$15 for general admission or \$35 for premium seating and a goody bag. Visit weecyclecolorado.org or call 720-771-0072.

Bar/Bat Mitzvah Showcase

Mitzvah Mania 2009 "Colorado's Best Bar/Bat Mitzvah Showcase" will be held Sunday, March 22nd from 2-5pm at the Hyatt Regency Tech Center. Event vendors, new products, access to planning tips and everything you would need for planning a Bar/Bat Mitzvah celebration. Activities and games for the kids, food samples, music. 7800 E. Tufts Ave, Denver 303-779-1234

Curves Annual Food Drive

By Andrea Hollister Pratt

During the month of March, Curves of Stapleton will participate in the 11th Annual Curves Food Drive to benefit local food banks. Collectively, over the past five years, nearly 50 million pounds of food were distributed to local communities all over the world through the Curves Food Drive.

New members can join Curves for free, while also helping feed hungry people in the community. Curves of Stapleton is will waive its normal service fee for any new member who brings in a bag of non-perishable groceries and joins between March 9th and March 28th. The public is invited to bring non-perishable food items to Curves Monday through Friday during business hours throughout the month of March.

Andrea Hollister Pratt is the owner of the Stapleton Curves in the E. 29th Ave. Town Center. She can be reached at 303.333.5959 or visit www.curves.com.

Gardening Classes at Botanic Gardens

Junior Master Gardeners Camp, March 23- 27, 9 a.m. – 4 p.m. The Junior Master Gardeners Camp is for kids ages 6-12 interested in exploring plants and gardening in-depth. Participants will learn what it takes to grow and maintain a garden. They will investigate the wonders of plant growth and soil structure, and design and plant a garden. Register at www.botanicgardens.org (classes link) or call 720-865-3580.

"Inspired by Nature: Designing a Garden Refuge at Home," Saturday, March 28, 9 a.m. – noon, Botanic Gardens (Limit 20 people) - Award-winning writer, naturalist and garden designer Susan J. Tweit will show you how to "read" wild landscapes, determine the best color and texture palettes for your garden, choose a personal plant list and create your own refuge in even the smallest garden space. Gates Hall. Cost: \$40 member, \$45 non-member. Registration deadline: March 21, 2009

Local Silent Auction to Benefit the Denver Rescue Mission

By Lin Clark

To give to people of Denver who are having the most difficult times, Art & Framing at Stapleton is offering a beautiful piece of art in a silent auction, with the proceeds going to the Denver Rescue Mission. The auctioned piece is a custom framed original photograph of Mt. Baldy (near Crested Butte). The print size is 16x24, and the frame size 24x30. Bids will be taken through March 14th. The minimum bid is only \$50.

On any given night there are more than 10,000 homeless in the Metro Denver area with 32% of those experiencing their first episode of homelessness. And that number is growing every week. With even the minimum bid met of only \$50.00 the Denver Rescue Mission could feed 27 homeless people through their programs.

Originals, prints, and photography are also on display at Art & Framing at Stapleton, 7483 East 29th Place. For more information call 303.534.1979.

Lin Clark is the owner of Art and Framing at Stapleton. She can be reached at lin@ArtandFramingStapleton.com



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Since You've Asked...



FBI building under construction just east of Sam's Club.

Q. What is the status of the FBI Building?

A. The new FBI regional headquarters building is under construction on 35th Avenue east of the Sam's Club in Quebec Square. The building is scheduled to be completed in early 2010.

Q. What is the status of the Eastbridge Town Center?

A. The Eastbridge Town Center is still scheduled to be built at Martin Luther King Boulevard and Geneva Street once a grocery story is signed as an anchor tenant. In addition to the new residential neighborhoods that have been completed to the south of the town center, other new development in the

area includes a new community pool and park, the Knowledge Beginnings Early Childhood Education Center that opened last year and New Town Builders 29th Drive Row Homes on Havana.

Q. What's happening where all the construction equipment is grading the ground just north of Northfield?

A. Those parcels of land, which are located on Northfield Boulevard, are the planned locations for new hotels. The timetable for the start of construction has not yet been finalized.

Responses provided by Tom Gleason, Vice President-Public Relations, Forest City Stapleton, tgleason@stapletondenver.com.

Premium Fishwrap*

Air Force One Parked at My House

By Jon Meredith

Fourteen years ago this month, Stapleton was one of the busiest airports in the world. Hundreds of flights arrived and departed everyday. DIA, which has become one of the best airports in the world, was then mired in controversy. Cost overruns and a faulty baggage-claim system had made it a target of criticism in the Denver media.

One day, Stapleton was an airport; the next, an immense amount of vacant land, concrete and empty buildings. As I drive, walk, or bike around Stapleton, I often think about what existed on different spots when it was an airport.

Exactly where my house stands now, I once watched President Clinton disembark from Air Force One. The Combs Gate for private aircraft was in the facility that now houses a TV studio and has huge satellite dishes beside it. That day, the Bladium building was surrounded by B-52s which carry the President's limo and other necessities. I watched the President and dignitaries from the other side of a chain link fence which is still there.

The Town Center, at 29th and Quebec was a parking lot for Hertz cars. The place where Home Depot stands used to be the United Airlines hanger. Older planes were parked along Quebec and their tails or noses stuck out over the road. Smith road had all the other airline hangers lined up one after the next.

Twenty Sixth Street is where the major east-west runway was. In Park Hill, the jets would come down over City Park Golf course and invade the neighborhood every 30 seconds or so. If you were having a back yard barbeque everyone would have to stop talking as the jets went by. I remember the smell of jet fuel distinctly every morning as planes were getting ready to depart.

One of the major north-south runways crossed over I-70. You could be driving along I-70 and a 747 would be taking off di-

rectly above you. I can imagine Homeland Security would have a problem with that these days.

There was a good restaurant on the south side of the east-west runway called the 94th Aero Squadron. People would get a table by the windows and watch the planes land and take-off during dinner. The best place to watch planes land was on Havana St. near Bluff Lake. Planes would come so close to the road you could see the pilot's facial expressions. On a nice day there were always 10 to 20 cars parked there with people simply watching the planes. Right near there, where houses and the New Town Center East are being built, an old fuselage lay in the dirt for firefighters to practice on. A very close friend on mine who grew up here said that in high school he and his mates used to sneak out by the runways and lay down right where the jets took off. He is an Executive with Quest now but he is a little hard of hearing.

Some of the remnants of the old airport are the United flight training center, the parking garage and the control tower. I am asked all the time what are "they" going to do with the tower. People want to make it into a restaurant. It would fit a nice table for two at the top. Others say it is ugly, serves no purpose and should be torn down. For me it is a small reminder of what this community used to be and how much it has been transformed. Instead of being the departure and arrival point for destinations worldwide, it is a very well planned community that is an integral part of Denver. Just the way the airport was.

Jon Meredith lives in Stapleton. He can be reached at jon.meredith@earthlink.net

*Fishwrap is a slang term that started in the '30s and refers to the transient value of yesterday's newspaper.



Jon Meredith

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Irish Dancer *(continued from page 1)*

always remain straight at the dancer's sides. The dance is done entirely with legs and feet. Hard shoe dancing may sound like tap dancing, but that is because of wood on the bottom of the shoes, not taps. Soft shoe dancing uses shoes rather like ballet shoes.

"I like Irish dancing," Nora said. "I've taken ballet and tap and jazz. But I like Irish dancing because it's more active."

"Irish dancing is an athletic sport," Jennifer said. "It takes a lot of discipline. You have to learn the basic steps perfectly. It's really good exercise."

Nora participates in the dance competitions that local Irish dance schools have several times a year. She also looks forward to being in the St. Patrick's Day Parade in downtown Denver again, her mother said.

"Nora's very into her Irish heritage," said Jennifer. "Her brother, Liam, is not so much into it yet. But Nora talks about Ireland all the time. She's very proud to be Irish. She's lucky because a lot of her Irish relatives will come to Chicago or here to visit, so she has relationships with her relatives."

Nora visited her Irish relatives at the age of 3 when she took a trip with her family to Ireland.

"I remember we were on a farm," Nora said. "We stayed at some of my relatives' house. We danced. I'm ready to go back."

It is this Ireland experience and the encouragement of her grandmother, Tess Nix, that has spurred Nora to do Irish dancing.

"My husband's mother did the dances when she was younger, so it's kind of a tradition," explained Jennifer. "His two sisters both know how to do the dances. Nora's grandmother gave her pointers when she first started. It's fun."



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95-Year-Old Marion Downs Lives Life to the Fullest

By Nancy Burkhart

Marion Downs has spent her life making a difference both professionally and personally. Her life is 95 years long and still going strong. "I was born in a state of euphoria and I never left it," Downs has said.

On her 50th birthday, Downs went skiing for the first time. She celebrated her 90th birthday by skydiving.

In between living life to the fullest on her birthdays, Downs made her mark on the field of audiology, where she often is called the "mother of pediatric audiology."

Downs fell into the audiology profession, choosing a college major of speech and hearing because that registration line was the shortest one. However, she went on to love the work, initiating ground-breaking research, especially for children and infants.

Her career was dedicated to the early detection of hearing loss in children. Today, her name is on the University of Colorado's hearing facility, the The Marion Downs Hearing Center. During her professional years, Downs mentored others rising in the audiology field.

Cheryl Johnson moved to Colorado to do clinical



work with Downs at the University of Colorado Hospital.

"She practiced what I thought was the right way to be as a professional in terms of values and in terms of clinical skills," Johnson explained.

Downs believes that anything is possible, Johnson said. She believes in persistence. "While challenges present themselves, Marion believed you just figure out a way around it," she said. "Nothing was impossible in her mind. Never."

Downs always saw the human side in every professional situation, despite the technology surrounding it, Johnson said.

"Anybody can have an agenda, but it's how you manage that agenda. It's how she managed people. So much of it is the art of being a professional in whatever field you choose. You have

Four generations of Marion Downs family attended her recent 95th birthday party on the campus of the University of Colorado Hospital. From left, granddaughter Sara Wilczewski holding Marion's great-granddaughter Chiara Wilczewski, Marion Downs, and Marion's daughter, Jody Pike.





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Maundy Thursday
April 9 – 7pm

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April 10 – 7pm

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April 12 – 9am



to have the skill to demonstrate the art.

"She's an incredible inspiration to thousands in audiology around the world," Johnson said.

Downs' personal life has been based on the philosophy of living life to the fullest.

Three years ago, Downs wrote a book, "A 92 year-old's guide to getting there: Shut Up and Live! (you know how)." The book is a testament to living at any age, but also acts as a guide to aging well.

