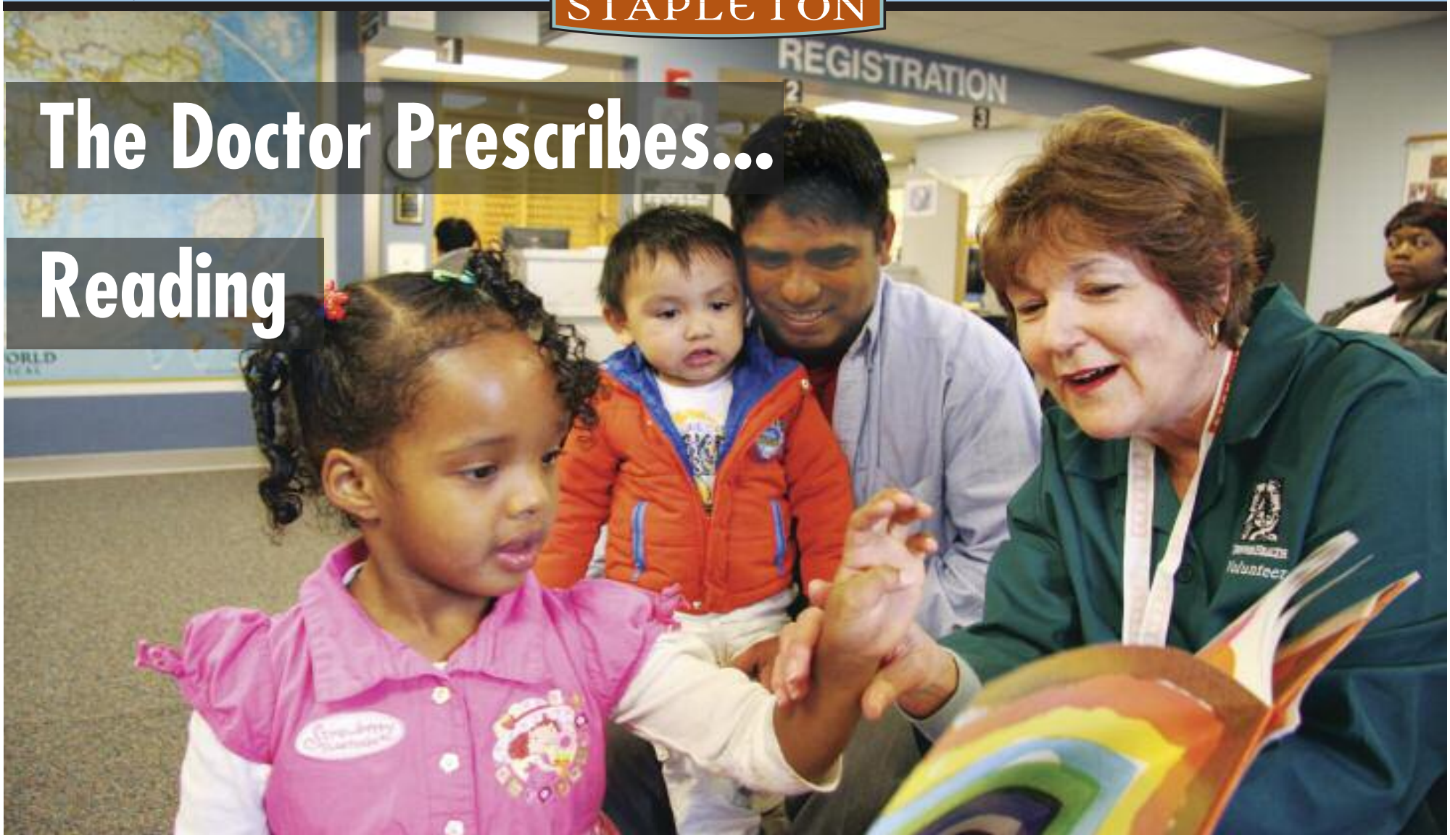
Front Porch

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

DENVER, COLORADO

STAPLETON

APRIL 2009



The Doctor Prescribes... Reading

Nayrus Dulane, 3 1/2, Isaac Flores, 1 and his father Jose Flores listen as Linda Fogel, a volunteer with the Reach Out and Read program, reads in the waiting room at the Lowry Family Health Center.

By Nancy Burkhart

Mile High United Way's Stapleton Campaign is taking the first three weeks of April to conduct a Book Drive to collect "gently-used" children's books and money to buy new children's book for the Reach Out and Read Colorado project to promote literacy.

"They give books to health clinics," explained Jamie Orcutt, who with Jim DeCesaro, chairs the Mile High United Way Stapleton Campaign. "Physicians use them so that at each well-child visit between the age of 6 months and kindergarten the doctor gives them a brand new book. The doctor talks to parents *(continued on page 30)*

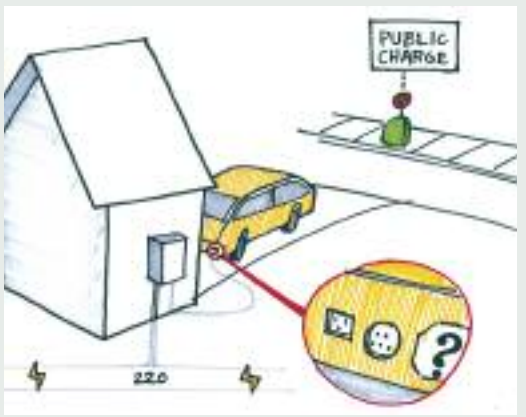
Earth Day Feature: The Next Big Energy Solution

The Smart Garage

Editor's Note: For Earth Day the Front Porch invites readers to learn about a whole new idea on how energy can be managed in the future, a concept called "The Smart Garage." This concept is being developed by the Rocky Mountain Institute (RMI), a non-profit organization located in Boulder and Snowmass. RMI's mission is "to foster the efficient and restorative use of resources to make the world secure, just, prosperous, and life-sustaining."

By Cameron M. Burns

Electricity is a beautiful but fickle mistress. It's best made in the amounts that society needs, generally near where it's needed, and nearly exactly when. And because it's the life support system of everything from medical equipment to financial data, we are slaves to its ways. The simple problem is electricity cannot be cost-effectively stored in large quantities.



Vehicles would "fill-up" at electric charging stations. At peak energy times, vehicle owners could get credit for putting some of their battery power (electricity) back into the grid.

Seventeen years ago, RMI Chief Scientist Amory Lovins *(continued on p. 4)*

Harnessing Energy from Adversity

Photo by Luis Benitez

Erik Weihenmayer, Jeff Evans, and Eric Alexander at the summit of Mt. Everest. On April 6th Erik will speak at East High School about overcoming adversity (see page 22 for event information).

What was the time in your life when you were most scared and overwhelmed, and how did you respond to the situation? The Front Porch posed this question to world-renowned mountain climber Erik Weihenmayer, who has climbed the tallest peak on every continent.

His response? He remembered sitting in the high school cafeteria amidst the banter and the food fights as scared and anxious as he had ever been in his life. Born with a degenerative disease in his eyes, his eyesight had never been good, but now, in his freshman year of high school, he was fully blind. "I remember sitting there thinking I was going to be thrust to the sidelines and forgotten. My life was going to be meaningless at fourteen years old. And that *(continued on page 22)*

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

6 $8,000 Tax Credit for First Time Home Buyers | 10 Four Local Watercolor Artists in Exhibition | 28 S.U.N. | 30 Kindness Retreat for Students

Full moon rising over Stapleton homes.

CALENDAR

Events in or near Stapleton that are free and open to the public or are charitable fundraisers. Additional events are listed on page 11.

APRIL

Thursday, April 2
Denver Center for the Performing Arts SCFD Free Day, Sunsets and Margaritas
Available the day of the event at box office only (opens 4:30, lines form earlier); No reservations; First-come, first-served; One ticket per person; Seating is General Admission; No children under six; House opens ½ hour before curtain.1101 13th St., Denver 303.893.41000

Saturday, April 4
Denver Art Museum SCFD Free Day

Sunday, April 5
Hopscotch Hustle fashion show, a fundraiser for WeeCycle Colorado, 2-5 pm

Monday, April 6
Erik Weihenmayer presentation
East High School 7pm (see page 22)

Saturday, April 11
Stapleton Spring Egg Hunt
Founders Green 11am

Monday, April 13
Stapleton New Resident Orientation
MCA Community Room, 6:30 pm
www.StapletonCommunity.com 303-388-0724

Friday - Sunday, April 17-19
Denver Antiques & Art Show and Sale
Wings Over the Rockies, Lowry
11am-6pm (til 5pm Sunday)
3-day ticket $10 ($8 at King Soopers)
www.centralcityopera.org or 303-292-6700
(see story on page 8)

Saturday, April 18
Northfield Earth Day Events
The Shops at Northfield Stapleton 12 - 3pm
Learn from the green pros and see the latest green products. Entertainment and fun activities for the kids. Visit northfieldstapleton.com

Saturday, April 18
Stapleton Book Drive
Last collection day, 10am - 1pm
Stapleton Pediatrics (see story page 1)
2975 Roslyn St.; call720-987-8486
www.unitedwaydenver.org/stapleton

Saturday, April 18
Westerly Creek Elementary Auction
Note new venue: City Hall 1144 Broadway
303-832-8628 (venue info only) 5-9pm
www.WCEauction.com
anet@4saleindenver.com

APRIL

Sunday, April 19
Denver Museum of Nature and Science SCFD Free Day

Sunday, April 19
Bonfils Blood Drive 8:30am - 12:30pm
Montview Presbyterian Church, Park Hill
1980 Dahlia St. www.bonfils.org

Thursday, April 23
Active Minds - Iran & Global Nuclear Proliferation. A look at Iran and how the rest of the world is responding to Iran's nuclear ambitions and political posturing.
Heritage Club Mountain View, 8101 E Mississippi Ave, Denver.
www.activemindsforlife.com

Friday, April 24
Stapleton Wine Appreciation Group
7pm
Gathering at Natural Balance Integrative Health, 3055 Roslyn, #120 meighanm@aim.com

Friday, April 24
Watercolor Exhibition Opening Reception
Free and open to the public, 5 - 8pm
Colorado History Museum, 1300 Broadway
valli@mcdougle.com, 303-955-8750
(see story page 10)

Saturday, April 25
Bill Roberts School Auction
Wings Over the Rockies, Lowry 6:30 pm
www.billrobertspta.com

Tuesday, April 28
Active Minds - The Pine Beetle Infestation
Learn the science of this situation and potential options to address the devastation.
Tattered Cover, 2526 E Colfax
www.activemindsforlife.com

MAY

Saturday, May 2
Denver Art Museum SCFD Free Day

Saturday, May 2
Stapleton Spring Jamboree
Founders Green, afternoon
www.StapletonCommunity.com
303-388-0724.

Thursday, May 7
Stapleton Public Forum
Update on development at Stapleton
Denver School of Science & Technology Middle School, 2000 Valentia St
7 - 8:30pm (doors open at 6:30)
stapletonunitedneighbors@gmail.com

Saturday, May 30

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

(See page 29 for recurring monthly events and meetings)

Introducing Stapleton Children's Dentistry, a pediatric dental office. Our goal is to ensure our patients have beautiful smiles for the rest of their lives.

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The Berkshire

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And Other New Favorites

7352 E. 29th Ave. p: 303 321.4010
www.TheBerkshireRestaurant.com

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uncover the genius

S.A.V.E

Salute A Viable Earth

Saturday, April 18, 12 noon -3pm

At The Shops at Northfield Stapleton

Show your GREEN side help make a difference!

- Drop off recyclable items , receive a FREE eco-tote
  (While Supplies Last)
- Learn from the green pros and see the latest green products:
  - The Wildlife Experience
  - The Urban Farm
  - Environmental Learning for Kids
  - Valley Crest Landscaping
  - All Things Renewable
  - Bluff Lake Nature Center & More!
- Entertainment and fun activities for the kids
- Electronics recycling – visit northfieldstapleton.com for pricing and complete event details

The Shops at NORTHFIELD STAPLETON

Luminous RECYCLING
A Beacon for Environmental Responsibility

CBS 4

The Smart

(continued from page 1) and a small group of transportation researchers developed a new concept about vehicles and the grid. The idea was simple: vehicles with electric drivetrains include some kind of electric storage or conversion devices—batteries, fuel cells, whatever. Even back then it was obvious that there was a lot more power in electrified vehicles and their storage devices than there was in all the power plants connected to the grid.

The real benefit of electric vehicles, however, is that they bring a new level of stability and control to the grid—including giving power back when it's needed most (in blackouts or at times of peak demand). By some estimates, a battery-electric vehicle, with about 40 kilowatt-hours of usable energy, could power an entire residential block for over an hour if necessary.

All drawings courtesy of Rocky Mountain Institute

Using the Smart Garage approach, utility companies would be better able to match variable supply sources with demand. Wind, for example, blows harder at night in many places. Cars will buy power mostly at night when the utilities traditionally haven't sold much power. Cars can then store the power purchased at night and sell it back to the utility at peak times during the day when it's worth more per kilowatt hour than they paid for it at night, when rates are lower.

In 1991, however, there was nothing close to an electric grid that could handle such operations. Cost-effective electric vehicles were still years away. Batteries that could store the required power had yet to be developed. Integrated renewables and buildings were relatively unsophisticated. And digital, Internet-based, and wireless communications were mere infants. Today that's all changed. Say hello to "Smart Garage."

Smart Garage is a sweeping concept about the seamless integration of vehicles, homes, and offices via the electric power grid. The three components would share power in such a way that consumers would make better choices about the energy they use, they would have access to more reliable, cheaper, and cleaner energy, and they would need less of it. This shift is occurring because of recent advances in both the grid and vehicles.

Green Trends for Car, Home, Office, and the Grid

Even if you pay only passing attention to the electricity industry, you're probably aware of talk about a so-called "Smart Grid." The smart grid is basically the same grid you've grown up with except that it's tricked out with modern equipment. Its various components talk to each other and report problems and failures, update each other's data, and send messages to users like homeowners and factory managers.

Proponents say its capabilities could range from turning parts of the grid off when power failures occur (so that they don't propagate across wide areas) to energy management activities like "demand response" (a way of letting customers know when power is scarce, and thus expensive, so they can opt to trim or defer power use). The Smart Grid can also accept power in better, more intelligent ways from storage systems—like electric cars. Xcel Energy started implementation of a full-blown smart grid in Boulder in 2008, the first large-scale Smart Grid city in the country.

Garage

A second important trend is the vehicle sector's rapid move toward plug-in hybrid electric vehicles (PHEVs). Companies such as Tesla Motors and Th!nk are selling electric vehicles in small quantities, and Toyota and General Motors have both committed to having a plug-in hybrid electric vehicle for the U.S. market by 2011.

Green building design has also come a long way, as have photovoltaic (PV) cells. Increasingly, PV systems are being incorporated into the exterior walls and roofs of buildings, inconspicuously absorbing light and generating a charge.

Economic Motivations

Utilities sell a disproportional amount of their power on hot summer afternoons. At night, business plummets. For the utility, that means their expensive generation and transmission equipment stands idle. "Night-charging" vehicles, therefore, could be a lucrative twist on the business of selling electrons.

The National Renewable Energy Laboratory recently estimated that if half the nation's light vehicles were ordinary plug-in hybrids they would represent a night-charging market of 230 gigawatts. That's good news for the U.S. wind industry. In many areas, wind tends to blow harder at night, creating more energy when the vehicles would be charging.

"A utility will be able to better match variable supply resources (like wind) with demand. Cars will buy power mostly at night when the utility wouldn't normally sell power. The Smart Garage paradigm is like a discount store for the utilities because they can then sell their previously unwanted kilowatt-hours to a really hungry new market," says Michael Brylawski, Vice President of RMI's transportation group.

The Smart Garage concept will offer customers different ways to use and share energy. It requires linking many parts including vehicles, buildings, grids, and the various locations that will offer charging. The government will need to mandate both technical and regulatory standards.

The Smart Garage could even create revenue for the consumer. On hot summer afternoons, utilities often struggle to keep power flowing so offices are lit and buildings are cool. Electricity is sometimes in such demand that it could be worth dollars per kilowatt-hour, not cents. Under this new paradigm, car owners could let their batteries drain onto the grid during the day, then drive home from work on gasoline. The value of this "load shaping" could be credited to the car owner's electricity bill.

Additionally, utilities must reserve some portion of their capacity to provide "reserve" power in case of power plant or transmission line failure. The storage capacity of cars could be used to provide these "ancillary services" to the utility. And, again, the utility would pay the customer for using his battery.

Carbon Reduction Benefits

The carbon reduction benefits are also huge. A Smart Garage energy paradigm could simultaneously reduce the environmental impact of both the transport sector and the electricity sector. Driving a vehicle that uses electricity creates fewer greenhouse-gas emissions than driving a vehicle that uses gasoline, even if the electricity is made from fossil fuels (such as coal).