"The essential thing is that you take full responsibility for your own life," Downs advises.

Her sense of humor has kept her going through the loss of two husbands to Alzheimers Disease, she says in the book. At the same time, she credits her lifelong passion for exercise and learning for keeping her physically and mentally fit. In her book, she offers tips for exercising, both in sports and sex.

Every moment is "priceless" to Downs. Her book is a guide-book to enjoying life. "Allow yourself to feel everything more deeply," Downs says in her book, "... Make every moment a Forever Moment. These are the instants that we can take with us. They belong to us, and to no one else."

Did you know Colorado has a higher percentage of women lawmakers than any other state?

Colorado's state legislature has 40 percent women – higher than any other state in the union. According to the National Conference of State Legislatures, in the 2009 legislative sessions, there are at least 1,790 women legislators serving in the U.S. On average, women hold only 24 percent of legislative seats in the 50 states, a ratio that has increased by less than 4 percentage points over the past fifteen years. In the US Congress, only 17 percent of the seats are held by women.

Information provided by Karen Middleton, a Colorado State Representative from Aurora.

Living Above the Store

By Tom Gleason

The late President Ronald Reagan once quipped that one of the great benefits of working in The Oval Office was that he could "live above the store." Kevin Tafoya enjoys the same convenience as a resident who lives with his family above his business, Tafoya Insurance Services, a Farmers Insurance Agency on the ground floor of Stapleton's South End Row contemporary town homes.

For the past three years, Kevin and his wife Tracy, formerly of Park Hill, have lived in New Providence Company's South End Row on Central Park Boulevard with their daughters, Julia (8), who attends nearby William "Bill" Roberts Elementary School and Ella (4), who attends Christ the King school. While Kevin extols the beauty of his building's architecture and its dramatic views of the mountains, he reserves his greatest enthusiasm for the convenience South End Row has brought to his life as the "home" both for his business and his family.

"I have the most amazing schedule and almost everything I want is right here," Kevin says. "Each morning I walk my daughter down the street to school, and then come back to put on a pot of coffee before I go upstairs to our fourth floor work out area." When it is time to go to work, Kevin is only seconds from his ground floor office where he is readily available for clients who "walk in" to discuss their insurance needs – a much easier "commute" than the thirty minute trip he endured between office and home prior to moving to Stapleton. Most days, "going to lunch" is merely a quick trip upstairs, and Kevin appreciates working just down the street from Julia's school which enables him to walk her home, a fact appreciated by Tracy, whose interior design office is located in Downtown Denver. Kevin adds that his reduced dependency on an automobile has cut down on the wear-and-tear on his car while also driving down his own insurance rates.

Kevin Tafoya says the flexible design of the contemporary town homes of South End Row has attracted an "eclectic" group of neighbors who include musicians, medical professionals and business entrepreneurs. The South End Row residences have one to three bedrooms and a two-car attached garage. Options range from single level flats to two-, three- or four-story town homes. Fourteen of the residences include the ground-level flex space for a shop, studio or business of the type occupied by Tafoya Insurance Services.

Kevin Tafoya may be reached by phone at 303.955.9861 or email at ktafoya@farmersagent.com

For more information on South End Row, call 303.293.2255 or visit www.southendrow.com

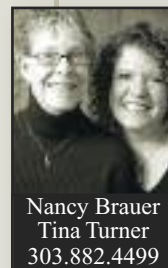


Kevin Tafoya has his Farmers Insurance Agency on the ground floor of his South End Row home, where he lives with his wife Tracy and two daughters Julia, 8, and Ella, 4 1/2, on the second and third floors.

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Gourmet on a Budget!



By Rich Marks

With the state of the economy today, it's no wonder that everyone is watching their pennies more closely. One of the first places to look to save money is on your grocery bill. To eat good, healthy food on a budget does require us to change the way we shop. I have listed a few hints that I use on a daily basis to keep tighter reins on the food bill.

- Check the ad that comes out every week on Wednesday (also available on many grocery stores' web sites). It will tell you what the

sale items will be for that week (Wednesday – Tuesday). I always try to plan my family's meals based on what is on special. Armed with this information – you are a lot less likely to shop and purchase items that are too expensive.

- Coupons are another option. Many people hate to bother with the clipping, the storing and then remembering to use them – but when it comes to saving money, coupons are like having extra cash in your wallet.
- When it comes to fruits and vegetables, try to purchase what is

in season. You will find that apples, for instance, are a lot less expensive during the winter than peaches. If unsure, simply ask the produce manager for recommendations.

- Always check out the day-old or close to expiration items – especially for bread and baked goods. These items are typically located in the back of the big grocery stores.
- While buying in bulk is a great way to save money on some things, it isn't always conducive to food shopping. If the products will go bad before you can use them, you'll end up wasting money. Be sure to stick to non-perishable items when shopping the mega stores.
- Preparing wholesome, appetizing meals on a budget will require some fresh ideas too. Get creative and check out the recipes in monthly magazines or featured on the Food Network. Search the web for a new twist on items that have lost their luster. Personally, I have found more ways to prepare hamburger and chicken in the past few months than I care to mention (refer to recipe at left).
- If you are pressed for time – check out the "Chef Prepared" meals at the local market. These freshly made entrees are the perfect alternative to take-out or fast food; nutritious, tasty, and a lot cheaper than eating out. They are also always changing so you'll have a lot of options in which to choose.
- One last tip...if there are random leftovers in the refrigerator, or cupboards –be creative and come up with a recipe to use them. Try not to throw anything away.

With a little planning, there is no doubt you will create fantastic meals AND save money.

Rich Marks is a Stapleton resident and classically trained chef. His career has taken him through fine kitchens in restaurants, hotels, and catering services. Opting to spend more time with his family than in the kitchen, Rich now works for Atlanta Foods International, a supplier of gourmet and specialty foods to King Soopers, and other markets throughout Colorado. Contact Chef Rich at 303-717-5451 or ramarks3@gmail.com.

Easy Chicken Pot Pie

I came up with this recipe a few years ago. The weather was horrible and there did not seem to be anything in the house to have for dinner. That is, until I looked around and made a list of what we DID have.

Ingredients

- | | |
|--|---|
| Frozen pie shell | 1 stalk celery, chopped |
| 1 pound leftover chicken (grilled, baked, rotisserie, etc) – chopped in bite-size pieces | 1 package of chicken gravy mix (turkey will work too) |
| 4 oz carrots chopped into small pieces (not using mini carrots is another way to save money) | 1 cup frozen peas |
| ½ onion, chopped | 1 tube of crescent roll dough (or 1 sheet of puffed pastry, or 1 tube of pizza dough) |

Method of Preparation

Cook the chopped carrots in the microwave for 2 minutes in a bowl of water. Sauté the onion, celery, and carrots in 1 Tbs of butter (or oil) until soft (about 5 minutes). Prepare gravy mixture according to directions on package. Add the chicken, sautéed vegetables, and frozen peas to the pie shell. Pour gravy mixture over the filling. Add salt and pepper to taste. Bake at recommended temperature on pie crust package for about 10 minutes, or until the filling is hot. Remove from oven and cover the pie with the crescent roll dough, try not to leave any holes. Return to oven and bake until the top crust is golden brown and flakey. Allow to cool on a wire rack for 5 minutes before serving.

Front Porch readers'



Shannon Bradley

We wait for meat products to go on sale or a buy one get one free offer, and then usually buy about 10 packages and freeze them.

Susan Hadinger

We are unplugging things when not in use, like the laptop, coffeemaker, etc., and it seems to be saving us \$40-50/month. I am also clipping coupons and buying as much on sale from King Soopers as possible.



Julia Stelloh

Restaurant.com is a great site to get discounted gift certificates for Denver restaurants. Casey's and

LaSandia are on the list. Often it is roughly 40-50% off for the meal. For example, you can buy a \$25 card for \$5 or \$10 dollars. It is a minimum purchase of \$35, so in the end you spend \$20 for a \$35 meal. If a family is going out to eat anyway, this is a great way to save money.

Catherine Brown

I put my credit card away for a month to see if I can avoid going to Target. We are using cash only for all dining/entertainment ventures and for



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tips for saving money...

miscellaneous items. We set up a direct debit from paycheck to savings as opposed to trusting ourselves to move it from savings to checking. We are making more homemade pizza with our bread-maker!



Meredith Coors

I buy all of my kids clothing a year in advance when it is on sale. If your kids are pretty true to size, it is a good way to get clothes for much cheaper and then just store them in the basement!

Beth Wiseman Kline

The Stapleton Moms Yahoo! group is awesome for saving money. I just needed a snow-suit for a weekend in the mountains, and rather than having to go buy one I was able to borrow one from another mom that could no longer use it for her child. Three cheers for Stapleton Mom's!



Judy Harris

I just joined a group of moms organized by Karla Rehring where we each make 8 of the same meals, and then do an exchange so that we end up with 8 different tasty meals to freeze and use during the month. It's the dinner prep idea -- we just do all the work.

Cut Costs By Shopping Smart and Cooking at Home



By Elizabeth Yarnell

One way to cut down on monthly expenses is to cook at home more

often and to employ cost-cutting measures to help you get the most nutrition out of every food dollar. The keys: a) shop smartly and b) know how to throw together quick and easy meals.

I once heard an organizational expert recommend avoiding the fresh foods around the perimeter of the grocery store in favor of saving time and money by heading straight to the packaged foods in the center aisles. That seemed like bad advice to me; why should you sacrifice eating good, real food just because you're on a budget?

The secrets to saving money on produce are to buy what's in season or what's on sale, and then to preserve things correctly so that they last longer. Potatoes should be stored in a cool, dark place – not the fridge – with good air flow, for example. Mushrooms last longer in a paper bag in the main section of the fridge than in a styrofoam container in the produce drawer. Fresh herbs should be washed immediately and wrapped in a damp paper towel, then packed in an open plastic bag.

Frozen veggies can be a great substitute for fresh produce as well as more convenient to reach for on busy nights, and often cost less than fresh. Flash-frozen shortly after being picked, many frozen veggies retain more nutritional value than some fresh produce that may have traveled thousands of miles over more than a

week since coming off the plant. Since they're already washed and cut, frozen veggies are a great strategy for saving money and time, too.

Warehouse stores can be a good place to save coins, too. Flats of canned tomatoes, bags of frozen fish fillets, boneless, skinless chicken breasts, and on and on. Wash and trim meats and freeze in individual serving-size portions for faster cooking times.