"There have been more than seventy studies on this question," noted John Waters, formerly of RMI. "Depending on how you evaluate it and which region of the country you study, there's a 30 to 75 percent reduction in emissions by using coal-based electricity rather than liquid fossil fuels in cars and trucks."

A recent study by the Natural Resources Defense Council (NRDC) and the Electric Power Research Institute (EPRI), which RMI believes uses conservative estimates on achievable mileage, found that widespread deployment of plug-in hybrid electric vehicles by 2050 could reduce the U.S. greenhouse-gas emissions by more than 500 million tons annually.

Also, Smart Garage will accelerate the penetration of important green technologies—hybrid cars and wind turbines, to name two.

More importantly, wind turbines built to serve the night car-charging market would still spin whenever the wind blew and may eventually be able to meet a considerable portion of America's electricity demand—a huge step toward reducing the country's reliance on fossil fuels.

Developing a Model

Rocky Mountain Institute, with partners that include the Google Foundation, Ford, Johnson Controls, Duke Energy, and Danaher, is developing an analytical model to show how the implementation of the various aspects of the full Smart Garage concept might come together.

"There are lot of people working very hard to implement major shifts towards a greener world, doing things like installing solar on their roofs, or pushing Detroit and Japan to come out with radically new cars, or fighting to get wind power mandated by the government," says RMI Analyst Laura Schewel, who works on the Smart Garage-related projects. "Sometimes, it feels like a lot of environmental movements are happening in isolation, or, worse, fighting for limited resources, public attention, and funding. Smart Garage gives us the opportunity to work together, on a mutually beneficial technology that drives all these threads of the green movement forward together."

Cameron M. Burns is Senior Editor at Rocky Mountain Institute. For more information on RMI visit rmi.org; for more information on Smart Garage and related projects, visit www.projectgetready.com.

Please join us for the

Doctors-Only

Brunch & Home Tour

Why doctors only? Actually, it was a few of the doctors who live in Stapleton that gave us the idea. They told us that Stapleton is perfect for doctors. Close to work. With lots of beautiful new homes to choose from. And a neighborhood feel that's friendly and outdoorsy and, you know, healthy. We've even arranged for special doctors-only financing from our lender sponsor, Colorado State Bank & Trust. So come out for brunch, mimosas and a customized tour of the homes in Stapleton. (RSVP soon. Tour availability is limited.)

date Sunday, April 5

tour times 11:15 AM and 12:45 PM

place Meet at the Forest City Stapleton office (first floor lobby area) 7351 East 29th Avenue Denver, CO 80238

rsvp Call Nancy Relihan at 303-382-1800

Thursday, May 7
Stapleton Public Forum
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.

Federal Stimulus Includes $8,000 Tax Credit for First Time Home Buyers

By Tom Gleason

The recently passed Federal Stimulus legislation includes an $8,000 tax credit for first time home buyers who make a purchase by December 1st of 2009, expanding home ownership opportunities for many potential buyers who may now find owning a home is as affordable as renting.

Under the Federal Stimulus program, a "first-time home buyer" is defined as a person who has not owned a home for three years; married couples would be eligible when both buyers have not owned a home for three years. Tasha Jones, director of marketing for Forest City Stapleton, Inc., said the new tax credit will make it even more affordable for first time home buyers to purchase a home at Stapleton, where homes begin in the low $100,000s for the income qualified 29th Drive Row Homes by New Town Builders and extend to market rate housing that spans a full range of pricing from the low $200,000s to more than $1 million. Ms. Jones said that potential homebuyers' interest remains high in regard to Stapleton, which has been widely acclaimed as one of the nation's premier urban neighborhoods, a sustainable community where jobs, schools, shopping and open space are within convenient walking distance of homes priced to be affordable to a range of incomes.

"This is a great time for first-time home buyers to purchase at Stapleton," said Ms. Jones. "Plus, Stapleton is a place where buyers can purchase a brand new home for under $300K within an established, master-planned community that offers a long list of conveniences and recreational amenities. In fact, we welcome buyers to shop Stapleton during our first-time home buyer weekend tours on April 25 and 26 from 11 am to 2 pm."

Gene Myers, principal of New Town Builders, said the 29th Drive Row Homes are the answer for homebuyers who want to have both an active and affordable lifestyle.

"This tax credit is effective in three important ways," said Mr. Myers. "First, it applies to anyone who has not owned a home in the last three years. Second, it never has to be repaid. And third, it is refundable. If you don't owe $8000 in taxes, the government will refund all of the taxes you owe and write you an additional check up to the $8000 amount."

Mr. Myers said that at a mortgage rate of 4.75% (5.482% APR), the buyer of a one bedroom row home priced at $109,900 could anticipate a monthly payment of $853.09, which includes principal and interest, taxes, monthly mortgage insurance and Home Owners Association dues. The complete monthly payment for a two bedroom row home, priced at $135,200 (mortgage rate of 4.75% APR 5.46%) would be $1014.96, and the complete monthly payment for a three bedroom row home priced at $169,400 (mortgage rate of 4.75% APR 5.441%), would be $1233.75. At these payments, owning your own home can be as affordable as renting.

Ms. Jones said more information is available at www.DiscoverStapleton.com.

May 9th, Stapleton's Central Park

5K Run and 2K Walk to Support Program that Trains Teen Parents

At Florence Crittendon school, students drop their children at the on-site child care center. Above, Sina Nhaha holds Mia Lombardi, 9 months, and watches Aiden Salazar, 11 months as part of her parenting class. Students learn how to care for infants who are slightly older than their own so they will be prepared for that stage of development.

By Nancy Burkhart

Teenagers who become parents before they are out of school have a resource for learning how to raise healthy families and achieving career goals with the help of Parent Pathways.

Teen moms can attend Florence Crittendon School, which is part of Denver Public Schools. There, the young mothers learn parenting skills, get career guidance and counseling, and are able to finish high school, according to Lisa Hamm-Greenawalt, Communications and Outreach Manager for Parent Pathways.

Babies can attend an early learning center. And, young fathers can benefit from case managers who go to their high schools to provide career counseling, advice on legal and custody issues, information on how to apply for jobs and how to be good dads.

"Most of the teens come from at-risk backgrounds," Hamm-Greenawalt said. "Studies show that 38 percent of teen moms drop out of school because they have no child care. At Florence Crittendon, teen moms learn how to take care of their babies.

"Most come from very poor backgrounds. About 58 percent are Latino. Some don't even have parents to go to. It's very complicated with immigrant neighborhoods. Most of them don't have cars and take three or four buses to get to school every day. Many are working other jobs. There is a lot of pressure to drop out of school and go to work because families need the money. Our focus is to keep them in high school. They will earn 41 percent more with a high school degree."

Many of the young women in the Parent Pathways program create better futures for themselves and their children because of the counseling.

"I've discovered that getting pregnant is the best thing that ever happened to some of these girls because of the opportunities offered with counseling," Hamm-Greenawalt explained. "One girl is becoming a nurse. Counseling has turned her life around."

Parent Pathways receives funding through Denver Public Schools and private donations.

May 9th Run/Walk Event Info

Each year on the Saturday before Mother's Day a fundraiser with a 5K race and 2K walk and stroller walk is held. This year will be the first time for the event to be held at Stapleton.

The Comcast and First Bank-sponsored event will be on Saturday, May 9, at Central Park-Stapleton. Registration before May 7 is $25 for individuals and $15 for students from 6 to 17 years old. Race-day registration will be $5 more. Participants are encouraged to form fundraising teams.

"This will be a fun kids' event, a family festival that people will want to go to every year," Hamm-Greenawalt said. "There will be Mother's Day card-making and face painting for kids. There will be cool prizes for the biggest fundraising teams, with a fondue party for the biggest fundraisers. A chocolate fondue party will be held following the event."

For information on the 5K race and 2K run/walk, go to www.parentpathways.org. To register, e-mail: events@parentpathways.org or call 303-321-6363.

Stapleton Dental Office Donates Teeth Whitening Proceeds to Bluff Lake

Bluff Lake Nature Center, a 123-acre wildlife refuge and environmental education center located just east of Stapleton, offers science education programs for middle and high school students who attend public schools in Denver, Aurora and Adams County. "These programs are critical in helping students truly grasp our relationships to the natural world, and will help them learn how to live in harmony with our local wildlife," says Glenn Fee, Executive Director of the Bluff Lake Nature Center.

As a nonprofit, Bluff Lake relies heavily on community partners to help manage their land and offer educational programs so that their more than 30,000 visitors each year can enjoy their open space and their programs and summer camps.

One of Bluff Lake's community partners, Town Center Dentistry and Orthodontics has announced that it will donate all proceeds from teeth whitening procedures in 2009 to the Nature Center, with a goal of raising $10,000.

"We feel it's important to do everything we can to help sustain and support our local wildlife refuge, as it's a vital part of Stapleton and a place that everyone enjoys," says Dr. Brett Kessler. "The coming year will be critical for nonprofit organizations. It's so important for local businesses to become involved and help support Bluff Lake so we that we will be able to enjoy it for many years to come."

Funds raised by Town Center Dentistry will go directly toward helping fund the science education programs. To schedule a teeth whitening appointment that will support Bluff Lake, visit www.makeyoursmilegreat.com or call 303-321-4445. The cost for teeth whitening is $250.

Photo by Amanda Baldwin

Rhonda Montera, Jason Baldwin, and Gabe Hurley get their blood drawn at the January Blood Drive sponsored by Stapleton United Neighbors (S.U.N,)

S.U.N. Blood Drive

In the SUN-sponsored January Blood Drive, Chuck Montera's block got the highest percentage of people to donate blood. That block will get a $200 check from SUN to go toward expenses for their block party on May 16th. The blood drives in Stapleton have tripled in donations in the last two years, but still only about 30 people came out for the last drive. Visit www.bonfils.org for more information and to check dates for future drives. Every time you give blood, you can save up to three lives.

Fundraiser for Central City Opera's

Denver Antique & Art

Wings Over the Rockies Air and Space Museum at Lowry will showcase the Denver Antiques & Art Show and Sale on April 17–19. Proceeds from the event will benefit the many local and statewide programs of the Central City Opera House Association, an artistic, educational and historic Colorado institution. Show Chairman Julie Wham states, "Each year our dealers bring exquisite examples of furniture, jewelry, rugs, silver, porcelains, prints and paintings. Add a piece to your collection or begin one now. We're also truly excited about our mission: to raise funds for the Central City Opera. Arts and culture are the backbone of any great cosmopolitan city."

"Our award-winning education and community programs are a particular point of pride for us," says Lori Pidick, director of development for the Central City Opera. Lori and husband Mark are Park Hill residents and their children, Griffin and Ally, attend Stanley British Primary School in Lowry. "Some people cringe when I say that I work in fundraising, but I really enjoy it," she says. "The Central City Opera is an incredible organization with deep Denver roots. I love working on this event because I meet such amazing people from throughout the Denver area." Corporate sponsors include First Western Trust Bank; Community Banks of Colorado; Gibson, Dunn & Crutcher LLP; Innovest Portfolio Solutions; Land Title Guarantee Company; and Brown & Tedstrom, Inc.

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July 21, 23 & 24
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Show at Lowry April 17 - 19

Lori Pidick (left), Director of Development of the Central City Opera, Julie Wham, Chairman of Central City Opera Antique Show and Peter Luce owner of the limousine, which will be on display at the Antique Show. The vehicle is the same model as Franklin Delano Roosevelt's presidential limo. Peter Luce is a board member of the Wings Over the Rockies Museum where the antique show will be held.

The Preview Party, on April 16, will provide an opportunity for early shopping and feature a vintage fashion show styled by Charlie Price, runner-up of the Bravo channel's Shear Genius and co-owner of Click Salon in Denver. Other special events include talks by Toni Garner, nationally acclaimed floral designer and author, and David Tryba, Denver architect and passionate supporter of urban development/redevelopment. Bistro Boys Catering will design special menus for each event.

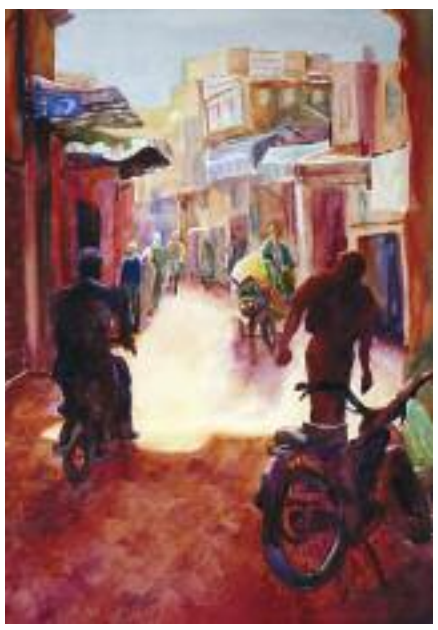
Items from Antique Dealers such as these from Manor House will be at the Antique Show.

Central City Opera provides programs for the education and entertainment of audiences of all ages throughout the Rocky Mountain region. Each year an average of 50,000 people participate in 200 education and community programs at public and private schools, senior residences and care facilities, and community theaters and music festivals. An additional 60,000 hear broadcasts of Central City Opera performances on KVOD. Opera Alive! brings teaching artists into schools to assist students in the creation of their own operas."

A three-day admission ticket costs $10 or $8 at King Soopers. For more information, including prices for special events, go to www.centralcityopera.org or call 303-292-6700.

Four Local Artists in Water Color Exhibition

Lelija Roy-Beyond The Grove



Carolyn Martyn-Rush Hour Marrakech

By Nancy Burkhart

Two artists from Stapleton and two from Park Hill have had a painting selected for the Colorado State Watercolor Exhibition: Lelija Roy and Valli Thayer McDougle from Stapleton and Carolyn Martyn and Marty Alexandroff from Park Hill.

Each Colorado artist could submit as many as three watercolors for consideration by internationally known artist Mark Mehaffey, who was chosen to juror the exhibit. Mehaffey selected 100 paintings by 100 Colorado artists for the exhibit.

Texture is artist Lelija Roy's method of telling the story of aspen trees and how the results of elk-munching on the trees' bark are shown in their nibble tracks.

"I view an aspen grove as a sisterhood because aspen are interconnected," the Stapleton resident explained. "Every tree is connected to another tree. There is a relationship between the elk who are eating the bark because they're starving. They know when to stop and the aspen doesn't die."

Roy painted a series of aspen watercolors especially for entering in the juried contest of Colorado watercolor artists to gain exhibition in the 18th Annual State Watercolor Exhibition. Roy's painting that was selected for the State Watercolor Exhibition is "Beyond the Grove." The work is part of "Aspenspaces," a "series of paintings depicting the intricacy of the aspen grove."

Colorado State Watercolor Exhibition
April 24 to May 3
Colorado History Museum, 1300 Broadway
Sat. 10 am - 5 pm; Sun. 12pm - 5 pm
Admission to the exhibit is free.
The opening reception on April 24
from 5-8 p.m. is free and open to the public.

Art and Framing at Stapleton exhibits Roy's paintings and her line of "wearable art" which includes 1 x 2-inch and 2 x 2-inch jewelry that can be displayed on easels or worn on lapels.

Choosing artwork for a person's home is very personal, Roy believes. "You have to love it. It has to talk to you. If someone loves a piece, they just know it. Don't buy a piece because someone else gave it an award. Different pieces will talk to different people. From a technical standpoint, you're looking for colors that resonate with you."

These artists' work can be viewed online:
www.lelija.net
www.mcdougle.com
www.martyalexandroff.com

Valli Thayer McDougle-Rhythm-Opus #8

Marty Alexandroff-Lair O' the Bear

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Stapleton Wine Appreciation Event to Be Held April 24

By Meighan Meeker

The Stapleton Wine Appreciation Group (SWAG), with more than 200 members and growing, will hold it's next event on Saturday, April 24th at 7pm at Natural Balance Integrative Health, 3055 Roslyn St., Suite 120. The group is open to anyone who wants to join, and offers a monthly opportunity to experience a variety of wines while meeting other wine lovers in the neighborhood. Members are expected to bring a bottle of wine to coordinate with the theme chosen by the host. Past events have included wines from Italy, Champagne and dessert wines, decorative labels, animal themes, and more.

Although most of the gatherings are held in members' homes, local businesses occasionally host the events and offer special discounts on their products or services. A prior event was hosted by Rod Leesberg at Frame by Frame in the Lowry Town Center. Rod provided an elaborate display of food and offered members special discounts throughout the store on both art and framing. Local wine shops, including Grape Expectations (2270 Kearny Street, Park Hill) and the Grape Leaf in the 29th Ave. Town Center in Stapleton, periodically offer discounts to SWAG members.

To become a member of the group, email Meighan Meeker at meighanm@aim.com. A monthly evite is sent to members providing them with the details of the upcoming event.