I'm a big fan of the bulk food bins, too, not only for the economical factors, but also for the reduced waste by forgoing packaging materials.

With just a cast iron Dutch oven and a few minutes, you can quickly and easily throw together a delicious (and nutritious!) dinner in minutes – without having to resort to take-out.

I keep boneless tuna steaks wrapped individually in the freezer just for meals like this one. Just put the frozen fish directly into the pot; there's no need to thaw and it won't add any cooking time.

Elizabeth Yarnell is the author of the recently released cookbook *Glorious One-Pot Meals: A Revolutionary new Quick and Healthy Approach to Dutch Oven Cooking* (Broadway Books, January, 2009). A natural health professional, MS patient, and Stapleton resident, Elizabeth speaks about healthy eating to groups around the country.

Sesame Tuna with Orange Sauce (serves 4)

Ingredients

- | | |
|--|--|
| 1 cup couscous | 5 teaspoons sesame oil |
| 1 cup plus 2 tablespoons broth of water | 8 to 10 garlic cloves |
| 4 4-ounce tuna steaks | 4 tablespoons sesame seeds, toasted |
| zest of 1 orange | 2 teaspoon freshly grated ginger |
| 1 orange, squeezed or 1/2 cup orange juice | 1 head broccoli, cut into florets (about 4 cups) |
| 4 teaspoons honey | 2 small yellow squash, cut in medallions |
| 6 tablespoons soy sauce | |

Method of Preparation

1. Preheat the oven to 450° F.
2. Coat the inside of a cast iron Dutch oven and lid with sesame oil.
3. Place the couscous with the water in the pot and stir to make a smooth layer.
4. Add the tuna steaks in single layer (it is okay if they are partially or completely submerged), and drizzle or spray with olive oil.
5. In a small bowl, whisk the orange zest, juice, honey, soy sauce, sesame oil, garlic, sesame seeds, and ginger until thoroughly combined. Pour half the mixture over the tuna.
6. Add the broccoli and squash into the pot and pour on the rest of mixture.
7. Cover and bake for about 53 minutes, or until 3 minutes after the aroma of a fully cooked meal escapes the oven. Serve immediately.

Per serving:
Calories 475 Prot 38g Carb 51g Fat 14g
Chol 43mg Sod 128mg Fiber 7g

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March 2009

Safety Tips from the Denver Police

By Sgt. Eric Knutson, Denver Police Dept.

As many of you are aware, Stapleton recently had a break in to a house where the homeowner was home and encountered the burglar inside the house. The homeowner heard the door bell ring but was unable to answer the door. Quite often, burglars go from door to door ringing door bells, “shopping” for likely targets where there’s no one home. When the homeowner didn’t answer the door, the burglar entered the home and was in the process of searching for valuables when the he and the homeowner came face-to-face. Fortunately, the burglar immediately fled. It is impossible to know how an intruder will react when suddenly confronted by a homeowner. The best advice, therefore, is to not be in a position where you find yourself alone and face-to-face with an intruder in your home. Here are some practical tips that I hope will help you avoid this situation.

1. When your door bell rings, always make it clear that someone is home.
2. If you answer the door and you don’t know who is there, keep a barrier between you and that person, whether that be a security door or the closed front door. You can always talk through the door.
3. If someone arrives at your house and states that they work for the cable company, phone company, Xcel, etc. and if you did not call them for service, have them wait outside while you call that company to see if they are in your area doing work and if it is required at your home. If they are not with the company, they will quickly leave.
4. After dark, make sure that your porch light is on and working so that you can see who is at your door. Criminals generally stay away from well lit areas.
5. If you’re home or not, always keep your

doors locked. While you may be away from an unlocked door, a burglar can easily open the door and take anything nearby, like your keys, wallet, or purse. This happens quite often.

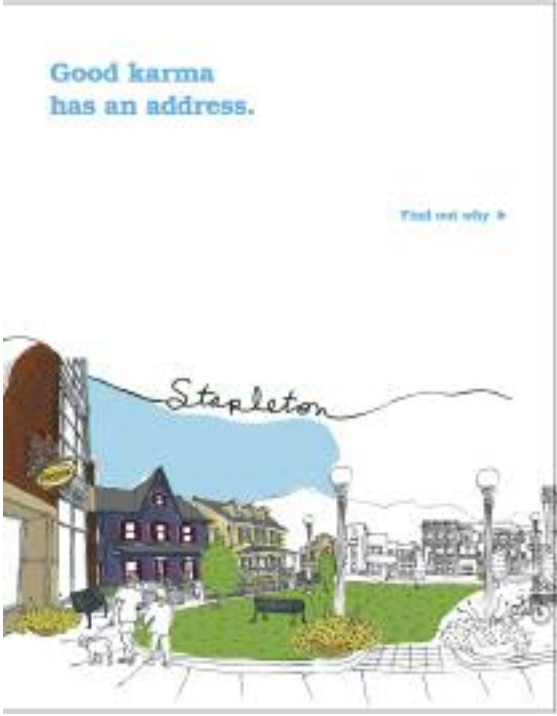
6. If you are home alone and are confronted by an intruder in your house, immediately leave and go to a neighbor’s house to call the police. If there are other family members in the house with you, make a lot of noise so that they can get to a safe place with you. Remember that there is safety in numbers.
7. If you notice someone at your door and once you let them know you are home they leave, or if you notice someone going door to door ringing door bells and looking around houses, please call the non-emergency police phone number (720) 913-2000 and report a suspicious person in the area. If you notice someone breaking into a house call 911 immediately.

New Home Guide to Hit the Stands

By Tom Gleason

A new and user-friendly guide to help potential buyers locate just the right home at Stapleton will hit the news stands in the E. 29th Avenue Town Center this month.

Entitled “Good karma has an address,” the ten-page guide provides colorful maps and easy-to-read pricing information to help even the first-time buyer choose the perfect home. Crisp facts about the Stapleton community are highlighted to make each future resident feel welcome in a community that has “a home for every buyer.”



John Laing Homes Files Chapter 11 Bankruptcy

By Tom Gleason

John Laing Homes, one of the largest privately held homebuilders in the nation and a developer of housing at Stapleton and other communities in Colorado, announced February 19th that it and certain of its affiliates had elected to file Chapter 11 bankruptcy petitions (US Court for the District of Delaware).

In a written statement, the builder said it anticipates that the Chapter 11 process will allow it to “reduce debt from its balance sheet while facilitating a strategic reorganization of the company, which will place it in the strongest possible position to sustain its momentum despite extremely challenging market conditions.”

John Laing Homes was one of eleven Stapleton home builders. Denise Gammon, senior vice president for Forest City Stapleton, Inc., said the other ten builders are continuing to build and sell homes at Stapleton.

“Fortunately, even in this very difficult economic climate, Stapleton continues to have steady sales and homes here have maintained solid value,” Ms. Gammon said. “In addition, other builders have expressed interest in building on John Laing lots at Stapleton should they become available,” Ms. Gammon added.

John Laing Homes has created a call center to enable its customers to request answers to their questions and concerns. The number is 1-800-873-4813.


Oct 2009 Tour of Solar & Green Built Homes Looking for Tour Homes

By Pamm McFadden

The Denver Tour of Solar and Green Built Homes is looking for area homes that incorporate renewable energy and, if possible, green technology. The 2009 tour will take place Saturday, October 4. Visit CRES-energy.org and choose the link to a brief questionnaire about homes on the tour.

Decisions will be made based on areas that have the greatest number of applicants and the greatest number of technologies. For more information call 303-443-4308 or visit www.cres-energy.org/events/tour/.

Pam McFadden is the chair of the Denver Tour of Solar and Green Built Homes.



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Sustainability at Stapleton

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

Be Green this St. Patrick's Day!

St. Patrick's Day is celebrated on March 17th. Green is associated with St. Patrick's Day because it is the Irish national color and symbolic of the lush green landscape of the Emerald Isle. Green is also the color associated with the movement to protect the environment. This year, in honor of St. Patrick's Day, try some of the tips below:

Drink green beer. This year, rather than simply adding green dye to your beer, consider a beverage from one of many breweries focused on reducing their environmental impact and their carbon footprint. Also, you might think about buying your beer from a local brewer to support the local economy and save on additional energy costs associated with the transport and distribution of beer from other areas.

Buy a shamrock plant for someone special. Green plants provide oxygen necessary for us all to breathe.

Tradition says to wear green on St. Patrick's Day. Instead of buying a new green outfit for St. Patrick's Day, borrow something from a friend – this will save energy needed to produce new clothing.

Ride your bike when you search for the leprechauns at the end of the rainbow or when you go to school or to the store. This reduces pollution in the air and is good exercise for you!

Find a Pot of Gold. Turn off the television when you are not watching it and turn off the lights when you are not in a room. This will save energy and money.

Eat a green apple or green beans or green peas. Green fruits and vegetables are healthy.

Windsource

Are you an Xcel energy customer and looking for an inexpensive way to be green? If you are not already enrolled, you might consider participating in Windsource, an Xcel Energy program to help support clean, renewable wind energy generated from Colorado wind farms. It's an affordable and easy way to help Colorado's environment when paying your energy bill.

The energy that supplies Windsource is 100 percent wind energy generated or purchased from Colorado wind farms. Windsource electricity is produced without air emissions such as carbon dioxide. In addition, no water is used to produce wind-generated electricity. Supporting renewable energy helps to reduce our dependence on fossil fuels and preserve our natural resources for the future.

Windsource is good for Colorado's economy. Installing and maintaining wind turbines creates jobs. In addition, landowners receive ongoing lease payments while they continue to use the land for other purposes such as farming. And, wind turbines create tax revenue for counties. Windsource also helps insulate customers from volatile electricity prices due to fossil fuel price increases. For many more details, and to sign up online, please see http://www.xcelenergy.com/Residential/RenewableEnergy/Windsource/_Pages/WindSource.aspx.

The Princess Project at DSST... Giving formal wear a second life

From Monday, March 9th - Friday, March 13th, the Go-Green Club at the Denver School of Science and Technology (DSST) is sponsoring The Princess Project; it's first-ever, prom dress drive. In the spirit of the DSST high school prom, which takes place on April 25th, the school is asking community members to look through their closets and donate any gently-used bridesmaid's gowns, prom dresses, or other formal wear appropriate for the prom.

The dresses will be sold to DSST students for \$10 to provide affordable formal wear for the prom. Through these sales, organizers hope to raise \$1,000 to be donated to a charity of the students' choosing. The donations are tax-deductible, and can be dropped off at the DSST reception desk from 3:30-5:00 PM during the week of March 9th - March 13th. DSST is located at 2000 Valentia St. Denver, CO 80238.