Meighan Meeker and Mark Jergensen are the organizers of the Stapleton Wine Appreciation Group.

SEASONAL EVENTS

4/18 Saturday - Earth Day Events at the Shops at Northfield. 12 - 3pm. Learn from the green pros and see the latest green products. Entertainment and fun activities for the kids. Visit northfieldstapleton.com for complete event details.

4/18 Saturday - Earth Day 2009 Celebration at Red Rocks. The celebration will include environmental groups that promote education and sustainable living for humans and habitat. 10am-4pm. FREE. www.windstarcolorado connection.org for more info.

4/25 Saturday - Earth Day with Transition Denver, 3:00-4:00 p.m. Learn about this exciting movement that started in England and is now in Denver. Together we can face peak oil, climate change, and economic insecurity and build a better future. Schlessman Library, 100 Poplar Street, Lowry. 720.865.0000

4/25 Saturday - Earth Day Recycling Event at Suss Buick Pontiac GMC, Join Suss Buick Pontiac GMC, 1301 S Havana Street on Saturday, April 25, from 8 a.m. - 7 p.m. for an Earth Day Recycling Event. Suss is located just south of Mississippi across the street from the new Gardens on Havana. Techno+Rescue from Commerce City will be on hand with their trucks to safely recycle your used electronic equipment at the cost of $1/item.

5/02 Saturday - Colorado Green Festival at the Colorado Convention Center. Enjoy more than 125 renowned authors, leaders and educators; great how-to workshops; cutting-edge films; fun activities for kids; organic beer and wine; delicious vegetarian cuisine and diverse live music. Saturday 10am-7pm, Sunday 5/3 11am-6pm. tickets $10-$15, under 18 free. www.greenfestivals.org for ticketing and more info.

5/02 Saturday- Stapleton Spring Fling at Founders Green. watch for more details or visit www.stapletoncommunity.com

5/02 Saturday- 1st Anniversary of the opening of The Park Hill Bike Depot, 2825 Fairfax St., Park Hill. Check the website at www.thebikedepot.com for upcoming details. The Park Hill Bike Depot supports health and active living by increasing access to bicycles, promoting safe, bike-friendly environments and advocating for policies that promote bicycle access and use. www.thebikedepot.org

BOTANIC GARDENS

4/06 Monday - Urban Sustainable Living. Denver Botanic Gardens. Learn about the ethics and principles of permaculture with particular attention to small lots, condos and apartments. Even without a "real" garden, you can live more sustainably in the city! Discuss espaliered fruit trees (one foot wide instead of 20!), the many uses of windowsills, using vertical space efficiently for living and storage, indoor worm bins, gray water, rooftop gardens and more. $24 member, $29 non-member. Day of class: $34/$39. www.botanicgardens.org for more info and to register.

4/07 Tuesday - Seedlings classes for young children offer a fun, hands-on way to explore the plant world while developing an understanding and appreciation for plants and their importance. Classes include hands-on explorations, nature walks, stories and projects for 3-5 year olds and their caregivers. Younger siblings can attend free of charge, as long as they don't become a distraction to the group. Fee is $10 per class for members and $12 per class for non-members. Pre-registration is required and class size is limited.

4/13 Monday (through May) - Kundalini Yoga focuses on awakening your energy and unlocking your inner potential through specific breathing, movements, stretching, meditation and mantra. The class will start and end with ancient chants which open and calm the heart. Elevate and experience yourself through this ancient science! All levels welcome, no experience required. Single session: $8 member, $10 non-member/drop-in rate. Sessions include a handout and background on yoga history and culture. Please bring water and a yoga mat. www.botanicgardens.org to register

4/15 Wednesday- Plant Explorers - (ages 6-10) Make it an Arbor Day Denver Botanic Gardens. Learn about our national tree, our state tree and take a home a little tree to plant for Arbor Day. Classes will include guided explorations, activities & projects to take home. 4:30-6:00pm Classes are $13 per class for members and $15 per class for non-members. Pre-registration is required and class size is limited. www.botanicgardens.org for more info and to register.

4/17 Friday - Jurassic Gardens Exhibit. The Gardens' York Street location will feature life-sized, realistic dinosaurs from the Cretaceous and Jurassic periods of the Mesozoic Era. Plant displays will showcase prehistoric plants and their modern relatives. Plant fossils and a dinosaur dig site for kids round out the exhibit. Free with admission, Through September 30. www.botanicgardens.org for more info

4/23 Thursday - Lifestyles al Fresco: Outdoor Living. Denver Botanic Gardens. Back yards are no longer a sheet of grass and a tree; many have become outdoor living rooms. This class will offer ideas and examples of the latest, most innovative and cutting-edge amenities of all types for your four-season lifestyle, including architectural water features, fireplaces, built-in grills and kitchens, pergolas and even outdoor showers. $15 member, $18 non-member. Day of class: $25/$28. 6:30-8:30pm www.botanicgardens.org to register and for more info.

4/30 Thursday- Tibetan Singing Bowls Concert - Tibetan singing bowls have been used for thousands of years as instruments of healing. Come relax, close your eyes, and drift into an altered state which allows the body to heal. Wear comfortable clothes and bring a yoga mat. Leave feeling 10 pounds lighter as your accumulated stress, anxiety and fear melt from your system. $8 member pre-registered, $10 non-member. Walk-in fee: $15. 7-8:30pm www.botanicgardens.org to register and for more info.

CONCERTS

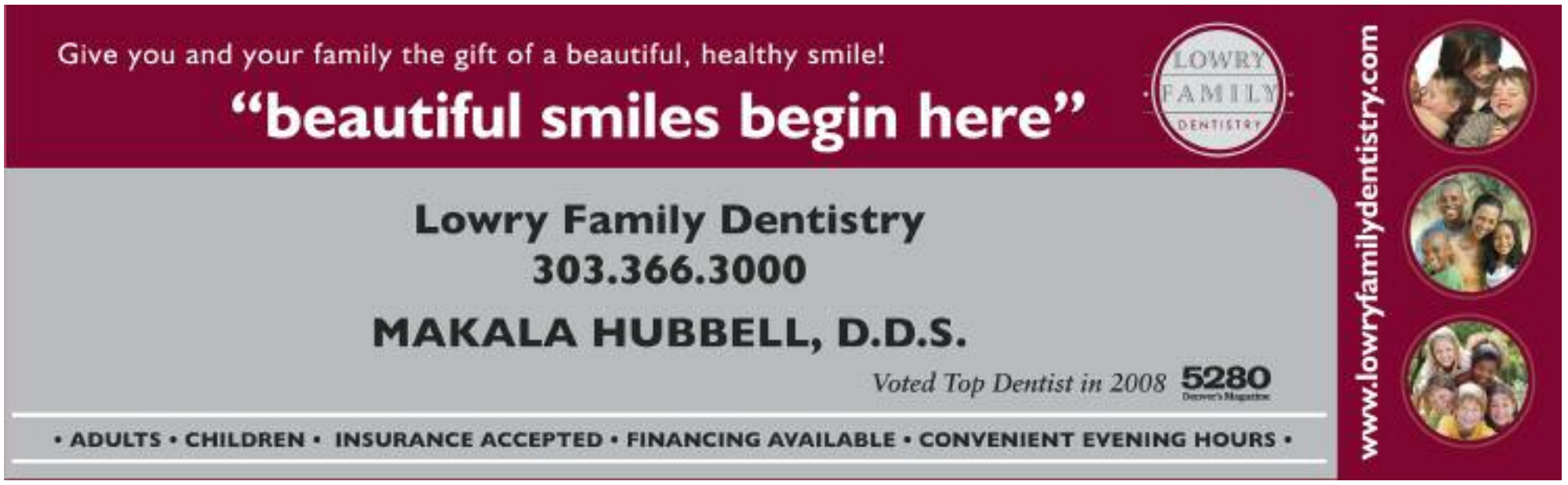
4/26 Sunday- Peter and the Wolf presented by the Colorado Symphony Orchestra. The Colorado Symphony Orchestra will present Saint-Saens and Prokofiev in this performance and interpretation of the story Peter and the Wolf. 2:30 pm, Boettcher concert hall. tickets $15-$73. www.coloradosymphony.org for ticketing and more info.

5/02 Saturday- Aurora Symphony presents Spring Symphonic Masterworks - Arts For a Better Tomorrow. 7:30pm — Gateway H.S. Center for the Performing Arts. The ASO season finale features selected winners of our 7th Annual Youth Concerto Competition, plus Jean Sibelius' masterful Symphony No. 1 in E minor. Gateway H.S. Center for the Performing Arts, 1300 S. Sable Blvd., Aurora, tickets $9-$12, www.aurorasymphony.org for more info.

5/02 Saturday- An Evening With Jackopierce at the Soiled Dove Underground. Doors open 8:00pm, Show 9:00pm. visit www.soileddove.com for ticketing and additional shows! 7401 East 1st Ave (1st and Quebec) in Lowry

DANCE

4/03 - 4/05 Cleo Parker Robinson Dance presents "Passionate Heart." Three performances only This is Cleo Parker Robinson Dance Ensembles' first appearance on stage at the Ellie Caulkins Opera House. Performances are April 3 - 5; Friday and Saturday at 7:30 p.m.; and Sundays at 2 p.m. Tickets available thru CPRD box office 303 295 1759 x13 or Ticketswest at area King Soopers stores, the 24 hour Call Center (866-464-2626) or online at http://www.ticketswest.com



DENVER EVENTS

4/04 Saturday - Used book sale benefiting Food Bank of The Rockies. Thousands of titles, something for everyone! Just a few blocks east of Northfield Stapleton, follow the balloons from I70 and Havana. 11111 E. 53rd Ave Ste A, Denver. Admission is a can of food or $2. Cash or credit only, no checks.

4/11 Saturday - The Ballpark Market. 8 am- 2 pm. An open-air, European style flea market with distinguishing urban flair. Hunt for must have, one-of-a-kind treasures among antique and vintage furnishings, primitives, retro collectibles, eclectic home and garden accessories, hand-made jewelry, vintage clothing and other very cool stuff. Larimer Street between 21st and 22nd streets.

4/17 Friday - thru Sunday 4/19. Just Between Friends kid's gear & clothing sale. Find wonderful family items at amazing prices & earn money by selling clothing, furniture, and toys your children have outgrown. National Western Complex at I-70/Brighton Rd (consignors, volunteers & first-time parents shop a private sale on Thursday evening, April 16.) Friday, April 17, 9;30a-6p, $2 admission; Saturday, April 18, 9a-430p, $2 admission; Sunday, April 19, 10a-2p, half price most items. www.denver.jbfsale.com

4/18 Saturday and 4/19 Sunday - Doors Open Denver. A celebration of the local architects that have shaped Denver during a FREE two-day event that allows you to go behind the scenes of the city's significant architectural gems and lesser-known treasures. Spend the day on a self-guided tour of both historic and modern buildings, register for an Expert Tour or embark on an Urban Adventure, a self-guided tour based on a theme. The May D&F Clock Tower is one of over 80 sites that will be open to the public for tours. For a complete list of sites and additional information visit www.denvergov.org/doorsopendenver

4/26 Sunday - 27th Annual Cherry Creek Sneak 5K and 5 mile run/walk, 1/2 mile kids fun run and block party afterwards. Fun for the whole family! www.cherrycreeksneak.com to register and more info

4/28 Tuesday - Jobing.com Career Expo at the Colorado Convention Center. The Jobing.com Career Expo provides you with direct access to over 75 local companies who are ready to hire. Free, 2-6pm. 700 14th Street, Denver. wwwdenver.jobing.com/expo for listing of companies attending and to register.

KIDS AND FAMILIES

4/15 Wednesday - Love & Logic Presentation: "How to end whining and avoid power struggles with your kids" FREE. Primrose Preschool, Stapleton Time 6:30-7:30 Childcare provided for $5.00 RSVP to Shelly@HeadandHeartParent ing.com

6/15-19 British Soccer Camp hosted by Schlessman YMCA at Central Park in Stapleton. Ages 3 through 14 visit www.challengersports.com to register and for more information.

Summer Youth Sports through the YMCA, T ball and soccer in Stapleton ages 3 and up. www.DenverYMCA.org for more info and registration.

LIBRARY EVENTS

4/04 Saturday - Circus Reading Show with Bill Anderson. Join Bill Anderson on a trip to the circus using books and magic. FREE, 2-3 pm. Presented in the Children's Pavilion at the Denver Central Library, 100 W 14th Parkway, Downtown. www.denverlibrary.org

4/11 Saturday - Creepy Crawlies: a music show with Justin Miera. A wonderful look at insects, bugs and other tiny creatures! Justin's music will make you jump and jive as you learn all sorts of amazing facts about insects! FREE, 2-3 pm. Children's Pavilion at the Denver Central Library, 100 W. 14th Parkway. www.denverlibrary.org

4/18 Saturday - Buggy 'Bout Books: a magic show with Mark Strivings. Join the DPL for magical entertainment for all ages! FREE, Presented in the Children's Pavilion at Denver Central Library. 100 W 14th Parkway, Downtown. www.denver library.org

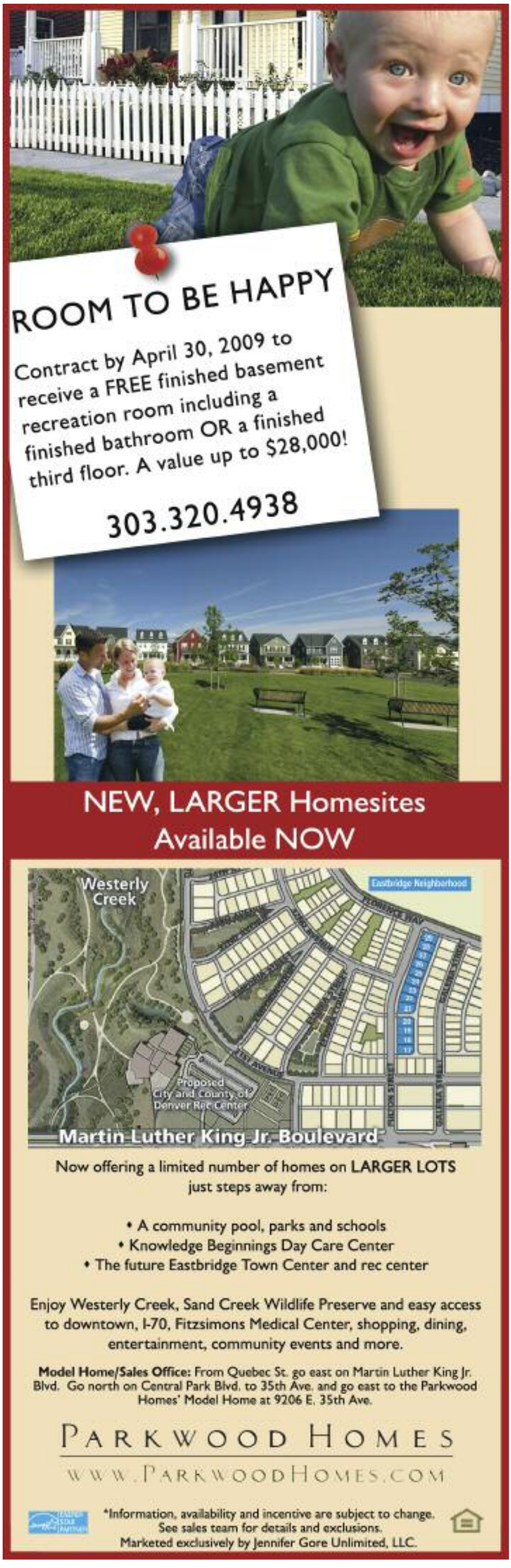
4/23 Thursday - Value Line/Morningstar, Interested in learning about stocks and bonds? Take an online tour of two library resources available to you free with your Denver Public Library card. 4:30-5:30 pm, Schlessman Library, 100 Poplar Street Lowry. www.denverlibrary.org