From one bean, thousands may grow.

What's it mean to be a Green Bean?



Charlie Nicola, winner of the Green Bean award fills his car with compressed natural gas.

This monthly award is bestowed upon the individual who most exemplifies sustainable living at Stapleton... inspiring others to put their green foot forward, thereby shrinking the collective carbon footprint, improving the lives of others and generally making the world a better place. The bean is small. The significance, however, is huge.

This monthly award is intended to recognize real people and their real sustainability stories making a difference in and around Stapleton. Please contact me at MelissaKnott@ForestCity.net to nominate someone that you think is making a real Green Bean contribution to the community!

Meet Charlie Nicola, a Stapleton resident and employee. Have you ever noticed the filling station at 3201 Syracuse Avenue, behind the United Flight Training Center? Charlie did, and has been filling his vehicles with compressed natural gas (CNG) over the last year or so. The station served fleets of CNG vehicles when Stapleton was an operating airport. Charlie started to investigate this alternative option for fueling his car when gas went over \$4 this last summer.

The CNG filling station in Stapleton is one of approximately 15 within the Denver area – most owned by T. Boone Pickens' Company "Clean Energy." There are a number of benefits associated with the ownership of a CNG vehicle. In addition to being the cleanest burning internal combustion engine available, substantial money can be saved through tax credits and low fuel costs. Cars with the factory installation or a certified aftermarket retrofit are eligible for a State tax credit of half the cost of the system – which averages \$4,000. Substantial savings are also realized at the pump, where CNG prices are consistently lower than conventional gasoline prices. To learn more about the station at Stapleton and Clean Energy, please see www.cleanenergyfuels.com.

"It's a little unnerving the first time you hook up to the pump, open the valve and hear what sounds like the air brakes on a bus," Charlie says, "but it isn't much different than filling up at the corner gas station. It's just a lonely place, very few people use it." Indeed, though there was a surge of interest in natural gas powered vehicles in the late 90's, only Honda offers a CNG production model currently – acknowledged to be the world's cleanest production car. "And unless people start driving more of these vehicles, some of these stations may start to disappear, including the one at Stapleton. If there were more stations people would buy more of these vehicles. It's a chicken and the egg thing." One option is "Phill", a pump that allows you to fill your car overnight in your garage using the gas line that serves your home.

Charlie goes on to say "As Pickens says in his commercials, natural gas is a sustainable way to power our vehicles and it reduces our dependence on foreign petroleum." With all of the large natural gas reserves in this region, natural gas is locally produced with little refining and does not have to be trucked to reach the end user. "As long as you don't mind an occasional whiff that makes you think you're dragging your cook top behind you, it's a great option." Charlie adds.



Global Sustainability: the New Bottom Line From Denver to Dubai to Delhi!

The 2009 Sustainable Opportunities Summit will be held March 17 - 19, 2009 in the Colorado Convention Center, co-hosted by CORE, the Deming Center for Entrepreneurship at the Leeds School of Business, CU Boulder and - for the first time - the City of Denver's Office of Economic Development. Don't miss Denver

Mayor John Hickenlooper, Colorado Governor Bill Ritter, and experts from around the world talking about the global sustainability challenge and how smart companies are finding solutions and creating new financial and economic opportunity. See <http://sosummit.org/home/> for more information.

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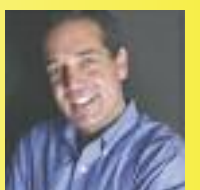
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Top Cops Honored for November & December

A committee of citizens from Northeast Denver has selected the “Top Cops” for the months of November and December 2008 in Denver Police District Two, which includes portions of Stapleton and the surrounding neighborhoods

November Top Cop

Selected as the “Top Cop” for November was Officer Patrick Mulhern. On October 30, 2008, at approximately 8:30 p.m., Denver Police Dispatch aired a report that shots had been fired and a possible car jacking had just occurred at the Wal Mart located at 7800 E. Smith Road. The driver of the hijacked car was contacted and he told police the suspect took off in his vehicle with his wounded friend still in the front passenger seat. The man gave police a description and a possible name of the suspect.

Officer Patrick Mulhern was one of the many officers who responded to the area and began searching for the victim’s vehicle, the wounded passenger victim and the suspect. While searching the area, Officer Mulhern noticed two suspicious people walking through the middle of a local park and stopped the parties by himself without the benefit of cover from other officers.

The two individuals stated they had just left a house in the nearby area and were going to a liquor store, which raised Officer Mulhern’s suspicion since their direction of travel did not match their explanation of their actions. Officer Mulhern continued to calmly talk with them. While Officer Mulhern was talking with the two men, the hijacked victim’s vehicle was located a few blocks away – with the second victim found inside with fatal gun shot wounds. This information was relayed to all of the officers in the area including Officer Mulhern, who was potentially in a very dangerous situation, yet he maintained his composure as he worked to keep the situation de-escalated.

All of the information obtained by Officer Mulhern was then relayed to the detectives who had arrived on the scene. It was decided at the time there was not enough evidence to make an arrest, so the detectives asked Officer Mulhern to gain the principal suspect’s agreement to voluntarily go downtown to speak with the detectives. Due to the officer’s professional demeanor and the effective rapport he had developed with the

suspect, he was able to gain the cooperation of the individual to speak with the detectives.

Later the next day, after further investigation, it was determined the suspect Officer Mulhern had stopped was the gunman and a warrant for his arrest was issued for homicide. The suspect was arrested later that same night by Denver Police Detectives.

The citizens committee joined Officer Mulhern’s superiors in commending him for the excellent handling of a very dangerous situation that led to the capture of a murderer soon after the crime had occurred.

December Top Cop

Named the “Top Cop” for December was Officer Melissa Trettin, who was honored for her response to a call from someone fearing a friend was about to commit suicide.

From the information given, Officer Trettin and her partner obtained the woman’s cell phone number and called her using their wireless phone. When telephone contact was established, the despondent female would not talk at first. Eventually, Officer Trettin was able to develop a rapport with the female and began talking about what difficulties the despondent female was experiencing. Officer Trettin was persistent in attempting to gain information as to the despondent female’s location. The female talked about past mental issues along with some small talk. Officer Trettin was able to gain bits and pieces of information from the female and was taking notes which she handed to her partner, who relayed the information to radio dispatch and other officers who were searching for the suicidal female.

After about two hours on the phone with the woman, Officer Trettin heard the rattling of a pill bottle and the suicidal female told Officer Trettin that she had taken about 14 pills. By that time, enough information had been given to Officer Trettin and passed on to other officers that they were able to locate the woman. An ambulance was called and the despondent female was given the necessary medical attention and taken to Denver Health Medical Center for treatment.

The Top Cop Citizens Committee joined Officer Trettin’s supervisors in applauding her perseverance, tenacity, and dedication in helping to prevent the despondent woman from committing suicide.

Research Shows Electronic Medical Records Improve Care & Lower Costs

Editors Note: Just as the February Front Porch story on electronic medical records was being printed, results from one of the first comprehensive studies of electronic medical records were released. Following is a brief summary of that research.

By Austin Larson

Incentives for the use of information technology in health care are a piece of the stimulus package signed into law by the president in February. As a result, a debate over the merits of health care going digital has found its way out of professional journals and into the mainstream media. There is increasing scrutiny over whether paying hospitals to move to computerized systems is money well spent. A recent study, published in the *Archives of Internal Medicine*, found that not only does improved health information technology lead to cost savings but that it also saves lives.

Researchers found that after controlling for differences in patient populations, hospitals in the top third for computerization had five fewer deaths per 1,000 patients than those in the bottom third, a greater than 25% drop in patient mortality (from 1.9% to 1.4%). Increased levels of computerization were associated with cost savings in almost all situations that were studied. For instance, higher levels of electronic reporting of lab tests resulted in over \$100 savings per patient admission for all types of patients studied. In certain situations the cost savings were even more impressive: increased use of

computers by physicians to optimize patient management led to savings of greater than \$1000 per patient admitted for coronary artery bypass surgery.

The researchers compared levels of computer usage between hospitals in four areas: laboratory test results, medical order writing, health record keeping and information for support of clinical decisions. Data were collected from physician surveys, indicating that computerized services were *not just available but in use* by practicing physicians at the hospital. Information was collected about the costs and outcomes at each hospital for patients who were admitted for heart attacks, heart failure, and pneumonia; and for those who underwent coronary artery bypass surgeries.

The study, led by Dr. Ruben Amarasingham at the University of Texas Southwestern Medical Center in Dallas, collected data on levels of automation and clinical outcomes from 41 different hospitals throughout Texas.

While more studies are required to draw definitive conclusions, these results suggest that computerization of health information leads to better patient outcomes and more cost-effective care. The Denver-area hospitals that are some of the nation’s leaders in digital health care technology are likely also benefitting from the positive effects seen at the most computerized hospitals in Texas.

Austin Larson, a former Stapleton resident, is a 3rd year medical student at Brown University.

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Montclair International School's PJ Party Raises Money for Mayor's Homelessness Initiative

By Adam Sexton

Denver Montclair International School raised over \$500 for Denver's Road Home through Mayor Hickenlooper's Pajama Party on Thursday, January 29, 2009. Students paid a minimum of \$1.00 and staff paid a minimum of \$5.00 for the privilege of wearing their pajamas to school. While everyone enjoyed the opportunity to wear comfortable clothing for the day, the meaning behind the event was not overlooked. Several students cheerfully announced their enthusiasm for helping others and gave keen insights about the issue of homelessness. No doubt this event will become an annual tradition for DMIS, not only as a tool to help the homeless, but also to remind students and staff alike of the joy of giving.

Teachers and staff observed that if this program moved into every school in Denver, they could have a huge impact, and have fun while doing so.

For the past three years, the Denver community has had a PJ Party in January to raise funds and awareness for Denver's Road Home and the 10 year plan to end homeless-

ness. Every year there are hundreds of people, including Mayor Hickenlooper, all coming together to support the efforts of Denver's Road Home. This has been a very popular event for our community leaders and media. For more information, see <http://www.denversroadhome.org>.

Denver Montclair International School formed when Denver International School (est. 1977) and Montclair Academy (est. 1981) merged operations earlier this year. The two schools will continue to operate separate programs on separate campuses through the end of this school year. In June, 2009, DMIS will move all operations to Montclair's 6.4 acre campus in Lowry. DMIS offers full-immersion, bilingual language education in French, Spanish or Mandarin Chinese, along with a robust English program from 3 years old through 5th grade. The school also offers a wide array of summer camps programs in languages, sports, science and other areas.