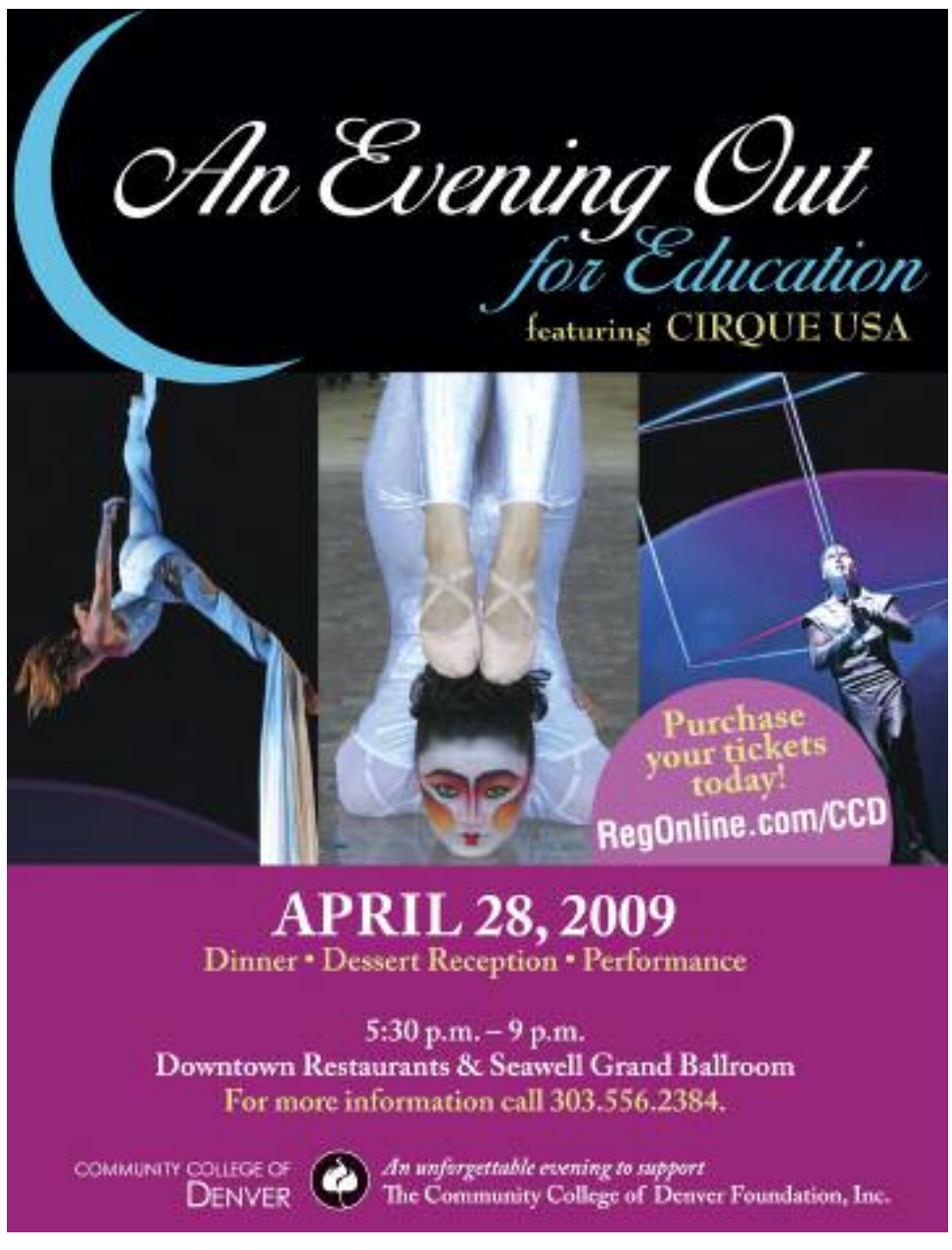
4/25 Saturday - Mr. Bones and Friends. Join Mr. Bones & Friends for a " performing"" science program. You will meet a "Paleo-puppeteer," learn about dinosaurs, and perhaps be eaten by a couple of them! FREE, 2-3pm. Presented in the B2 Conference Room at the Denver Central Library, 100 W 14th Parkway, Downtown. www.denverlibrary.org for more info and events.

4/28 Tuesday - Google More, 4:30-5:30 p.m. Come and discover the simple tools that Google has created to make your life just a little bit easier! Schlessman Library. 100 Polar Street, Lowry. www.denverlibrary.org for more programs and events

LEGISLATIVE EVENTS

Wednesdays through May 5th at 2pm. Walk-In Wednesdays with Speaker of the House Terrance





Carroll. Voters are invited drop in and share their diverse viewpoints and concerns. No appointment necessary. Room 246 at the State Capitol. For information call the Speaker's Office at 303-866-2646.

MUSEUMS

4/01 - 5/03, Nature Unleashed, Inside Natural Disasters: From earthquakes and volcanoes to hurricanes and tornadoes, nature's forces have shaped our dynamic planet. These catastrophic phenomena have affected people all around the world. Now, uncover the causes of these natural disasters and find out how people cope and adapt in the aftermath. In this captivating, interactive new exhibition all of nature's power is on display at the Denver Museum of Nature & Science. Admission $6-$11, 9-5pm 303.322.7009 or www.dmns

4/01 - 5/03 "The Green House: New Directions in Sustainable Architecture and Design." Traveling exhibit opens that explores such issues as what makes a house "green", the healthfulness, safety and comfortability of a green house and whether green houses can be architecturally attractive. Tuesday through Friday 9:00am - 4:00pm. 11:00am-4:00pm Saturday and Sunday. Free, Aurora History Museum, 15051 E. Alameda Parkway. auroramuseum.org or 303.739.6666

4/11 Saturday - Children's Museum Bunny Trail EggVenture. 10:00a.m. - 5:00p.m. Celebrate the favorite springtime festival at the Children's Museum of Denver! Bunny Trail EggVenture is educational, exciting, and so much fun! Visit "eggsploration stations," filled with egg-dyeing, special animal visitors from The Urban Farm at Stapleton, arts and crafts, stories, music, candy and the Easter Bunny of course! www.mychildsmuseum.org for more info.

4/11 Saturday - Next Cockpit Demo Day! 10am - 2pm Wings over the Rockies Museum. Wings lets you explore the cockpits of different airplanes in our collection on the Second Saturday of each month. Cockpit Demo Day is hands-on fun for the whole family. The children will enjoy Wings' pedal plane airport. Free with admission. Lowry, 303.360.5360 or www.wingsmuseum.org

4/21 Tuesday - "Stories from Space" with Astronaut Charlie Precourt at the Wings over the Rockies Museum. Former chief of the Nasa Astronaut Office, Precourt will share experiences such as the first US -Soviet mission aboard MIR. 7:00pm members $7.50, non members $15 Lowry, 303.360.5360 or www.wingsmuseum.org for more info.

4/24 Friday through May 3- Colorado Watercolor Society State Exhibition at the Colorado History Museum, 1300 Broadway. Museum Hours: Saturday 10:00am - 5:00pm, and Sunday 12:00 - 5:00pm. Admission to the Watermedia Exhibit is free.

SPORTS

4/10 Friday - Rockies Home Opener vs. Philadelphia 2:10 pm. coloradorockies.com for ticketing and more home games in April.

THEATRE

4/05 Sunday - Denver Childrens Theatre presents The Golden Goose: Based on the Brothers Grimm version of the famous fairy tale, The Golden Goose chronicles the travels of a young man named Dummling, who is judged unworthy because of his name. But after inadvertently doing a good deed for the King & Queen of the Fairies, Dummling is given a magic golden goose and asked to save the fairy forest from destruction. This witty and gripping story offers lessons about acceptance, diversity, environment, coming of age and the triumph over injustice. Sundays, 1:00pm through May 3. No show 4/12. Tickets $8 and $9, www.macjcc.org to purchase and more info.

4/10 through 5/9- Firehouse Theater Company presents Incorruptible by Michael Hollinger, directed by Pat Payne. John Hand Theater, Lowry. www.johnhandtheater.com or 720.880.8727 for ticketing and more info.

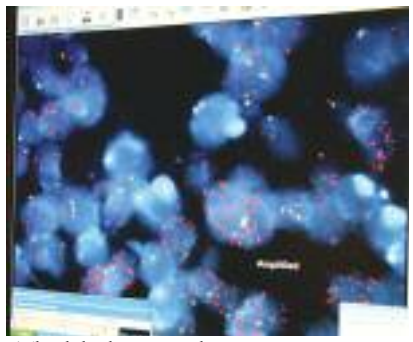
4/10 - 5/10 Aurora Fox Theatre, The Skin of Our Teeth by Thornton Wilder. The Antrobus Family has seen it all: war plague, ice age, flood and even more war. The Skin of Our Teeth, the Pulitzer Prize winning absurdist comedy about the end of the world, is a tribute to the indomitable human will not just to survive, but to persevere until we triumph over natural and man-made disasters alike - if only by the skin of our teeth. Tickets online at www.aurorafox.org. 9900 East Colfax, 5 blocks west of Havana.

ZOO

4/18 Saturday and 4/19 Sunday- APE-ril at the Denver Zoo: Climb swing or knuckle walk to the zoo and enter the wonderful world of apes. Experience what it's like to move like a gorilla, compare your arm span to an orangutan and try to talk like a gibbon while learning ho you can help to protect them! Free with admission. www.denverzoo.org

Cutting Edge Genetics Lab Moves to Stapleton

Ashley Hall arranges chromosomes into pairs for analysis.
Below: Fluorescent probes as seen through a microscope.



By Kathy Epperson

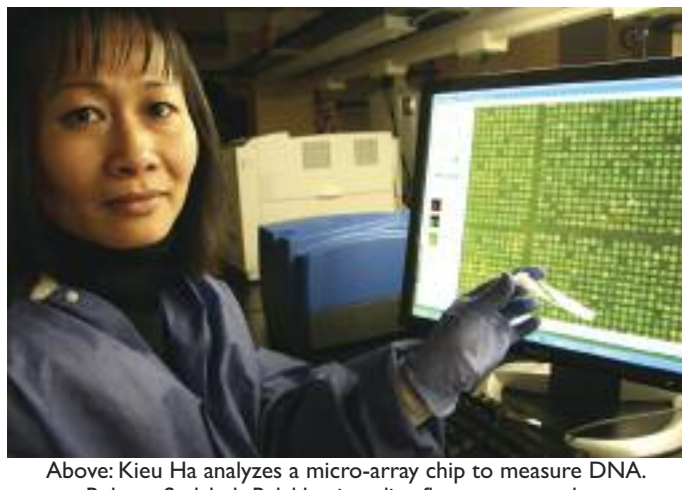
The newest member of the Stapleton business community is the Colorado Genetics Laboratory (CGL) which provides state-of-the-art testing of chromosomes and molecules for inherited diseases.

Though CGL doesn't work with patients directly, their cutting edge technologies and procedures play a significant role in the testing, diagnosis, prognosis, and monitoring of treatment for many health conditions. Doctors from all over the Rocky Mountain region turn to CGL for their lab work in multiple areas, including prenatal (amniotic fluid and chorionic villus sampling), postnatal (peripheral blood), and cancer (leukemias, lymphomas, and tumors).

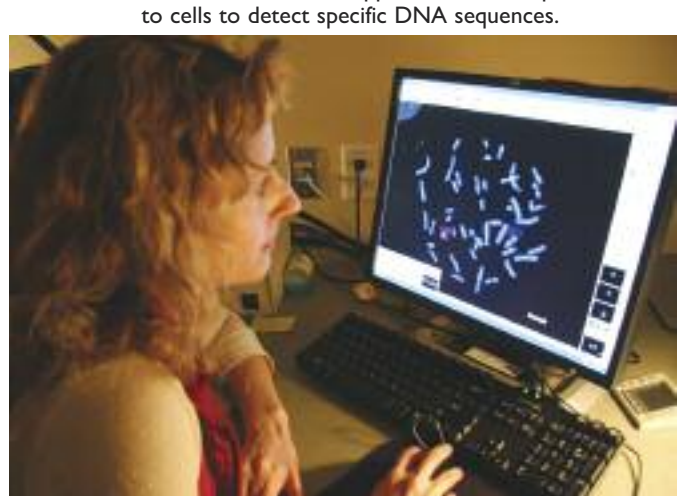
For patients who are having difficulty conceiving or who have experienced multiple miscarriages, CGL's testing and analysis can provide information about a current or future pregnancy. For pregnant women at risk for having a child with a chromosome abnormality, cytogenetic testing can rule out or diagnose chromosome abnormalities, such as Down syndrome, in their unborn child. The lab does not do paternity testing.

Michelle Springer, genetic counselor for the lab, points out that CGL's lab work can also help doctors and patients better understand disorders that have previously gone without official diagnosis. "With our microarray technology, where we compare the DNA of a patient with a control group, we're able to now identify subtle abnormalities that may not have been detected previously. By looking at the specific genes involved in the abnormality, as well as similar cases that have been reported, this may allow doctors to better manage and treat the patient. It may also allow the patient and family to connect with support groups involving other individuals with a similar abnormality."

In addition to the lab work it conducts, CGL has academic commitments to teach formal courses and provide clinical rotations to various fellows and residents in genetics, pediatrics, pathology, and general medicine. The laboratory also collaborates with physicians and researchers to publish and present case reports and research findings to expand knowledge in the field.



Above: Kieu Ha analyzes a micro-array chip to measure DNA.
Below: Sudabeh Balakhani applies fluorescent probes to cells to detect specific DNA sequences.



CGL has grown to a staff of over 45 technologists, technicians, a genetic counselor, and support staff who perform over 11,000 clinical tests each year. The lab is within the Department of Pathology in the School of Medicine at the University of Colorado Denver, but is also overseen by a Board of Directors from the Departments of Pathology and Pediatrics, and The Children's Hospital. It operates under the direction of Karen Swisshelm, PhD and Loris McGavran, PhD.

For more information about the Colorado Genetics Laboratory, visit www.uchsc.edu/pathology/cgl. CGL was established in 1995 from the merger of the cytogenetics laboratories of the University of Colorado and The Children's Hospital. They are located at 3055 Roslyn Street.

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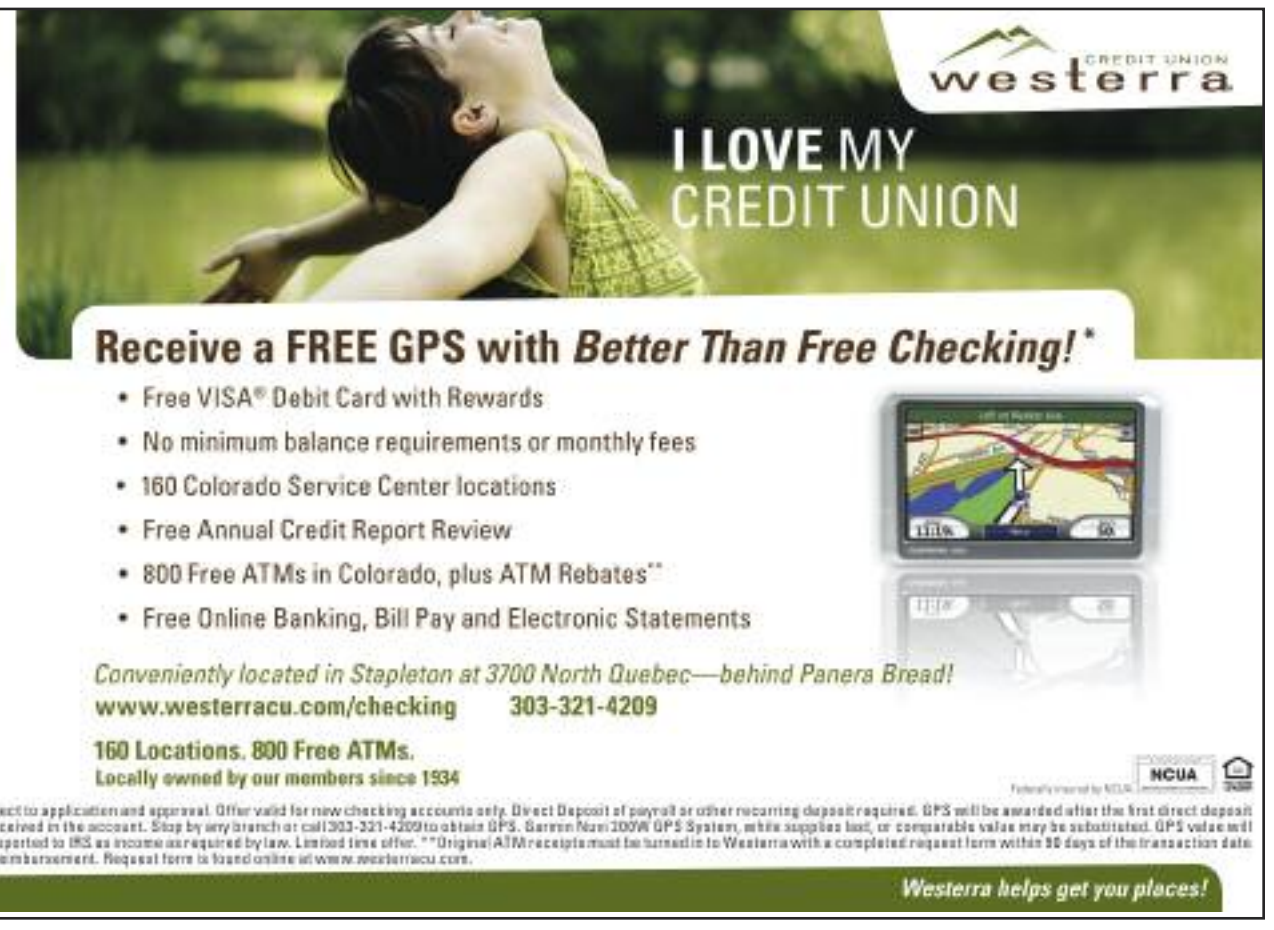

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www.stmatthew-elca.org

Palm Sunday
April 5 – 9am

Maundy Thursday
April 9 – 7pm

Good Friday
April 10 – 7pm
A combined service will be held at All Saints Church, 15625 E. Iliff St

Easter
April 12 – 9am

The Spa Around the Corner

Tawnya Hutchinson shows her treatment room at The Wax House.

By Kathy Epperson

When Tawnya Hutchinson first started providing waxing services to a few clients in the evening in her home in Stapleton, she didn't know this spontaneous decision would lead to a full-blown new business for her. Now approaching seven years in the spa services industry, Tawnya had been operating a successful spa in Glendale off of Colorado Boulevard. When she and her husband and two children moved to Stapleton in June of 2006, Tawnya initially tried to persuade her Stapleton clients to come to her Glendale spa.

"I realized that this community was all about staying in Stapleton if possible, and I could have a built-in clientele within the community," she says. "So I decided to do some waxing a few nights a week. Before I knew it, my clients from the other spa were driving into Stapleton so they could get in with me at my business here, The Wax House. I was fully booked at both locations and working way too much! I finally decided to sell my other business and settle into this incredibly accepting community and work full time at The Wax House. It has been the best decision of my life. I have a very flexible schedule which allows me to be available for my family as well as my clients."

Tawnya offers a variety of services, including waxing, facials, microdermabrasion and body treatments. She says she is best known for her facials and Brazilian waxing for both men and women. "I do a tremendous amount of massage and include hot stone massage in some of my facials." While most of her clients are women, men make up about 10 to 15% of her clientele.

Like many people, Tawnya didn't immediately find her ideal profession. "I was living in North Carolina raising my young family and wanted to find a career that I could flourish in," she recounts. "I went to school for horticulture and eventually realized that was only ever going to be a hobby. So I went back to get certified in esthetics. I fell in love with the nurturing and caring aspect first. I have been continuing my education with a variety of classes including Thai and European facial massage and product knowledge. I have become very passionate about whole body health and how it can affect the skin. I have been very successful with acne and actually love any challenge that comes my way."

Tawnya and her family recently moved into their McStain rowhome penthouse north of Central Park, in part for the private floor plan to accommodate her business. "There is a private *(continued on page 24)*

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Reinventing Careers to

Nicole and Benjamin turned a small unused space in the front of their home into an attractive patio.

By Nancy Burkhart

Stapleton residents Daniel Benjamin, M.Arch., and his wife, Nicole Stibrany, M.Arch., Associate AIA, both have worked as architects for architectural firms for many years, but with the advent of a new, deflated economy, they suddenly faced unemployment and were forced to reinvent their careers.

"I had feelings of confusion, anger and disbelief," Benjamin said. "It's like, 'Can this really be happening to me?'"

"I was probably more shocked," Stibrany said. "But I knew our firm wasn't getting a lot of work."

"In my firm, I think we were all aware that that could be the case," Benjamin said. "We hadn't had any new projects come in of any significant size in quite a few months. I had a project that I was working on, so I thought I was really secure in my position. I guess even when you think you're safe, no one's really safe."

Benjamin was laid off in September. Stibrany lost her job in December. Their new, unemployed status caused them to start examining their individual abilities and consider how they could unite in a home business.

"There weren't a lot of options out there to get jobs at another firm," Stibrany said. "We have two different talent sets, so it made sense that we got together to do our own thing. We're both architects and designers. We both know what goes into a business."

"I had been doing some independent consulting," Benjamin said. "Through that, I realized that I have a lot of contacts. There is work out there if you are at the right place at the right time. It became a natural extension to make a go of this."

Benjamin grew up in a family of contractors, giving him a strong sense of construction.

Daniel Benjamin and Nicole Stibrany work at their living room table. Both were previously architects in larger firms and now have established a home business that aims to fill a niche created by today's economy. They have the expertise to do big

"I was the one designing the buildings, not filling the buildings," he said. "It helps on the technical side when working in the field with contractors. I'm able to bring the backgrounds together. I have a background that's both constructive and creative."

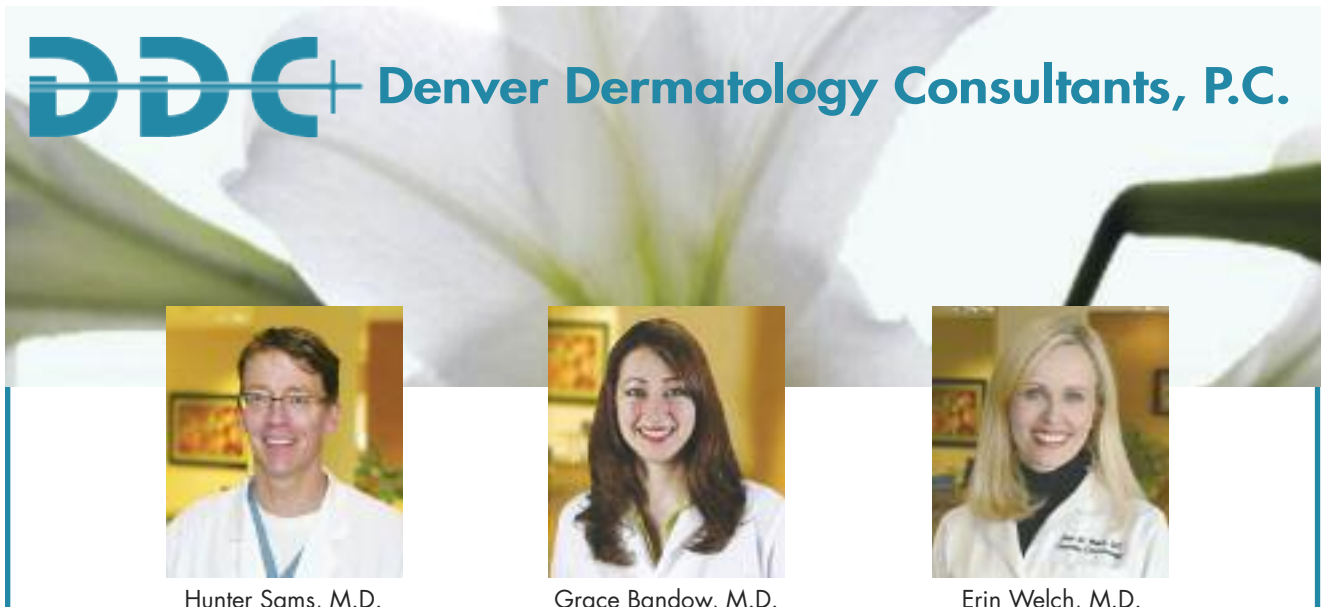
"I grew up in Europe," Stibrany explained. "There's always been design around me. I've always been interested in history and design and color, interior design, textures and finishes and color and how they come together. My talents are getting the product to the next level."

Thus db Atelier was born.

"We are a small, full-service design firm," Benjamin said. "Our mission is to create outstanding projects for people who expect outstanding results. We believe that a project is a collaborative effort that is acceptable from conception to completion. The first step in a design project is to listen to the client's desires and wishes and to work with the contractor to clearly understand his goals. We specialize in smart architecture that is sustainable economically and site specific. The services we provide are architecture, 3-D computer modeling, sustainable architecture and interior design services."

Benjamin and Stibrany will work on projects of any size. Benjamin served as project manager for VTBS Architects on Denver's Cornerstone Residences and, thus, has a background for major projects. However, they both enjoy the prospect of helping a homeowner develop a plan for his/her existing residence rather than buying a new house.

"We can help homeowners come up with a plan," Stibrany said. "Every service is tailored to the individual client. We would go through with them what they want



Fit Today's Economy

jobs, but they also work with clients to identify smaller jobs that will make their homes more livable and aesthetically pleasing.

and what their budget is. We want to make them happy. We would meet with them in the space. If it's a kitchen remodel they want, we would ask, 'How do you use your kitchen – for entertaining – for sit-down meals? How do you use the space and what do you want to get out of it?'

"The bottom line that makes us different than other small businesses is that we really bring the personal touch to it," she said. "We want to make the project exactly what the client wants. We bring both of our skills together. It's kind of one-stop shopping. We do it all."

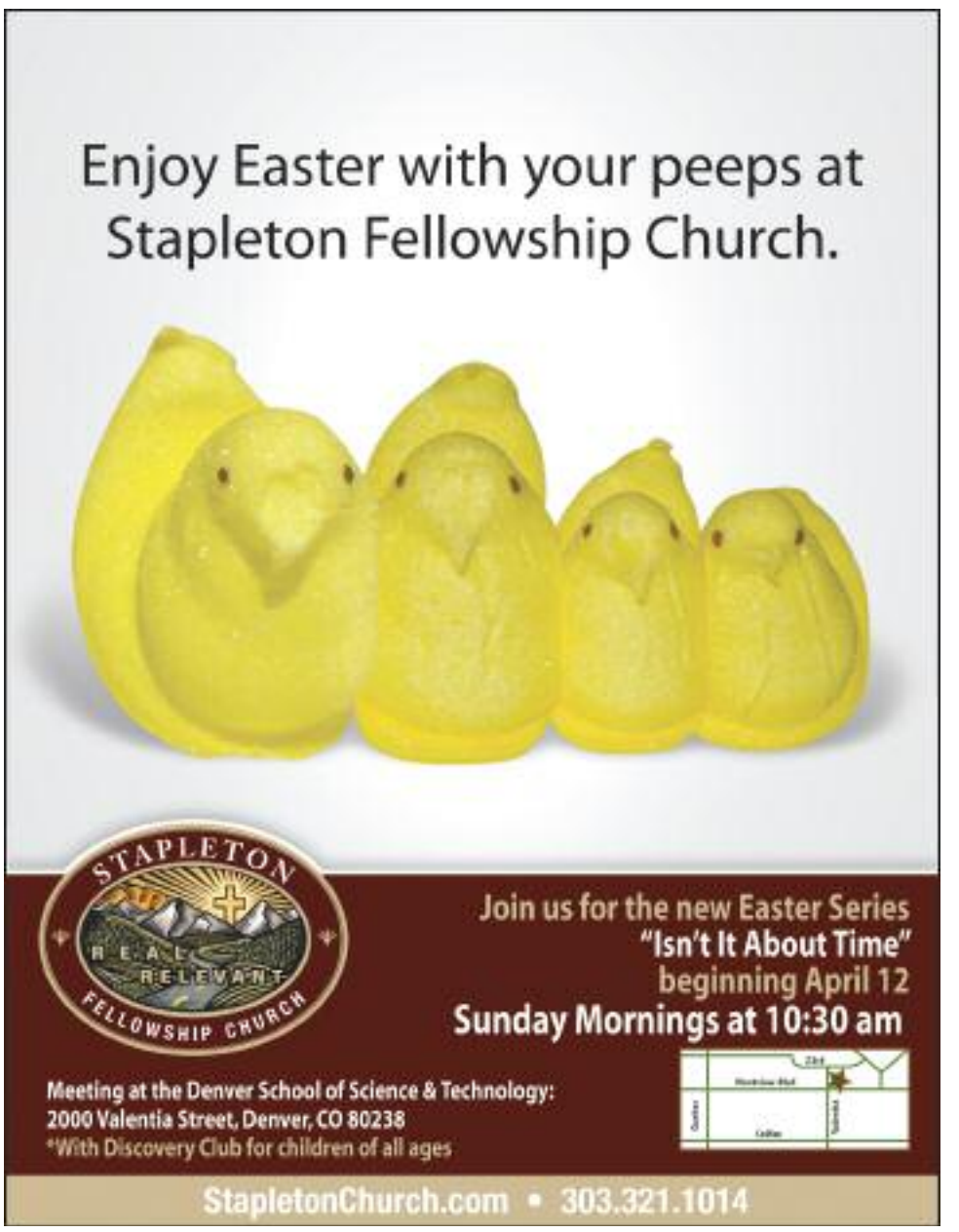
The new career path now appeals to both Stibrany and Benjamin.

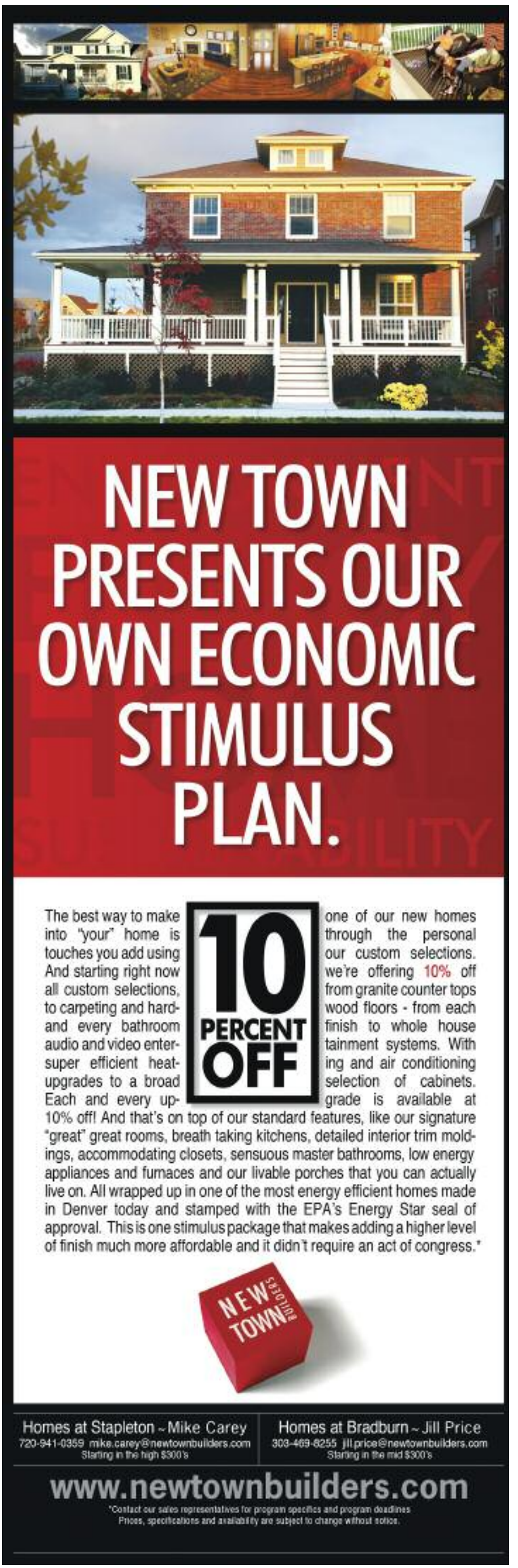
"Honestly, I haven't felt this positive about too many things in a while," Benjamin said.

"As hard as it was to be laid off, it's been really great to be so optimistic and throw yourself into something you really care about," Stibrany said. "It's really nice to be really passionate about it because you're bringing your own values and what you believe to the client and not what your company believes."

Call db Atelier at 303-321-3028, e-mail at info@db-atelier.com or visit www.db-atelier.com.

Daniel and Nicole remodeled their previously ordinary bathroom for under $1,000 and created a more modern and attractive space. (The photo at left was before the renovation.)





Let's Talk Teeth

by Dr. Brett Kessler
Town Center Dentistry and Orthodontics

Teeth Whitening

Spring is a good time to try on a new look, or polish the old one. This includes our smiles too! For many, teeth whitening is one way to get a fresh new look.

Teeth whitening is popular, and with many options, it's daunting to figure out what's best for you. Here are tips that will help you navigate your way to a brighter and whiter smile!

There are several options you can purchase over-the-counter and do yourself.

- Most whitening toothpastes contain gentle polishing agents, and a few contain peroxide, a weak bleaching agent. Whitening toothpastes are best for maintaining brightness in teeth that have already been whitened.

- Whitening gels are clear, peroxide-based gels that are applied directly to your teeth. Whitening strips are thin, clear strips coated with a peroxide-based whitening gel. Initial results for both are seen in a few days and final results last for about four months.

- Tray-based tooth whitening systems, purchased either over-the-counter or from your dentist, involve filling a mouth guard-like tray with a peroxide-based whitening gel, and wearing it for a period of time.

As you weigh your teeth whitening options, here are some key differences to remember.

- Cost. Over-the-counter bleaching systems are the least expensive option. Dentist-supervised products used at home are more expensive, and in-office teeth whitening costs the most. Over-the-counter whitening typically takes much longer to achieve the result that can happen quickly with dentist-aided whitening.

- Effectiveness. Over-the-counter and at-home products contain a lower strength-bleaching agent, and are less effective than in-office whitening. Over-the-counter mouthpiece trays don't always fit well, but at-home bleaching products provide by your dentist offer the advantage of a customized mouthpiece tray to fit your teeth. This allows maximum contact between the whitening gel and the teeth. With any dentist-supervised treatment, your dentist can help you by monitoring the process.