Adam Sexton is the Executive Director of Denver Montclair International School. He can be reached at 303-756-0381 or adam@dischool.org.

Photo courtesy of Denver Montclair International School



Denver Montclair International School students paid to wear their pajamas to school to raise funds for the Mayor's homelessness program.

Preschool One Book, One Denver



Vera B. Williams, reads from her book, "A Chair For My Mother," to a packed house of young readers at the Simon Says Read bookstore in Stapleton's Town Center on Thursday Feb. 12. Williams' book was chosen as the first-ever preschool version of the One Book, One Denver program.

Denver Preschool Program's (DPP) One Book, One Denver initiative aims to inspire parents, grandparents and other caregivers across the Denver community to take an active role in their children's academic success by reading together. "We launched the Preschool One Book, One Denver initiative as a way to support parents and caregivers who serve as their children's first teachers through fun, interactive experiences with books and stories," said Gloria Higgins, Board of Directors Chair for DPP.

"When we can ensure that all of Denver's children have an equal chance at the starting gate, we can increase the odds that they will all make it successfully across the finish line," said Mayor Hickenlooper. "Preschool One Book, One Denver gives us another innovative way to light the fire in children early so they become lifelong learners."

This year's Preschool One Book, One Denver selection was the Caldecott Honor book, "A Chair For My Mother," by Vera B. Williams. The book was chosen because it spans the developmental stages of preschoolers. For children

just learning to read, the rich illustrations help to tell the story. For beginning readers, the book is easy to read and provides many opportunities for conversation about family, kindness and community.

Kaplan Early Learning Company donated 5,000 copies of "A Chair For My Mother," which is distributing to Denver families and preschools.

The book's author and illustrator Vera B. Williams attributes her affinity for the arts to her parents' encouragement of expression and the creatively stimulating Bronx community where she grew up during the 1930's and 1940's.

The Denver Preschool Program (DPP) is the result of a voter-approved ballot initiative, passed in November 2006, to increase the number of children attending a high-quality preschool program before entering kindergarten. DPP provides parents living in the City and County of Denver with a tuition credit to use at the preschool of their choice and provides quality improvement grants to preschool providers.



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For more information call 303-316-3944.

New Aurora Pilot Schools at Fletcher Elementary

The Aurora Public Schools (APS) Board of Education approved two new Pilot Schools, which will share the Fletcher Elementary School campus beginning in the 2009-10 school year. Fletcher is located at 10455 E. 25th Avenue, between Stapleton and Anschutz/Fitzsimons Medical.

The goal of Pilot Schools is to provide schools with autonomy and maximum control over their resources in exchange for increased accountability. The schools remain part of the district but are given more freedom, with the expectation that students will attain higher levels of academic achievement and exceed district averages within three years. The increased autonomy at each Pilot

School will be implemented by a governing board using shared decision making.

The two pilot schools will be Fletcher Primary School, serving grades K-3, and Fletcher Intermediate Science and Technology School, serving grades 4-8. Sixth and 7th grades will start in the 2009-10 school year and 8th grade will be added in 2010.

APS Pilot Schools are a joint venture between the teachers association and the APS Board of Education. The most recent proposals received 100% support from Fletcher staff.

Additional information about the APS Pilot School program can be found at www.aps.k12.co.us/schools/pilot.

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Front Porch Annual Summer Camp Guide

Photo by Scott Dressel-Martin

Art Students League of Denver Visual Art Camps (200 Grant St.), ages pre-K-11, June 8-August 14, half-day 9-12 pm and 1-4 pm, \$116/week. Activities include wire sculpture, ceramics, oil painting and much more! Before, after & lunchtime supervised care available. Call 303-778-6990 or visit www.asld.org.

Aurora Fox Theatre Summer Camps (Meadowood, Hampden & Chambers) Acting Up Camp, ages 5-6 years, Session I: June 15-26, Mon.-Fri., 10-11:30 am, Session II: July 13-24, Mon.-Fri., 10-11:30 am, Cost: \$116 (\$96 Resident), Puppets & Marionettes in Action Camp, ages: 6-10 years, Dates: June 8-Aug 3, Mon., 4:30-6 pm, Cost: \$90 (\$70 Resident), Little Foxes Stages Camp, Central Library, (Alameda & Chambers), ages 7-10 years, dates: Session I: June 15-25, Mon.-Fri., 1-4 pm, Session II: July 13-23, Mon.-Fri., 1-4pm, cost: \$195 (\$175 Resident), Morning at the Improv (ages: 9-13), Teen Acting Camp (ages: middle & high school), Take Two, Teen Acting Camp, Broadway Bound!, Adult Acting. Call 303-326-8650, or visit www.auroragov.org.

Aurora Recreation Sports Camps (various locations), ages 6 mo-18 years, various dates and times. Camps include Therapeutic Recreation for children with disabilities, Imagination Station, Swimming camps, Parent/Tot Munchkin, Discovery, Explorer, Dinosaur, Adventure camps, Construction, Artz & Craftz, Imagination Station, Beck Kids Club, Camp Hot Tots, Science, Summer Sports, Acting Up Summer Style, Disney Princess Dance, Puppets & Marionettes in Action, Art, camp Cook-A-Munga, camp Make It & Take It, Sun & Fun, Gymnastics for Girls, Dance, Little Foxes Stages, Science Fun, Pioneer camp, Morning at the Improv, Pre-Teen Adventure, Broadway Bound, Teen Acting, Baking Boot Camp for Teens, Teen Extreme Adventures, Cooking Basics Camp for Teens, Adult Acting Class. Call 303-326-8640 or visit www.auroragov.org/recreation.

Baby Power & Forever Kids Camps (Quebec Square-7505 E. 35th Ave., Suite 330) Ages 3-7 years, June 1-August 15, Monday-Friday from 12:30 to 3:30 pm, \$125/week or \$25/day. Program includes a craft, snack, gym time, music and a special activity each day. We will alternate between the following special activities: Spanish, Cooking, Science, Dancing and Drama. Call 303-377-8855 or visit www.babypower.com.

Big Bear Ice Arena Summer Camps (Lowry), ages 3 to adults, various dates, \$99-\$425. Camps include learning how to skate for young ones, hockey for adults, strength and con-



Botanic Gardens Summer Camp

ditioning training, soccer training programs, etc. Call 303-343-1111 ext. 104, e-mail mcaple@bigbearice.com or visit www.bigbearice.com.

Bladium Sports Camps (Stapleton). Ages 4-12, every week from June 1st-August 14th. Camps have a range of sports from soccer to dodgeball and are high energy for active kids. \$199 per week, 9-5pm; \$149 per week 9-1pm (half day). Daily rates: \$49 full day; \$30 half day. Contact Katie or Storrie, Bladium Sports Club, 2400 Central Park Blvd. (303)320-3033 ex. 1008 or 1006 denverkids@bladium.com, www.bladium.com

Bluff Lake Summer Day Camps (near MLK Blvd and Havana) Ages 6-10 years. Five day camps from 9-12pm starting 6/15, 6/22, 7/13, 7/20, 8/3, 8/10. Camps nurture children's adventurous spirit by hiking through the refuge, wading in the creek, reading books and making crafts. \$135 for non-members and \$115 for members (discounts for additional camps). Call 303-468-3244 or visit www.BluffLakeNatureCenter.org (go to Programs and Junior Naturalists).

Bluff Lake Fireside Chats and Marsh-mallow Roast for the Whole Family (near MLK Blvd and Havana) 6pm on the second and fourth Thursdays of the month May

through September. Cost: \$1/per person suggested donation (members are free) Dates: May 14 and 28, June 11 and 25, July 9 and 23, August 13 and 27, Sept. 10 & 24. www.blufflakenature-center.org. No registration required. Children must be accompanied by an adult.

Botanic Gardens Summer Day Camps (1005 York St., Denver) Ages 6-14 years, June 23 to July 31, 9-4 pm (No session June 29-July 3.) \$209 for Gardens members, \$229 for non-members. Different camps each week allow kids to explore plants and investigate how people use them with fun activities and take-home projects. Registration begins March 2 for members, March 9 for non-members. Call 720-865-3580, e-mail registrar@botanicgardens.org or visit www.botanicgardens.org.

Camp Invention (various metro-area locations), grades 1-6, various dates, \$25 off if register online before March 31. Creativity and brainstorming are the building blocks to your child's future! The Camp Invention program emphasizes those skills and more. Children create exciting new games and transform ordinary household items into extraordinary inventions during this weeklong summer adventure of the National Inventors Hall of Fame. Children participate daily in five activity-oriented modules focused on science literacy, math, history and the arts. Directed and taught by local teachers

throughout Colorado schools. Call 800.968.4332 or visit www.campinvention.org.

Children's Museum of Denver Superhero Wednesday Nights, ages 1-8 years, every Wednesday night from 4 to 7:30 pm, general admission (everyone wearing superhero gear gets \$2 off admission). Junior Jobsite exhibit, 1-8 years, June 8-Sept. 7, general admission. Mighty Machines, 1-8 years, Saturdays, June 13, July 11, August 8, 10-2 pm, free. Call 303-433-7444 or visit www.mychildsmuseum.org.

City Park Golf Course Summer Camp. (Park Hill) The First Tee Golf instruction plus year-long free access to junior course. Groups range from novice to experienced. Six-week sessions for kids ages 4 and up. Call for advice on choosing a group for your child. Kids' golf clubs provided free. Information at 303-370-1554. Schedule and registration, starting March 16 at www.thefirstteeofdenver.com.

Colorado Clash Soccer Summer Camp (Stapleton & Lowry), ages 8-12 years, various dates, weekly 8:30-5:00 pm, \$225. Camp includes health and fitness awareness, soccer, and inspirational speakers. One day soccer camps and tournaments with professional coaches for ages 12-16 years at \$50/day. Call 303-513-1429 or visit www.ColoradoClash.org.

Colorado Heritage Camps for adoptive families (Snow Mountain Ranch in Fraser, CO), ages 3-adults, \$95-125, African Caribbean-July 23-26, Cambodian-July 16-19, Chinese-September 4-7, Chinese Too (held at Augustana Lutheran Church in Denver)-July 31 - August 2, Filipino-August 6-9m Indian Nepalese-July 8-11, Korean-June 18-21, Latin American-July 25-28, Russian/Eastern European/Central Asian-July 23-26, Vietnamese-August 6-9. Call Pam Sweetser at 303-320-4234 or visit www.heritagecamps.org.

Colorado Rapids Soccer Camp (Dick's Sporting Goods Park, 6000 Victory Way, Commerce City, CO), ages 5-18 years, wide variety of summer camps from our youngest Kickin' Kids camp to our structured Development Camp. Call 303-727-3575 or visit www.ColoradoRapids.com/Academy.

Dardano's School of Gymnastics Adventure Camp (Park Hill), ages 3-5½ years, boys and girls. Two 4-week sessions beginning June 1, Mo.-Thu. 9:30-12:30 pm. Flexible scheduling. Camp combines gymnastics with enrich-

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Quill Kids Creative Writing Day Camp
Photo courtesy of Quill Kids

ment activities, arts & crafts, games and much more. Each week the activities focus on a different theme such as treasure hunt, outer space, beach party & dinosaur days. Sign up by day, week or full session. Call 303-355-0080 or visit www.dardanosgym.com. 2250 Kearney Street

Denver Art Museum Summer Camp, ages 4-11 years, June 9-July 24, morning, afternoon and some all-day classes available, \$85 half-day classes, \$225 all-day classes/camps. The Museum's collections are the inspiration as kids adventure through the galleries grabbing ideas and turning them into masterpieces in paint, clay, paper and more! Registration begins Monday, March 9, for members-Monday, March 16 for non-members. Call 720-913-0048 or visit www.denverartmuseum.org. 100 W. 14th Ave. Parkway

Denver Montclair International School Summer Camps (Lowry), ages 3-11 years, various dates. Week-long day camps in language (French, Spanish and Mandarin Chinese), sports, cultural exploration and creative arts. Call 303.756.0381, visit www.DISchool.org for a complete schedule or e-mail Manu Bidan at ASP@DISchool.org for additional information. 206 Red Cross Way, Denver

Denver Museum of Nature & Science Summer Day Camp (Colorado Blvd. & Montview), June 8-August 14, camps will cover general science, anthropology, geology, paleontology, zoology, space science and/or health science. Parent-Child workshops, age 3-(90

minutes) \$20/pair member, \$25/pair nonmember, ages 4-12 (half-day Monday-Friday), morning session: 9:00-11:30 a.m., afternoon Session: 1:00-3:30 p.m. \$125 member, \$150 nonmember, ages 6-12 (all day Monday-Friday) 9:00 a.m.-3:30 p.m. \$250 member, \$275 nonmember. Call 303-322-7009 or visit www.dmns.org to register.

Denver Parks and Recreation Summer Camp (various locations), most start second week in June and end first week in August. Summer Day Camp, ages 6-12 years, 9 - 4 pm, Monday - Friday, 8 weeks/\$840. Summer in the Parks, ages 7-12 years, 10 - 3 pm, Monday - Friday, 8 weeks/\$400. Teen Adventures, ages 13-16 years, times will vary, Thursday and Friday. Our licensed summer camps provide structured learning programs focused around sports and fitness, arts and crafts and aquatics while providing

young campers with a fun and educational experience. Summer Camp registration begins March 9th. Call 720-865-0840/720-913-0654, or visit www.denvergov.org/recreation.

Denver Public Schools-2009 KC Kids Summer Theme Camps (various locations), ages 4-12 years, June 1-July 31, \$175/week (\$140-Week 1 and 5). It's a Small World Camp, 3-6 year, June 1-July 31, 7:00-5:45 pm, \$175. Activities include Art Smart, KC Kids Take the Stage, Hip Hop Rock Out, Way Out Water, Super Star Sports, Super Size Science, Great Outdoors, Summer Wrap Up, Camp Combo. Call 720-424-8291 to register.

Denver Zoo Summer Safari Camp, ages 4-13 years, June 1-August 7, \$135-260/week. Come spend a week with Denver's wildest residents! Campers participate in hands-on activities, animal visits, crafts, games, projects, and zoo tours. Call 303-376-4888 option 8, or e-mail safari@denverzoo.org. 2300 Steele St. Denver

Dramatic Adventures Summer Camp (Park Hill), \$160. Super Hero Academy Beginner, ages 5-8 years, June 8-12, & July 6-10, Mon.-Fri. 9-12:00 pm. Super Hero Academy Advanced, ages 9-12 years, July 13-18, Mon-Fri 9-12:00 pm. Teaching leadership skills using theatre games and a super hero theme. They learn tangible tools to battle every day problems like a champion. Call 303-377-0785 or visit www.dramaticadventures.com.



Denver Art Museum
Photo courtesy of Denver Art Museum

Dream BIG Day Camp (6th Ave. & Colorado Blvd.), Denver's only private traditional day camp, serves boys and girls ages 4-10 years, \$200-\$425. We offer karate, tennis, soccer, filmmaking, basketball, yoga, art, theater, climbing, cool-inary, science, kayaking etc. Three-week sessions are designed to help campers build continuity, develop friendships and improve their skills in a multitude of areas, 4:1 ratio, in August there is a one-week basketball camp and a one-week soccer camp! To learn more and register visit www.dreambigdaycamp.com.

George Gwozdecky Summer Hockey Camp (Ritchie Center on the campus of the University of Denver), girls and boys, ages 6-15 years, four 1-week sessions from July 6-31, \$420-\$595/week depending on age group. Visit www.gghockeycamp.com.

GVR Summer Day Camp (Green Valley Ranch school), ages 4-15 years, June 1-Aug. 28. Activities include arts & crafts, science, cooking, fitness and more. Two snacks/day provided. Early registration begins on April 25, 2009 at the GVR Metropolitan District Office located @ 18650 E. 45th Ave., Denver 80249 from 8-1:00pm. Call La Vetta @ 303-307-3243 or visit www.gvrmetrodistrict.com.

Gymnastics Plus Summer Camps (6180 E. Warren Avenue, Denver, 80222), ages 3-10 years, June 29-August 7, offering 6 one-week long, mini-camps (mornings 3-6yrs olds) and super-camps (afternoons 7-10yrs olds). Gymnastics, arts & crafts, theme days, special camp shows with awards. Call 303-512-0799 or visit www.coloradogymplus.com.

Outward Bound Wilderness Heroic Journey (various locations), age 12+ years, year-round camps, cost depending on camp. A nonprofit adventure-education organization emphasizing personal growth through experience and challenge in the wilderness. Activities include backpacking, canoeing, canyoneering, dog sledding, mountaineering, rafting, rock climbing, sailing, sea kayaking and skiing/snowboarding. Scholarships and academic credit are available. Call (866) 467-7651 for more information or a free catalog or visit www.outwardbound.org.

JA Business Week Camp (Johnson and Wales University, 7150 Montview Blvd), high school student grads, Jun 8 to 13, from 9 to 12pm, \$250, work on "Apprentice"-style business projects with a real company, meet new friends, live on a college campus. Call 303-260-6285, e-mail at jvenerable@jacolorado.org or visit www.jabusinessweek.org.

kidstheatreWEST Camp, ages 7-17, camps offer classes in acting, dance, singing, stage combat, improvisation, make-up and great productions. Camp sizes are limited so there's lots of individual attention and great roles for everyone. This summer's shows include The Sound of Music, Macbeth and Jungle Book! For , with all performances in Lowry, \$599- \$1049. Call 303 507 7424 or visit www.kidstheatrewest.net.

Mike Giles Karate Lil' Dragons Camp (Stapleton), ages 3-7, A-June 8-12, B-June 15-19, C-July 13-July 17, 9-12 pm, \$150/week, \$20 off if registered before March 15. Daily schedule includes safety drills, character themes, obstacles courses, karate, games, snacks, water fun days, arts and crafts, bounce castle, Pizza Fridays, Pop-sicle Wednesdays, etc. Call 303-377-5425 or visit www.mikegileskarate.com. Quebec Square, 7506 E. 36th Ave., #480

Mizel Museum Camp (400 S. Kearney St., Denver), ages 4-12 years, May-August, \$95-\$185/week, half and full-day multi-activity camps include art, music, drama, sculpture, dance,



Shadow Theatre's CRUNK (Creative Resources)

cooking, math for fun, puppetry, world culture activities and more. Some scholarship funds available based upon need. Call 303-394-9993, Ext. 103, e-mail jmcock@mizelmuseum.org or visit www.mizelmuseum.org.

Odyssey Summer Enrichment Programs (Stapleton), starting June. Fourteen vendors will be providing excellent fun opportunities for your children to learn and play. Many of the same vendors such as Anne and Peter Thulson, Children's Technology Workshop, Executive Arts, Flourish Community Art School, John Babiak Presents, Nicole West, Omniform Karate, Science Matters, and Stan Yan are scheduled. New vendors have been added including A Bright Idea, Kids at Play, and Sol Vida Dance Theatre including Odyssey's tutoring programs for all ages, optional early drop-off and late pickup. If you register for an AM and PM class, lunch is included in the price. Visit www.myenrichment.com and select Odyssey Summer Programs to your left to register.

Paddington Station Preschool Camp (Lowry), ages 3-5 years, session 1, "CityScape" runs 4 weeks in June and session 2, "SeaSide" 4 weeks in July, various schedules available Mon-



Dramatic Adventures Summer Camp
Photo courtesy of Dramatic Adventures

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Camps *(continued)*



Uniting Neighborhood Kids) Summer Camp
Photo courtesy of Shadow Theatre CRUNK

day through Friday, from 8:30-3pm. Enrichment Classes are available Mondays, Wednesdays and Fridays from 11:30-1:30pm. Call 303-333-9154 or visit www.paddingtonstation.org. 1301 Quebec St., Denver

Paha Camp for children and young adults with disabilities (200 Kipling Street, Lakewood), ages 6-25 years, June 15-July 31, (no camp July 3), 9-5pm, 7 weeks full camp, \$1400 resident, \$1800 non-resident, 3 weeks, \$700 resident, \$900 non-resident, 7 weeks summer school (12-5pm 1st 2 weeks and then full time thereafter), \$1050 resident, \$1400 non-resident. Activities include swimming, nature exploration, sports, games, arts & crafts, drama, music, outdoor skills, sensory room experience and outings into the community. All activities are adapted to meet the needs and abilities of our campers. Open registration begins April 4. Call April Rosenthal 303-987-4866, e-mail aprrros@lakewood.org or visit www.lakewood.org/camppaha.

Paint Horse Stables Camp (4201 S. Parker Road, Aurora), ages 8 and up, 9-3:30 pm, Jun 1-Aug 14 Monday-Friday, register by March 1 for \$375/week, after \$395. Learn safety, horse care, grooming, saddling and riding. Call Bob Hantschel at 303-690-8235 or visit www.painthorsestables.net.