- Safety. A customized bleaching tray made by the dentist keeps whitening gel, and its harsh agents, from coming in contact with gums and other soft tissues in the mouth. Dentist-supervised treatments also offer the benefits of an oral examination, review of medical and dental history, and follow-up to ensure the whitening is safe and effective.

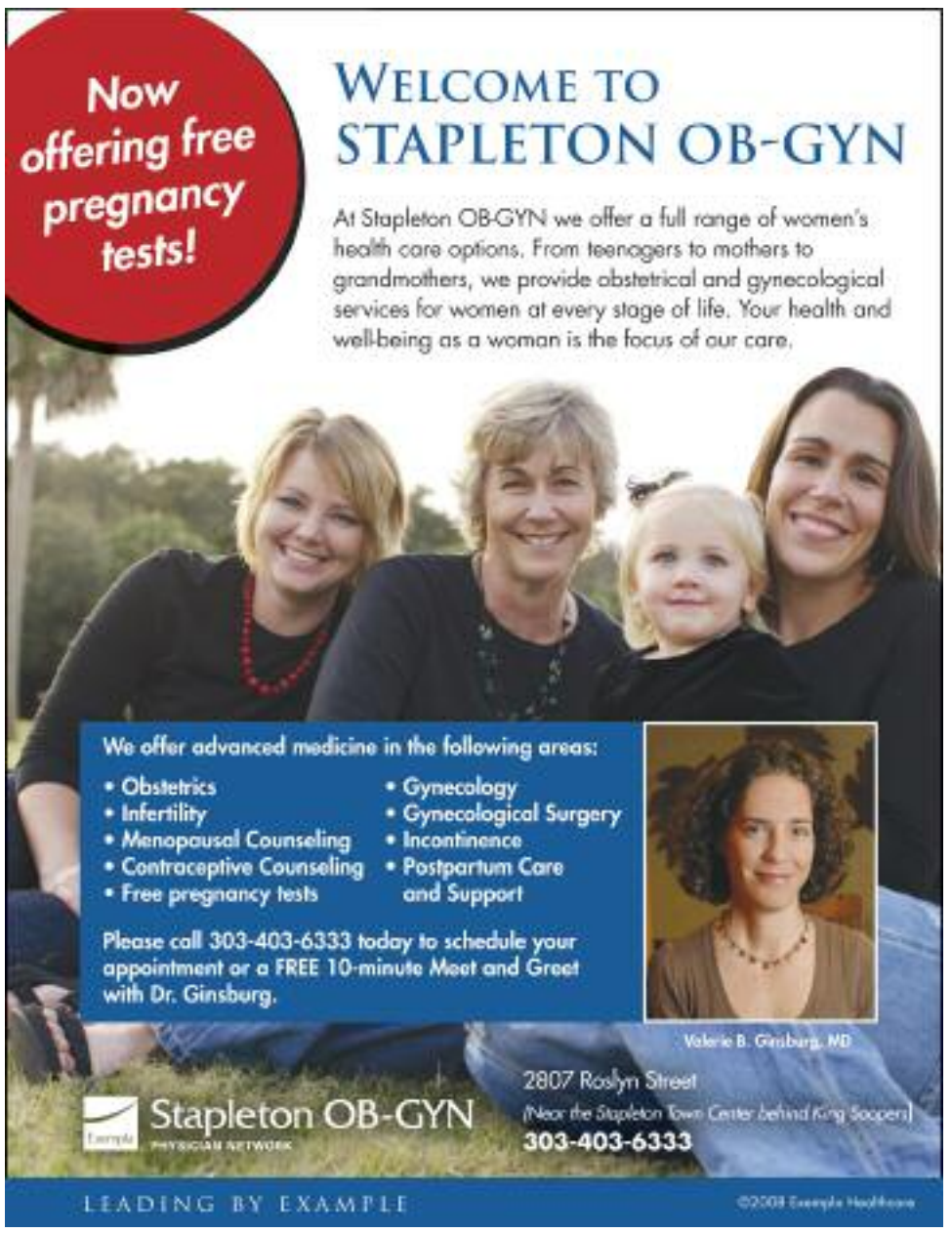
Research shows that home whitening is the most effective and predictable method to whiten teeth with minimal side effects. In this option, custom fitted trays made by your dentist are fabricated to intimately fit the teeth. The patient wears the trays anywhere from one to eight hours (typically overnight) for a series of days. It takes time (3-10 days) for the whitening agent to soak into the teeth to lighten its organic components. It is recommended to do "touch up" sessions as teeth tend to darken with time, and we found it to be best to do in conjunction with regular dental cleanings.

After teeth whitening, you may have a temporary increase in tooth sensitivity or mild irritation of the gums. If you experience a prolonged change in the color of your gums or increased tooth sensitivity, see your dentist immediately.

Teeth whitening is not recommended for everyone. It is an ideal option for those who have healthy, unrestored teeth (no fillings) and gums. It has its limits and expectations, and options should be discussed with your dentist.

Here's to your unique smile - happy, healthy and bright!

Brett and his wife Gina Kessler, DDS, MS are co-owners of Town Center Dentistry and Orthodontics. They are pioneer Stapleton business owners located in the 29th Avenue Town Center and are long-time Stapleton Residents. Dr. Brett is a Clinical Associate Professor at the University of Colorado, School of Dentistry, Department of Restorative Dentistry and has recently been selected by his peers in 5280 magazine as one of Denver's Best cosmetic dentists. He and Dr. Gina have been practicing for 15 years. They can be reached at 303-321-4445 or www.makeyoursmilegreat.com



Family Kicks

by Mike and Karen Giles
Mike Giles Family Karate

Spring into Compassion

Spring is here a time for blossoming, growth and change. Our kids are growing; our jobs and careers may have changed. Our family structure may have changed through divorce, loss of loved ones, or kids going off to college. A lot of us are just trying to figure out where we can cut back in this tough economy. In some ways we are all adjusting to a new era in our lives, but how do we deal with all these changes without losing our minds? Just where do we start?

We start with ourselves, realizing that in order to grow, we have to appreciate our strengths and weaknesses. Maybe we are not as organized as the mom next door, the best cook, the best executive at our jobs, the most disciplined parent or the most attentive spouse, but these societal imperfections don't render us useless. It means we are human. And if we desire to make changes in our lives we can do so by making the determinations to change and showing compassion for ourselves and others.

Maybe you desire to communicate better with your friends and family members, or avoid having so much stress in your life, or to just be happy. Take a close look at your part in these issues and make some changes. Don't beat yourself up about it, but instead of blaming the world and the person who's driving too slowly in front of you, ask yourself, "How can I change my situation?" And when your compassionate wisdom appears and you make those changes, your environment will change around you.

Practically speaking....
Husbands: turn off the television (even if it's the playoffs) and listen to your wives. What color should we paint this wall?" may seem trivial to you, but it means a lot to her. Listening shows compassion.
Wives: respect the "do nothing" time guys need sometimes and don't take it so personally, when he responds with an "It doesn't matter to me, dear answer." He still loves you. Respecting the personal needs of others shows compassion.
Moms: don't be afraid to discipline your kids. It means they will respect you and listen when you tell them not to run in the middle of the street. Establishing and enforcing boundaries could save their lives and shows compassion.
Dads: teach your teenagers well and trust them as they face the decisions they have to make. Trust shows compassion.
Kids: Respect your parents, listen closely, give them lots of hugs and always be kind to them, it shows compassion.
Listen to each other, respect our differences, lend a hand if you can, be positive and kind to one another, go above and beyond to help someone down on their luck. Together we can make Webster's definition of compassion "a sympathetic consciousness of others distress, together with a desire to alleviate it", an opportunity to better ourselves, our families and a perfect stranger.

Mike and Karen Giles are owners of Mike Giles Family Karate in Stapleton's Quebec Square – "A Family That Kicks Together Sticks Together." Call 303-377-(KICK)5425 or visit www.mikegileskarate.com.

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Central Park or Grand Central Station?

The crowds rolled in to Stapleton's Central Park on a recent warm weekend, filling the playground with the sights and sounds of children at play.

The Loss of a Friend

By Deb Schreiber

I don't remember what time of the year it was. I suppose it doesn't really matter, the pain is the same regardless. I just remember sitting in the waiting room of the vet's office. I had brought my young and vibrant, yellow Labrador in for some routine shots. We had only been waiting a few minutes when the front door opened and through it an elderly lady clutching a small white curly haired dog entered the clinic. She was followed by her husband, daughter and son-in-law. I sat quietly observing the new comers. It was when the older lady was telling the technician her name that I noticed the daughter softly crying, her husband trying to console her. The older woman's husband looked defeated and close to tears himself. The older lady was trying desperately to keep her own emotions in check.

The small white dog was obviously a senior citizen. It looked in our direction with cataract covered eyes and I overheard the lady say it was also deaf. My dog, who is sure everyone needs a proper welcome, even sensed the downcast mood in the small waiting room and sat quietly at my side. These four people, connected by one white dog were huddled together, counting on each other for support. Their pain was palpable and before I realized it my eyes stung with tears that had welled up in my eyes like giant puddles. My heart went out to these total strangers for they were going to have to do the impossible to a dear friend in a few minutes. The vet clinic staff was very professional and ushered these people into a private room, so they could grieve without the stares or ignorant comments of others.

I had to make the decision to have a dear pet put to sleep. It wasn't easy. In fact I was such a coward I said good-bye as I dropped her off and an hour later came back to pick up her lifeless body. I think she knew what was about to happen. I don't know if she was ready. I just know we are never ready. We try to comfort each other by saying they are going to a better place, they won't be in pain or have to suffer anymore.

I realize not all people have a connection with animals; that is okay. But please do not be heartless to our pain. I remember one day talking to an acquaintance and he began telling me about things that happened to some people in his office. He could understand one person's grief over the loss of his mother. However, he could not fathom why anyone would grieve over the loss of their dog. After all it was "only a dog." I politely sat there and bit my tongue. Why can't people understand the connection with pet's runs deep and for some of us can be more fulfilling than having a thousand friends?

I just remember my pain and the pain of the people in the vet's office. For those of you who do not understand the death of a pet and the grieving process, don't judge us. The pain runs deep and it is real. Frankly I feel sorry for you because you will never know what it is like to have a true friend. As for my pets, I hope they live forever.

Deb Schreiber is a Denver Accountant. She may be reached at de_schreiber@yahoo.com.

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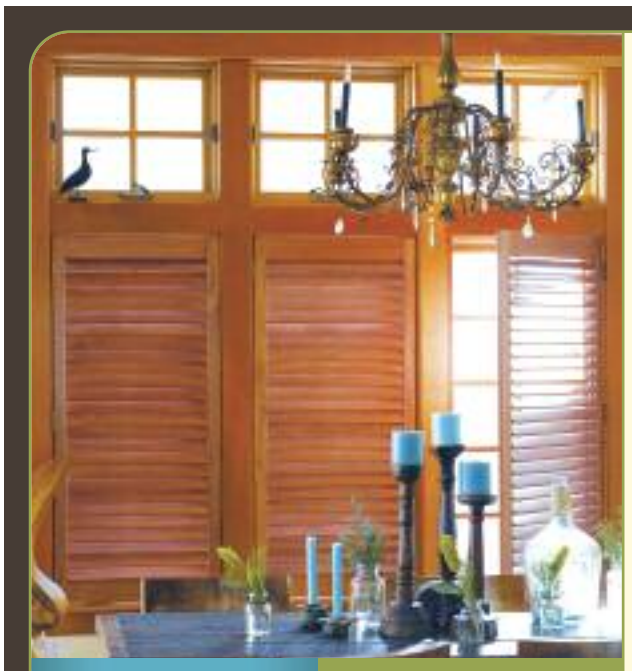

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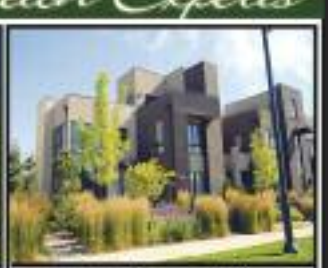
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Local Career Coach Gives Strategy for Success

By Kathy Epperson

Dean Savoca

While many are getting caught up in the discouraging economic news, people like business and personal coach Dean Savoca know it's a great time to make a positive change in life. A resident of Park Hill, Dean has been coaching clients for the past five years and loves helping others find a career that aligns with their own unique strengths.

"I have had clients for whom a job loss turned out to be a blessing," says Dean. "It gave them the push they needed to follow their passion of a new career or starting their own business. Sometimes people need to feel uncomfortable to motivate them to take action. I share with my clients that there is no status quo in our career or life, and the future brings change -- so why not be a part of creating it? While there are things externally that we can not control, the key is to focus on what we can."

As a former manager in sales, marketing and operations, Dean knows what it's like to work at a job and feel there's something missing. "We all have times we feel uncertain, anxious, insecure and overwhelmed -- and it drains our energy," he says. "We also have times we feel certain, confident, productive and energized. Before the downturn in the economy, the number one excuse I heard why people were not creating what they wanted in their careers or life was 'I don't have enough time.' But it's really not about time, is it? It's about accessing this resourceful state. It's the same thing with feeling uncertain about the economy. The key is to be aware of what you think and focus on, and what you say or give meaning to."

Dean employs what he calls Success Strategies to help his clients identify their strengths and access this state of resourcefulness. Rather than fixating on the negative news or other external things we can't control, he encourages his clients to be realistic optimists. "We need to be honest with where things are and then shift our focus towards an optimistic future that we want to be a part of creating," Dean explains. "This is what all great leaders do."

He sees this fixation on external forces as a limiting pattern that only creates more uncertainty. "I have worked with people to change this pattern and know what is possible once they do," he says. "For example, I have a real estate agent client who just had his second best month of his 6 year career this January! How he did this was by managing his psychology of what he focused on and choosing what meaning to give to the situation."

If you are currently employed, Dean says another strategy is to focus on how to add more value to your company or organization. "Identify what you do best based on your personality, skills and natural talents, and align this with the goals and objectives of the company," he says. "This is the 'sweet spot' where we not only find the most personal fulfillment in our careers but where we get the best results and are the most valuable to the company -- hence less likely to be laid off."

For more information about Dean's business and personal coaching as well as speaking engagements, visit his website at www.deansavoca.com, email him at dean@deansavoca.com, or call 303-333-3038.

Johnson & Wales Offers Free Income Tax Help

Johnson & Wales University students and faculty are providing FREE income tax assistance to the general public on Saturdays through April 12th. College of Business students offer these services through the IRS Volunteer Income Tax Assistance Program (VITA) and the Tax Counseling for the Elderly Program (TCE). Free tax help is available to low- to moderate-income people.

Members of the public are encouraged to bring: identification, Social Security cards, all tax returns, and all 2008 tax documents, including W-2 forms, 1099 forms, and Social Security statements. This free service is offered at 7150 Montview Blvd., School of Education, Classroom #102.

Premium Fishwrap*

Happy Opening Day

Jon Meredith

By Jon Meredith

Everyone should be happy on opening day!

That is you think, an overstatement, a stretch and entirely not true. Not that many people care at all about opening day. An example is my good friend Deb. Years ago I called her to tell her "Happy Opening Day" and she responded, "Oh is the new mall opening today?" I told her the baseball season started that day and she replied she was hoping to get a good deal on shoes when the mall opened. Like two ships passing in the night, I didn't understand her view and she certainly didn't appreciate mine.

For baseball fans Opening Day is hope, expectation, exhilaration, and a heck of a lot of fun wrapped up into three hours. As a baseball fan walking through the turnstile and glimpsing the fresh cut grass at Coors Field, the smell of beer, popcorn and hot dogs, hearing vendors hawking cotton candy, seeing fathers holding hands with sons and daughters and mothers holding gloves believing in foul ball karma, is a renewal for the soul. Watching a hot shot down the third base line turn into a backhanded stab by the third baseman followed by a perfect 45 yard throw to first, just getting the runner is the observation of poetry.

It is the only day when the standings are even. The drama that unfolds through October is like a chess match, and not always does the team with the best players win. The team that hits, pitches and catches the best for 162 games always wins. There are no flukes in baseball.