Primrose Camp (Stapleton), ages 4-12, choose your full days/weeks from monthly themes: When I Grow Up, What's Cooking & Passport to Adventure. Low weekly fee includes all meals, field trips, guest visitors, entrance fees and transportation. Call 303-271-1237 or visit <http://www.primros-eschools.com>. 2501 Syracuse St., Denver

Quill Kids Creative Writing Camp (various locations), ages 6-13 years, Monday-Thursday, 9-12:00, East Denver: June 22-25, South Denver: July 20-23, West Denver: Aug 3-6, \$85/4-day session. Sibling rates available. Recreational program guides budding authors through the experience of creating imaginative prose and poetry. Call Iretta Bell at 303-618-9701, quillkids@msn.com or visit www.quillkids.com.

Rocky Mountain Arsenal Nature Rangers Day Camp (56th Ave and Havana in NE Denver 80022), ages 4-6, 6-9 and 9-13+, June to August 7, full (8:30am-4pm) and 1/2 day (8:30am-12:45pm), am drop off at Refuge and pm pick up at Refuge or at the Stapleton Odyssey Charter School, \$225/full day \$175/half day, 14:1 ration. Contact John Babiak at NatureRangerJohn@aol.com or register at www.MyEnrichment.com, see link to Nature Rangers Summer Camp 2009.

Rocky Mountain Chess Camps (various locations), all abilities and ages, in Englewood - June 15-19 – full and half day options - and in Denver July 13-15, 8:1 ratio. Five 2-day chess camps are also offered throughout the summer in Englewood for specific ability levels. Participants will be taught scorekeeping, etiquette, tournament preparation, logical thinking and strategic planning for all the phases of the game. Learn from nationally-recognized Denver Chess Master and author of Teaching Chess in the 21st Century – Strategies and Connections to a Standards-Based World and Chess Workbook for Children, Todd Bardwick. Call 303-770-6696 or visit www.ColoradoMasterChess.com.

Rocky Mountain Speed Youth Athletic Training Camp (Lowry-Bishop Machebeuf High School, 6th Ave. & Uinta), ages 7-18 years, June 15th - July 23rd, Monday-Thursday, 6 weeks long, 4 days per week, 1 hr 15 min Morning Session times TBD. \$299 Speed Camp + \$50(weight lifting program) Additional cost for supervised weight lifting program only for athletes 14 and older who choose to participate. RMSC is a performance training camp that helps young athletes to improve their speed, quickness, agility, strength and overall athleticism. Goal is to improve the athletes playing ability within chosen sports. Call Keith Holmes at 720-217-1205 or visit www.rocky-mountainspeedcamp.com.

International Exploration Fine Arts Camp, Stapleton (Stapleton), ages ECE 3 – 5th grade, 2nd or 3rd week of June, \$35. Camp held at Bill Roberts Elementary School includes music, two-and three-dimensional art, foreign language, games, stories, snacks, and more! Sponsored by Northfield Church. Call 720-985-6810 or contact@northfieldchurch.com. 2100 Akron Way, Denver

Salvation Army Camps (2915 High St., Denver, 80205) Red Shield Summer Day Camp, ages 5 to 11, June 8th - August 7, 8:30am-6:00pm, \$50/week. Licensed child care, 2 field trips weekly, arts & crafts, computers, indoor/out door sports, swimming, drama etc.

Continental breakfast & snack provided. High Peaks Camp (Estes Park), ages 7 to 12, June 17 to 22, \$50 for five full days of overnight camp. Must register through The Salvation Army Denver Red Shield. Transportation to camp and back is provided, free physicals will be offered. Activities include hiking, swimming, team building games, rope course, campfires etc. Call Kathy or Shosannah at 303-295-2107 to register.

Shadow Theatre's CRUNK (Creative Resources Uniting Neighborhood Kids) Summer Camp (1468 Dayton St., Aurora, 80010), ages 13-18 years, July 7-August 16, \$Free. An educational workshop enabling young people to ignite within themselves the joys of their human spirit through artistic expression." Apply March 15th-June 19th. Download application at www.shadowtheatre.com or pickup at Shadow Theatre. Call 720-857-8000 or e-mail Info@shadowtheatre.com.

South Suburban Camps (various locations), ages 4 to 17 years, various dates between June-August, \$100-\$295. For those looking for a specific camp (like technology iCamp, lacrosse, or kayaking) and not finding it in the NE Denver area, South Suburban offers a wide range of camps. 303-347-5999 or visit www.sspr.org.

Skyhawks Sports Academy Camps (various Denver locations), ages 4-14 years, various times between 9-4 pm, June-August, \$79-\$109. Four-day camps include soccer, basketball, flag football, baseball, mini-hawk, golf, lacrosse and cheerleading. Call 1-800-804-3509 or visit www.skyhawks.com for complete schedule.

Spanish Is Fun Summer Camp (Lowry), Denver, ages 4-10 years, July 20-July 31, \$170 - \$510. Spanish Is Fun is not a class, it is an unforgettable experience! New this year: a Latin Carnival. Call 303-200-0622, e-mail at info@spanishisfun.net, or visit www.spanishisfun.net to register. 7653 East 1st Place

Temple Emanuel Summer Camp (51 Grape Street, Denver, 80220), ages 2-6 years,



Young Americans Center for Financial Education
Photo courtesy of Young Americans Center

June 1-August 7, 8:00-5:30 pm. Price range \$280-for half day & up to \$1,308 for full time. We also offer Parent/Tot classes. Daily activities include art/crafts, math, science, open gyms, water play, outside time, music, games and story time. Enrichment classes include cooking, and dance. There are in-school field trips from magicians, actors, dancers, artists and many more activities to keep the children happily entertained all summer long. Call 303-321-7258.

Thornton Camps (2211 Eppiger Blvd) Camps include Adventure Club, 5-11 years, June 1-August 14, \$1,031 Resident, \$1,237 Non-resident and Teen Escape, June 1-Aug. 14, 11-14 years \$1,100 Resident, \$1,320 Nonresident. Both camps include swimming, field trips, book mobile visits, crafts, group games and sports. Registration begins April 8th for residents and April 9th for Nonresidents. Call Jenny Dowdell at 720-977-5934 or e-mail jenny.dowdell@cityofthornton.net.

YMCA of Metropolitan Denver (Schlesman) will organize youth sports teams to play in Stapleton. Call 720-524-2792 or visit www.denveryymca.org for programs, schedules, cost and location details, as well as information about a variety of sports camps.

Young Americans Center for Financial Education Camps (3550 E. First Ave. and 401 S. Pierce St., Lakewood), grades 2 to 8, Jun 8-July 24, \$125-\$185, weeklong camps include Girls Can, International Towne, Junior Money Matters, Running Your Own Biz, Young Ameri-Towne, Teens Travel & Trade, Young Entrepreneurs Tool Kit. Call 303-321-2265 or visit www.vacenter.org.

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

The SUN Board meets at 7:30pm on the 4th Monday of every month at the Stapleton Community Room, 2823 Roslyn Street.

Please confirm by emailing stapletonunited-neighbors@gmail.com or calling 720-840-8492.

SUN Announces 2009 Board Elections

By Bryan Penny

Are you new to the neighborhood? Have you hoped that more voices from the community would be represented in development decisions? Want to help make Stapleton a better place to live and work? Do you have talents and skills that could be put to good use in planning future development in Stapleton? Are you a current resident who has been looking for an opportunity to get involved with neighborhood issues? If your answer is "yes" to any of these questions, please consider running for a leadership position in the Stapleton United Neighbors Board of Directors.

The first Board of Directors of SUN was elected in the spring of 2004. During the past five years, much has been accomplished. SUN developed By-laws and established non-profit status. Several community forums have been held and a neighborhood watch program has been started. SUN has also supported alternative transportation planning and active living in the community. SUN now hosts regular forums with Forest City representatives and officials from the City to help keep Stapleton residents up to date on the state of our neighborhood. SUN also organizes the annual Block Party Day and the Kickball Tournament, to help bring new neighbors together, and build the bonds that are critical to strong communities. Now it is time to make plans for another year of progress with the election of members of the SUN Board of Directors. Of the 15 seats on the SUN Board, seven are up for elected this year. As Stapleton is always growing,

SUN is committed to including on the Board residents from all areas, including newly built homes.

A nominating committee has been formed to identify members of the Stapleton community who are interested in becoming more involved in the effort to organize the neighborhood. Please consider sharing your voice and experience by becoming a candidate for the SUN Board of Directors.

Stapleton United Neighbors Board Election FAQs

What is SUN, and what role does it play in the neighborhood?

The mission of SUN is to work for the betterment of the Stapleton neighborhood and the City and County of Denver by providing: (i) a forum for residents living within the boundaries of SUN to discuss and resolve issues; (ii) a network of communication; (iii) a means of acting on matters of importance to the community as a whole. Check out the SUN website at www.stapletonunitedneighbors.com for more information.

What do SUN Board members do?

SUN board members are responsible for helping bring the mission of SUN to life through work in the community. That entails at least the following responsibilities: Attendance at 9 or more of the 11 SUN board meetings each year (currently

scheduled at 7:30pm on the fourth Monday of January through November). Chairing or serving on a SUN committee (transportation, education, outreach, safety and communication), serving as a SUN liaison on a Stapleton Citizens' Advisory Board (CAB) or Stapleton Development Corporation (SDC) committee (parks advisory group, zoning and planning, housing diversity, community communications and design review) or serving as a SUN liaison to InterNeighborhood Cooperation (INC). Authoring at least one article per year for the SUN Spot section of the Front Porch and Tower Ledger. Attending and helping out with SUN sponsored community events and forums. Promoting the work of SUN and the ethos of SUN's mission in the community.

What is the time commitment involved?

Monthly board meetings typically last an hour and a half to two hours. SUN, CAB and SDC committee meetings are usually once a month and run about an hour to an hour and a half and INC meetings are the second Saturday of the month for three hours. Beyond that, keeping up with voice mail, email, authoring a SUN Spot article and attending other events and meetings can add as little as a few minutes to as much as several hours per week. Board members should also monitor Grapevine posting on StapletonOnline.com weekly for issues relevant to the committees they are a part of or attend. As a general rule, SUN will involve about 10-15 hours a month of time March 2008 Stapleton Front Porch commitment, and potentially more depending on the calendar of events.

What do I need to do to run for the Board?

The application process entails submitting a statement of interest and bio (not to exceed 175 words) to Bryan Penny (bryanpenny@gmail.com) by April 1, and attending the SUN Forum and Election on May 5th. The statement of interest and bio will run in the May issue of the Front Porch and Tower Ledger and be posted online on SUN's website at www.StapletonUnitedNeighbors.com.

How are the elections determined?

In the past, there have been just enough candidates to fill each slot, but in the event of more candidates than slots, each voter has 7 votes and the top 7 vote gatherers are elected to the board.

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The 2009 Recreation Guide. This community recreation guide is intended to provide residents with detailed information on the community programs available through the various community facilities located here at Stapleton. We have aligned our program guide to correspond with Stapleton's "on-line" registration process. To register or get more detailed information for a program, look for the highlighted activity button listed throughout the guide that matches an active button on our web site: www.StapletonCommunity.com.

2009 Swim Programs. The lesson program this year has been expanded and broken up into several stations. Each station will contain components of three important skill areas: strokes, deep water safety, and general safety. By the time a child completes all stations they will be proficient in six strokes: front crawl, elementary backstroke, back crawl, breaststroke, sidestroke and butterfly. The stations are progressive in nature so your child can add to the skills already attained.

- * Weekday lessons (Mon-Thurs) 2 wk increments
- * Saturday Morning Lessons (Sat AM) 5 wk increments
- * Evening Lessons (M/W) or (T/Th) 4 wk increments

You will find registration for all of our programs on line under "Aquatics." Once you find the class that you are interested

Keven A. Burnett, Executive Director

in, you may select and click on your specific activity. You will automatically be taken to the next screen to complete your registration.

Summer Adult Swim Programs: Masters Swim /Triathlon Training, Water Fitness, Deep Water Exercise and Lap Swim. Please log onto the web site for specific schedules and registration information.

Registration for the 2009 swimming programs is available on-line for Stapleton Residents beginning March 1, 2009. Once your entire household information is complete you will have full access to On-Line Registration. Non-Residents may register for any Aquatic Program by phone, fax, or email by contacting the MCA office after March 15, 2009.

Stapleton Cards. Residents who were issued a Stapleton card on or before September 1, 2008 need to have a 2009 Stapleton card issued prior to July 1, 2009 in order to access community pools without paying the daily fee. Residents may turn in their current card to receive a FREE 2009 card. Residents should click on Pool Cards under "Aquatics" to get started. Once your online access has been approved, (verification of residency in good standing) you will receive an email notification to proceed with the set up of your household information. Once your online account is active, you will need to simply stop by the MCA office or one of the three pools (this summer) to have your photo taken and 2009 card issued. New Residents must bring "proof of residency" for each member of the household for whom they are purchasing a card

The Stapleton MCA is a 501(c) 4 Non Profit Community Organization whose mission it is to create and sustain a sense of community at Stapleton through comprehensive management of parks and recreational facilities, community events, cultural programming. The MCA is located at 2823 Roslyn St. and can be reached by phone (303-388-0724) or email (info@stapletoncommunity.com). Community information is continually updated at www.StapletonCommunity.com

Stapleton Garden Club Seeks Tour Organizer

By Tom Gleason

The Stapleton Garden Club is looking for someone to take over the management of its Garden Club Tours, according to Gregg Looker, one of the founders of the organization.

Mr. Looker said the group was formed two years ago to emulate the success of the Park Hill Garden Tour. When the Stapleton Club was being formed, organizers held meetings with the Park Hill sponsors in an effort to gain ideas for a Stapleton tour geared towards the smaller yards common within the Stapleton community. Stapleton garden tours were held in 2007 and

2008. After two years of managing the Stapleton Garden Club Tours, Mr. Looker said it is time for new leadership for the garden tours.

"I'm just not up to another year of doing this" Mr. Looker said. "We need a dynamic individual who can take the lead on this, and run with it!" Mr. Looker added that the club has a stock of Stapleton Garden Tour yard signs with the distinctive color logo showing Stapleton's former control tower covered by daisies. Any Stapleton resident who would like to manage the Garden Club should contact Gregg Looker at gregglooker@msn.com.

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Letters to the Editor

– The Front Porch will publish letters to the editor as space allows. Please mail your letters to: Tom Gleason, editor, The Front Porch, Forest City Stapleton, Inc., 7351 E. 29th Ave., Denver, CO 80238. Or email: TGleason@StapletonDenver.com



More and more students are taking science classes in preparation for jobs in the health field. Photo courtesy of Front Range Community College

Denver: Healthcare, IT and Business are the hot categories. Most people are refining and expanding upon their work experience with new and updated skills.

Aurora: We see both kinds of students — those that are just taking a couple of classes to upgrade their jobs skills and those who are making career shifts. Our retention from fall to spring has increased from the previous year, suggesting students are looking at investing more time toward a degree or certificate.

In our computer open-entry courses, students are registering for anything from Java to Excel. These classes give students the opportunity to take classes and finish them quickly so they can start the next one within the same semester.

We see students seeking career shifts to have jobs they have not had before. Our paralegal program has an increase in enrollment. CCA's Colorado Film School continues to experience record enrollment, and with the new partnership with Regis University, students can take three years at CCA and transfer to the Regis fine arts program for the last year. The EMS program has many students who have always

been interested in this line of work now entering the program.

Are you tailoring your programs based on projections of job growth in certain industries, and if so, what industries and jobs are worth mention?

Front Range: We are always trying to tailor programs to labor market information and

routinely close some programs and open others. We have expanded our automotive repair program in part because of the ongoing demand in that industry, and in particular the need for more automotive repair services as people keep their cars longer. We have also been working with several hospitals to develop a program in health information technology, a field that will continue to grow as the population ages. We have other health care programs that we're researching as we believe that health care probably offers the most long term growth possibilities. Finally, we have been paying a great deal of attention to alternative energy technologies and sustainability initiatives. We've added a sustainability course to our Architectural Technology program and are developing training programs to serve workers at Vestas plants in Brighton and Windsor and other energy industry manufacturing firms in our service area.

Denver: We are focusing on developing new training options in Energy, Green Business/Technology practices, Trades/Construction and Hospitality. Healthcare is still the hottest field for hiring, but the other industries are projected to grow in the near future.

Aurora: CCA faculty and staff research the job market and work with workforce centers to identify where job growth may be. We're in the process of developing new programs as early as summer and many more in the fall. We have a new division named XpressEd that will offer these new fast-track programs. In April, we start a new 10-week certificate in Art and Media Design, which was based on communication from our partners in the industries. We have a new Business Technology certificate to meet the demand our community workforce centers are seeing. We are developing an Engineering Technician program that would provide specific training in green technology and sustainability. Our research is showing a need for an Interpreter and Translation Certificate in this area. In the healthcare industry, we're looking at developing medical support certificates as well as a nursing program. Our instructional departments are looking at all the 16 credit certificate programs currently offered in order to find ways to offer those in a 10-week format.



The Colorado Film School at Lowry, as part of the Community College of Aurora, offers students expertise that is valuable in finding jobs in our visual

What types of program options are available for adult learners — for example, degree programs, certificate programs, single classes or workshops?

Front Range: All of the above are available. We have short certificates that take one semester or less — among those are Certified Nursing Assistant and Emergency Medical Technician, A+ and Net Plus Computer Certificates, as well a number of shorter automotive repair certificates. There are longer certificates in most of the programs I have mentioned above, as well as two year degrees in technical fields and for transfer. A number of our students actually spend 3 years at FRCC and transfer about 90 credits to Regis as part of a 3+1 program we offer to help students earn a Regis Bachelors degree.

In addition, a number of adult learners do take single courses — popular areas for that are Computer Information Systems and CAD, among others. We also offer several hundred non-credit courses each year, including basic computer skills training, foreign languages, business and accounting, and many other areas.

Denver: We offer non-credit training options that can lead to industry certifications. All classes are currently online, but new programs with live facilitation are under development.

Aurora: We have all of these including workshops for career development or enhancement. It is a long list so you might just want to check our website www.ccaurora.edu/programs.

What are the costs, and are there scholarships or government funds available to offset these costs?

Front Range: For on-campus credit classes, tuition is \$81 per credit. There are usually some small additional fees per credit, which vary slightly by

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Community Colleges Training for Jobs of the Future

world, says Frederic Lahey, the film school's director. Students are taught to be professional storytellers who can take their skills and apply them not just in

the film world, but in the business world where film is used more and more for developing corporate images and providing training.

campus. Online and nursing courses cost more. Details on all the costs are on our web-site. There are several options for financial aid, including federal loans and grants as well as scholarships offered by the FRCC foundation.

Denver: Online classes start at only \$99 for 6 weeks of instructor-facilitated coursework. Intensive programs are mostly in the \$1000-\$1800 range, maxing out at \$5,000. Military and

College Opportunity Fund (COF) it is \$283.05. We have developed new scholarships available for students coming into the XpressEd programs that will pay for their first class. We have our regular scholarships and financial aid for those who qualify.

Where do you have campuses, and do you have online learning options?

Front Range: We have full service campuses in Westminster, Longmont, and Fort Collins. We also have a smaller center in Brighton. We have the largest online learning program of all the Colorado Community Colleges, with several degrees available online including paralegal, business, computer information systems, and accounting programs. We offer over 150 different courses online.

Denver: Our offices are downtown, but on-line classes can be accessed anywhere. Community College of Denver is interested in identifying class sites to serve the Stapleton and surrounding community.

Aurora: We have two campuses: CentreTech Campus off Chambers and 1st and Lowry Campus off Lowry Blvd. (6th Avenue) and Dayton. We have a wide variety of online classes offered through CCA and CCCOnline (Colorado Community College System). In addition to online, we have hybrid courses that combine online and in-classroom instruction. The in-classroom classes meet at specific dates throughout the semester.

What would you say to adults who have been laid off or fear losing their jobs about why they should consider your community college programs?

Front Range: We offer excellent value. Our classes are reasonably priced, usually are



Veterinary technician courses are a popular choice at the community colleges.

Photo courtesy of Front Range Community College

quite small, and produce students who have strong skills. Our students do very well after they leave – our students who transfer typically do as well at four year schools as students who start there originally.

Denver: Our classes are affordable and high quality. We are a solid member of the community, and have a long-term commitment to helping people grow and flourish.

Aurora: In the fall when we began to see the layoffs occurring, CCA created a job task-force to research and identify programs that would help get jobs. We felt it was our role to step up and provide retraining, skill enhancement and career services. As a community college, we have the agility to respond to the communities' needs, and we take the responsibility of training our workforce seriously and proactively. Our staff and faculty work hard to help our students succeed from the moment they walk through the front doors to the time they walk up to receive their diploma.

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