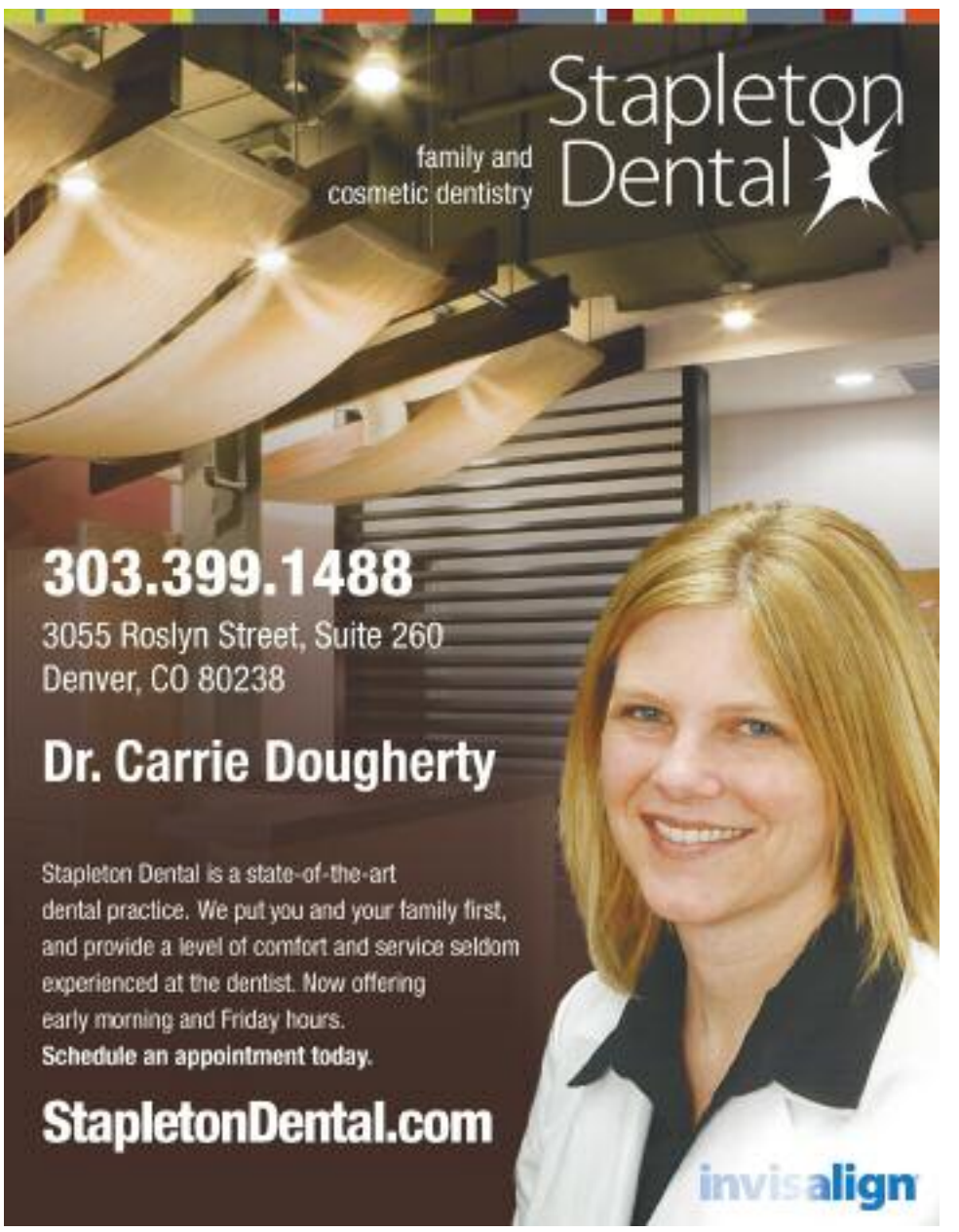
For the non-baseball followers who read this, I will now explain why opening day should put a smile on your face. Winter is over! The daffodils are up, the tulips will soon be here, and City Floral is gearing up to take your money. The guy with the perfect lawn in the neighborhood has already mowed twice and it looks and smells wonderful. It is a non-Hallmark holiday. You can't go out and buy an opening day card so if you have a baseball devotee in your life, there is nothing you need to do to acknowledge this day. Baseball fans take the day off so there are 50,000 fewer people commuting to school and work. In Colorado, if you play hooky, you have multiple options for the day. You can ski, bike, hike, fish, kayak, white-water raft, golf or garden. With all the nuts at the ballpark you can do those things in solitude.

That is fine for Colorado outdoor geeks, but you may be the type who likes to stay inside and watch the soaps and Jerry Springer. To you I say it is a great day to get a job because many of the baseball crazies will be fired for missing work. This is not really true but I have to give people who stay home and watch those shows some hope. Furthermore, there is an unwritten rule in employment law which allows employees to miss work for a death in the family or opening day, whichever comes first.

Opening Day here in Denver is April 10th, the Rocks versus the World Champion Phillies. I will be expecting everyone to have a smile on their face that day even if you are somehow still struggling to finish your taxes.

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.*



Erik Weihenmayer

(continued from p. 1) fear of my life stacking up to nothing was a motivator. I could see my life going down one of two roads. One was listening to life go by as a passive observer. The other was becoming a pragmatist and trying to figure out this thing of blindness. It didn't really matter how much it hurt or how unfair it was. None of that mattered. It had happened and I needed to become a pragmatist and figure out exactly what I had to do to climb out of it. I didn't know what I would be good at or what I would be able to do, so I tried everything, and I happened to stumble upon climbing."

"I remember sitting up on a rock ledge and I could hear sound out in the distance and thinking my life is not over. It's just starting. This is pure adventure and it set me on a trajectory that, to be honest, I would not have gone on if I hadn't gone blind."

Weihenmayer taught 5th and 6th grade for six years and has a strong commitment to education and working with young people. He says he could have taught forever, but he had a wonderful opportunity to climb mountains all over the world. He is the only blind person to reach the top of Mt. Everest and is one of fewer than 100 climbers to have climbed the highest mountain on each of seven continents, among other accomplishments.

But Weihenmayer came back to education, using his adventures around the world to reach out to kids. His organization "Touch the Top" works with schools to inspire kids to overcome adversity and reach their goals. Students read his materials and watch films and work through the curriculum. Then Weihenmayer comes in and speaks. "We've done it that way because when an outside speaker comes in, the messages may be powerful, but can be fleeting to kids. When the kids invest more time and work on the material, the message is a little more long lasting and powerful."

Weihenmayer will speak at East High School on April 6 (see above). His presentation will focus on adversity – something that's hitting home for everyone right now. "No one asks for adversity in their lives. But we all understand the fundamental value of adversity. The way you could prove that would be to ask people, 'If you could take a pill and never experience anything challenging for the rest of your life, would you do it?' I think people wouldn't take that pill. People understand that adversity can be a good thing sometimes. What I think is that whenever there's adversity, there's also tremendous energy. It's like an earthquake. It can crush you but it can also create great change. Right now America, and people all over the world are facing this earthquake. The key question to students and families is how do we take that energy and not have it destroy us, which it does to many people? How do you use that energy to propel yourself forward to places that you wouldn't have gone to in any other way? How do you harness that energy to propel yourself forward to greater growth, insight, action?

"People say to me, 'You're a different kind of person, you're inspirational. You're over there and I'm over here.' I'm like anyone else. I'm no super hero. I'm not that smart. I'm not that great of an athlete. I feel pain. I have doubt. I have fear. I happen to understand that tough things are a great teacher. Adversity is a great catalyst. By embracing that I've become successful.

"I co-authored a book, The Adversity Advantage with a scientist, Paul Stoltz, who studies people and businesses and populations around the world. He talked about something called the Adversity Quotient. Instead of thinking about your IQ, think about your AQ. How do you respond to adversity? That's a much more accurate predictor of success than your intelligence or your abilities.

"When the earth moves under your feet, that's when the greatest potential for movement or growth exists. When things are stagnant that may be the hardest time to make those necessary changes. This is the most precious time, maybe in the past 50 years to do those things we have to do, as a family, as a nation, as students, as schools. This is probably the most crucial time in our lifetimes to do what we know in our hearts we have to do."

Erik Weihenmayer has authored or co-authored two books, and three films have been made about him. Erik's autobiography, "Touch the Top of the World," is about daring to dream in the face of impossible odds. It has been made into a feature film. His book, "The Adversity Advantage," co-authored with Dr. Paul Stoltz, teaches how to convert adversity into a powerful force to reach new levels of performance, resilience and greatness. "Farther Than the Eye Can See" is an award winning adventure film about Erik's ascent of Mt. Everest. "Blindsight," an award-winning documentary about Erik's climb to 21,500 with six Tibetan teenagers, is now available on DVD.

Erik Weihenmayer lives in Golden with his wife Ellie, daughter Emma, 9, and son Arjun, 6, who he found on the streets in Nepal and adopted about a year ago. For more information about Weihenmayer visit TouchTheTop.com.

Erik Weihenmayer to Speak at East HS Mon. April 6

Mr. Weihenmayer will deliver a multimedia presentation, and sign copies of his book, "Touch the Top of the World" at the East High Community Forum at 7pm on April 6. The Forum raises money for scholarship grants and supplements funds for student projects and classroom needs that fall outside of the Denver Public School budget. "Erik's ability to find powerful advantages and growth opportunities in adverse situations will resonate with our students – and with the greater community," says East High School principal John Youngquist.

Eric on the 5-day Arctic Team Challenge in Greenland in 2003.

Doors open at 6:30 p.m. for the general public, with a special Patron Reception in the library at 5:30 p.m. Weihenmayer's presentation will begin at 7:00 p.m. Tickets and books may be purchased online atwww.eastangelalliance.org or at East High School, Room 130, Tuesday, Wednesday, Thursday from 10-2. Books purchased online can be picked up prior to the event at East High School, Room 130, same days and times as above. Advance purchase tickets are $5 for students and $15 for adults and books are $10. Books and tickets cost $2 more on the day of the event.

Successful Stapleton School May Be Replicated

DSST Head of School Bill Kurtz (above) and founder David Greenberg (top right) announce that they will submit a proposal to DPS to start up additional schools based on the DSST model that focuses on science, technology, engineering and math. Lt. Governor Barbara O'Brien (above right) helped get the school started in 2001.

Expansion may include partnership with University of Colorado Health Sciences Center

By Tom Gleason

The founder and head of Stapleton's widely acclaimed Denver School of Science and Technology (DSST) are proposing to use the charter school as a model for additional schools that will also focus on science, technology, engineering and math (STEM).

DSST founder and Board President David Greenberg and Head of School Bill Kurtz recently announced an intention to respond to a request for proposals from Denver Public Schools (DPS), which hopes to provide the STEM curriculum for more students in grades 6-12 within the DPS district. If approved, the DSST' expansion proposal would serve 4,000 students, thereby doubling the number of four year college-ready DPS graduates by 2020.

"This will be a true collaborative effort with the District," said Mr. Kurtz. "We think we can play a supportive role in helping DPS transform public education for Denver's young people. DSST has demonstrated that students who come from all backgrounds, ethnicities, and families can successful complete a truly rigorous high school program and attend a four-year college."

The DSST proposal would locate its first expansion school, a liberal arts secondary school focusing on the life sciences, at the new DPS Green Valley Ranch campus, where a formal partnership with the University of Colorado at Denver and its Health Sciences Center at the Fitzsimons Campus is being discussed to offer internships, health sciences focused electives, and ultimately an articulation agreement with the University.

"This is the first step in achieving our vision of making Denver the center of science education for urban America," said Mr. Greenberg. "As partners with DPS, we intend to collaborate with higher education partners, research institutions, and industry partners to create the national model for science education."

The DSST proposal creates a charter management organization (CMO) which will manage all five schools. The CMO will be led by Bill Kurtz, who will continue to develop and implement the DSST nationally renowned school culture and instructional approach throughout all its schools. In its first five years, DSST has consistently been the highest performing secondary school in the District according to the School Performance Framework, both in growth and absolute performance. The school's first two graduating classes have earned 100% acceptances into four-year colleges. Half of those students are the first in their families to attend college.

Colorado Lt. Governor Barbara O'Brien, who played a critical role in the founding of DSST in 2001, said the proposed expansion "dovetails perfectly with the goals of the state's P-20 initiative and creates an exemplar model for the state on how to ensure that all students have the opportunity to go to college."

DSST is one of the top performing secondary schools in the state. As an open enrollment charter school with no minimum academic standards for admission, it serves students from all parts of Denver. Forty-five percent of the DSST student body comes from homes that are economically disadvantaged, and 60% of the school's enrollment is students of color.

(Editor's note: Additional information about DSST and the admission process is available on the school's web site at www.scienceandtech.org.)

Denver Language School Wins $30,000 Grant

School accepting intent to enroll forms for 2010

By Brian Weber

The Denver Language School has won a $30,000 grant from the Walton Family Foundation for work on its charter school application that is due in mid-April to Denver Public Schools.

DLS is also now accepting intent to enroll forms from interested parents. For information and intent forms contact Brian Weber at bweber@stapletonfoundation.org; 303-468-3224.

DLS will be a full Mandarin Chinese/Spanish immersion school whose mission is to boost student achievement through language immersion. DLS plans to open in fall 2010 with grades K-2 and grow a grade a year to K-8. The school intends to locate in central northeast Denver; no site yet determined.

The founders of DLS are two Stapleton parents, Kristy Fantz and Camilla Modesitt, the Stapleton Foundation, and a board of local community leaders, educators, business executives and parents.

The Walton grant is significant for more than its money. As one of the largest financial supporters of charter schools in the country the WFF's evaluation process is one of the most thorough and selective which brings a valuable independent validation to a school. Upon approval, DLS will be eligible for a $220,000 post-authorization grant from Walton.

District reviewers will evaluate the DLS proposal through May and make a recommendation on whether to approve it to the school board in early June.

The DLS board has chosen Danielle Carrigo as the head of school. She has both a masters and a Ph.D. in education from Harvard, and a BA from the University of Virginia. Her academic work has focused on bilingual education, language acquisition, program administration, education policy, law and finance.

She is a charter member of Teach for America where she taught in south central Los Angeles. She most recently was senior director of language learning and support services for Boston Public Schools. She is fluent in Spanish and has worked in a Mandarin Chinese program. Ms Carrigo's experience in the classroom and school leadership positions focused on language acquisition makes her especially well qualified to lead DLS.

Brian Weber is vice president of the Stapleton Foundation.

Westerly Creek Reaches Out to the Community

As part of a new partnership with Smith Elementary, a neighboring school in East Park Hill, Westerly Creek students helped Smith Elementary families facing particularly difficult times over the holidays. The students brought food donations for nine families at Thanksgiving. At Christmas they gave full holiday dinners to 14 additional families. Currently Westerly Creek students are participating in a book drive for their friends at Smith Elementary. "When we come together as a community we can make a difference," says PTA President Tina Turner.

Westerly Creek students Cooper Lawrenz, 6, (front) and Aidan Boyd, 7, take a look at one of the books they delivered to Smith Renaissance School of the Arts in a partnership program between the schools. Westerly Creek Moms Gina Boyd (left) and Erica Lawrenz are seated behind them.

At the same time Westerly Creek is supporting the larger community, they are hard at work raising the funds necessary to ensure Westerly Creek is a top school. Since DPS funding is intended to cover the basic necessities of a child's education, special programs and paraprofessionals are contingent on adequate fundraising. Westerly Creek believes paraprofessionals, educators in the classroom who help lower student-to-teacher ratios, are key to their continued success. The school has also reached into their own pockets to provide an Art Program, fill empty library shelves and provide additional classroom supplies that they think will help make them a "best-in-class" elementary school. As the school's DPS rankings increase, the whole community benefits from the higher property values that come with good neighborhood schools. Turner hopes the community will rally at Westerly Creek's upcoming annual auction to support their local school.

On Saturday, April 18th, Westerly Creek's annual auction, now called R.E.D. (Reaching Educational Dreams), will be held at City Hall Events Venue at 1144 Broadway. Hundreds of items have been donated for the auction. Guests will receive free food and drink/bar as part of their all-inclusive ticket price ($15 before April 15th, $25 after April 15th.) For more information on the event or to purchase tickets, visit www.WCEauction.com or email Janet Chrisbens at janet@4saleindenver.com.

The Spa Around the Corner

(continued from page 15) bathroom for changing and showering. The decor is very eclectic with a bit of a Spanish and Italian feel. I find myself going down there when I need a quiet and peaceful place to relax."

"I allow children to come with their parents," she says. "They know exactly who I am and look forward to playing with the natural and educational toys we have." Despite her kid-friendly policy, she keeps a clean and clutter-free environment and aims to maintain the feel of a four or five star treatment room.

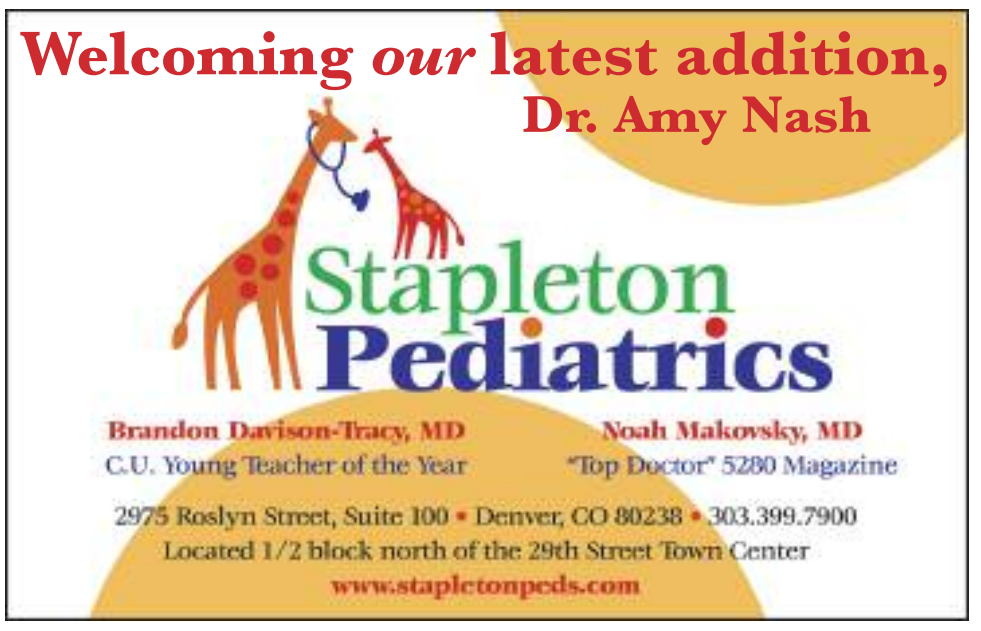
Other hallmarks of The Wax House include the use of all-natural products that are free of parabens and preservatives. She also loves to train and support other spa professionals, and puts first priority on giving stellar customer service.

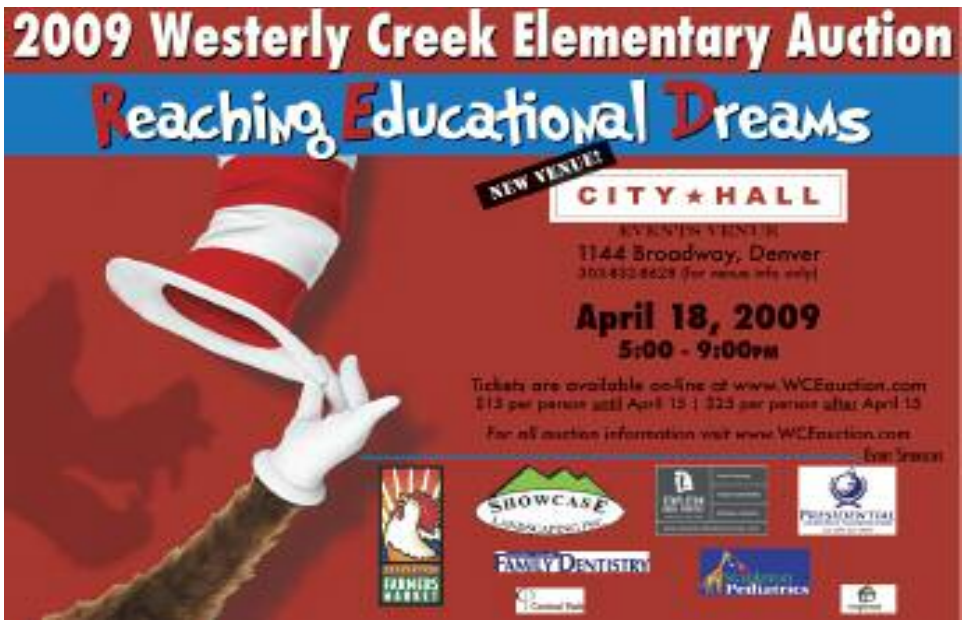
Despite the economic downturn, The Wax House has maintained a steady business. "I am just so thankful for the support," Tawnya says. "I make my own schedule, have great tax breaks, and can take a nap or go for a walk whenever I want. I feel pretty darn lucky."

The Wax House will host an Open House party complete with specials, food, drinks and door prizes on Saturday, May 2nd from 4:00-7:00pm as a thank you to Tawnya's clients for the support they have shown. For more information, visit www.waxhouse.net, email thewaxhouse@gmail.com, or call 303-523-3782. The Wax House is located at 3421 Xenia Street.

Website for Creative Arts Groups to Find Event Space

The Denver Office of Cultural Affairs (DOCA) has announced the launch of the Creative Space Agent Web site. Creative Space Agent, www.creativespaceagent.org, is a FREE Web portal designed to advertise space – vacant storefronts, performance venues, recreation centers, big-box retailers, etc. – to Denver's creative community. Artists and arts organizations can use the site to search for available performance, rehearsal, studio, business and housing space that meets their unique needs, or businesses can post empty space available for use by creative groups.





Views on the Street…. What is your dream job?

Eric Marable

I previously had a job I didn't like and quit to do a job I love. I run Lion's Roar Personal Training Company out of Colorado Pro Gym. I'm a fitness professional. I train about 20 clients. My dream job would be to stay in the same profession except reach a wider audience through a national television show.

Yvette Metoyer & Simon Battersby

Skyler 2, Leilani 4

Yvette: I have my dream job right now. Stay at home with my kids watching them grow up and I work part time for REI. And that right now is the perfect job for me.

Simon: I decided to go back to school and get my masters in education so I could teach. While a teacher was on leave, I taught in Summit County, where we lived at the time. When she came back, there wasn't a position available. I spent four years moving from Colorado to California then to North Carolina to pursue my dream job as a teacher. I now have a license to teach in each of these three states. About the time we decided North Carolina wasn't for us, a dear friend of mine from here in Colorado told me his company was hiring. So, now I work for him at a software company. We often see deer or elk when we mountain bike during our lunch break; things are good. We're back in Colorado where we wanted to be. The kids are happy and healthy and we couldn't ask for more. Sometimes dreams and dream jobs don't turn out the way you thought they would. I never imagined myself working for a software company, but I am happy I didn't pass this one up! Maybe the next dream will have me designing and building energy neutral homes, and involve limited travel to remote or exotic locations, where my wife can take photographs to put in the book my kids and I are writing, which… All I know is, this story is far from over and so far, life has proven better than dreams.

Tara Byrnes

Tough question. I think I currently have my dream job. My first priority is being a mother to my three boys. I have also started a small business making bike basket liners. They are both keeping me very busy and challenged so right now it's the perfect place for me. I wouldn't want to be doing anything else!

George Denlinger

(with Kate, 14 months)

If I could do anything with my career other than my current pursuit, probably something entrepreneurial, start a small business, something particularly in the mountains. Maybe a guide up in the mountains. I love the outdoors and would like to help people with climbing, hiking or biking. Buy a nice ranch up there and get away from the hustle and bustle. I even have the place to buy spotted in the mountains near Bailey. Currently I run a team of executive recruiters for a company called Robert Haft. We do staffing, recruiting, information technology and accounting.

Naomi Bandke and Jason Kolar

Naomi: I currently work as a graphic designer and one of my dream jobs would be to work as a photographer and layout artist for a major magazine, like Parents' Magazine, where I would get the opportunity to work with babies. The other would be to work as a photographer for a travel agency so that I could get paid to travel the world and take pictures.

Jason: My dream job would be to own a cycling shop and then use that to promote cycling as an alternative means of transportation.

Roland Baecker

If I did something different than what I do now it would probably be related to sports, soccer and kids. My dream job would be to be a professional soccer coach for kids aged 6 to 15. To do that I'd leave my IT job at Local Matters, a media technology solutions provider and online media publisher focused on the local search industry.

Perk & Play Turns 1!

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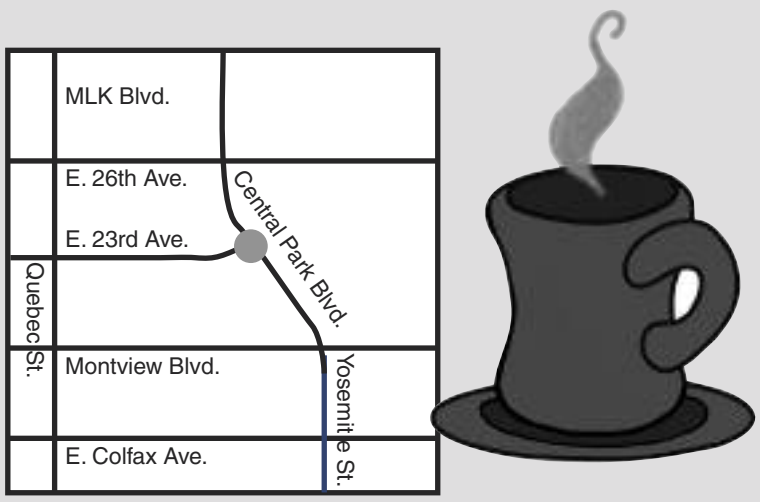

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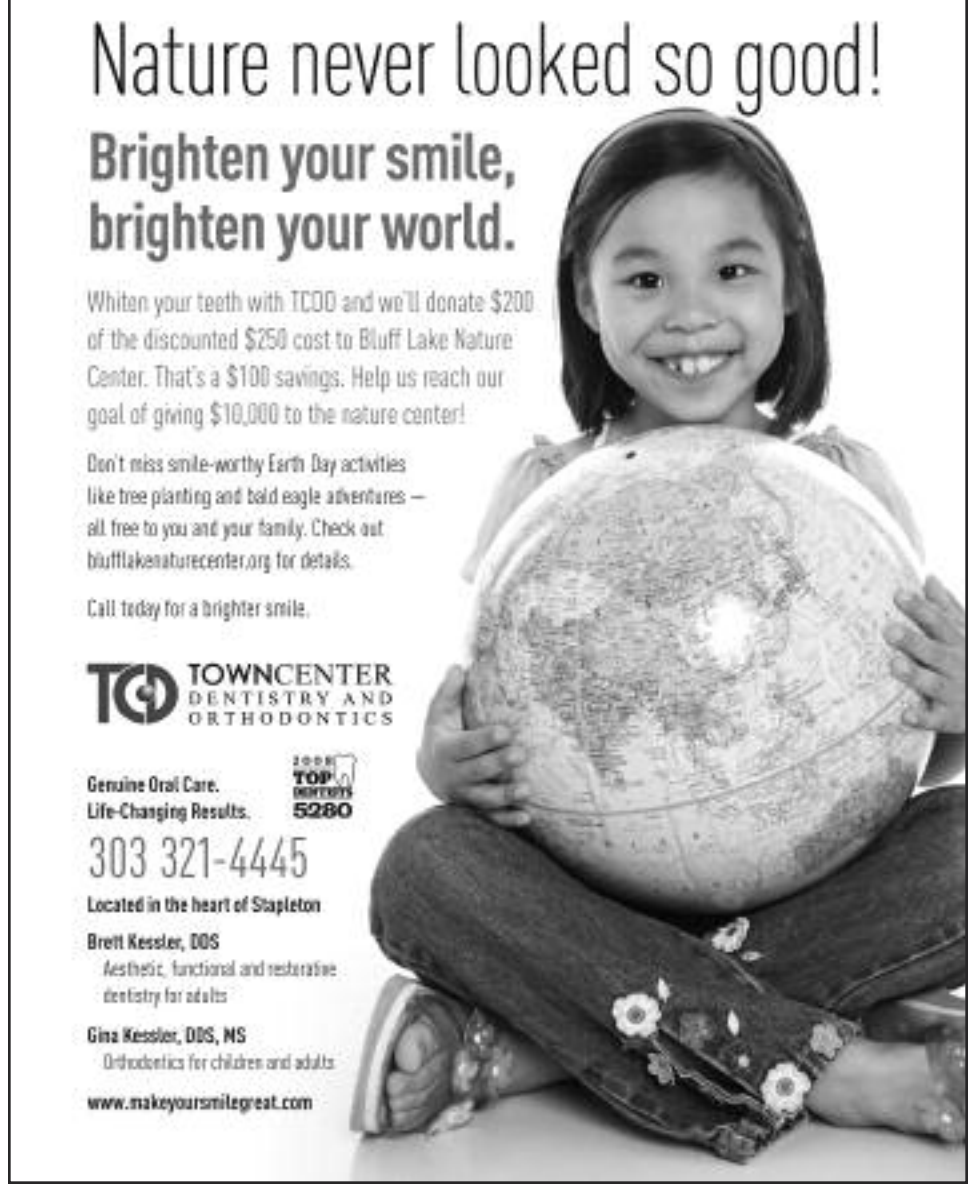


Top Cops Named for January and February

Jan. '09 Top Cop - Officer Tarl Spitzer
Selected as the "Top Cop" for the first month of 2009 was Officer Tarl Spitzer.

On January 11th at approximately 1:15 a.m., several officers responded to a report of fight in a street several blocks east of Colorado Boulevard. Officer Spitzer arrived and saw a group of people running away from the scene. As he got out of his car to chase them, he heard a woman calling for help nearby who said her boyfriend had been stabbed. Officer Spitzer immediately called for an ambulance and went to assist the victim on a porch where he had collapsed after being attacked.

Officer Spitzer obtained a towel from the homeowner and applied direct pressure to the chest wound. He kept the victim awake and involved while he tended the serious wound. When the ambulance arrived, Officer Spitzer rode in the ambulance with the victim, assisting the paramedics with their treatment while questioning the victim. At the hospital, the staff had to open the victim's chest to treat the life-threatening wound and serious internal bleeding. Although the Emergency Room staff said that people rarely survive their wounds under these circumstances, in this case, the victim survived this assault thanks to the quick life-saving measures taken by Officer Spitzer.

Feb. '09 Top Cop - Corporal Darin Lindsey
The District Two officer honored for the month of February, 2009 was Corporal Darin Lindsey. On February 23rd, Corporal Lindsey responded to a home on a "cold" robbery report. Upon arrival, Corporal Lindsey learned the following. Earlier the victim was at his house, at another location, when two suspects knocked on his door and forced their entry pulling a knife on the victim. The suspects forced the victim into his car and had him drive around the area for approximately 3 hours while taking money from the victim. When the suspects stopped to buy alcohol, the victim managed to escape and call the police from a nearby residence. Corporal Lindsey obtained a description of the suspects and the vehicle and immediately began searching the area and quickly located the suspects. When the suspects observed Corporal Lindsey they pulled to the curb and exited the vehicle in an attempt to elude contact. Corporal Lindsey quickly exited his vehicle and took command of the situation, ordering the suspects to the ground at gun point. Responding cover officers then took the suspects into custody without further incident.

The Top Cop Citizens Committee joined District Two Commander Rhonda Jones in commending Officer Spitzer and Corporal Lindsey for excellent police work and their successful efforts to protect the citizens of Northeast Denver.

Keven A. Burnett,
Executive Director

STAPLETON MASTER COMMUNITY ASSOCIATION

Diane Deeter Named to Stapleton MCA Staff….
The Stapleton MCA is pleased to announce the addition of Diane Deeter as the Lifestyle and Events Director. Diane will officially begin her duties with the MCA on April 1st and will be responsible for the oversight and development of all current and future cultural and educational programming provided through the MCA. In addition Diane will manage MCA's current community wide events such as the summer concerts, summer movies, and seasonal festivals including securing potential sponsorships and other promotional opportunities. She will oversee the production of external community events such as the Summer Markets at Founders Green to ensure that they are consistent with the mission of the MCA and continue to serve the needs of the surrounding community. In addition she will manage community communication including online information, forums and resident communication. To contact Diane please email her at ddeeter@ stapletoncommunity.com or call the MCA office.

2009 Adult Aquatic Programs…

Masters Swim / Triathlon Training

If you are preparing for a sprint triathlon this summer or just like the idea of fitness or competitive swimming, the Stapleton Masters swim program is for you. A coach will provide a workout designed to improve cardiovascular conditioning while improving stroke technique and endurance. Stapleton Residents may register on-line beginning May 1. Program will open up to the public beginning May 15, 2009.

Tue/Thur June 16-July 30; 6:30 - 7:30 am; $85-Residents $100 Non-Residents
Minimum enrollment needed by June 8th, 2009 to run the program.

Water Fitness

This co-ed, low impact class uses water's natural resistance for minimal stress on the body and joints while promoting fitness, increasing energy and improving body tone. Aerobic shoes or aqua socks recommended.

Puddle Jumper Pool; Tues/Thurs beg. June 16th-Aug 6th|; 9-10am; Daily drop-in
Fee $6 Resident $8 Non-Resident

Deep Water Exercise

Deep water resistance exercise strengthens the abdominals and other major muscle groups using float belts and water dumbbells to enhance the effectiveness. Swimming ability is required.

Aviator Pool; Fridays June 12th-Aug 7th; 9-10am; Mon/Wed TBD on program #'s
Daily drop in Fee $6 Resident $8 Non-Resident

Lap Swim

Stapleton will have lap lanes available DAILY during Open Swim hours at both Aviator and F-15 pool. Please note during peak hours if the pool becomes too full with swimmers, lap lanes will be removed to allow more room in the water.

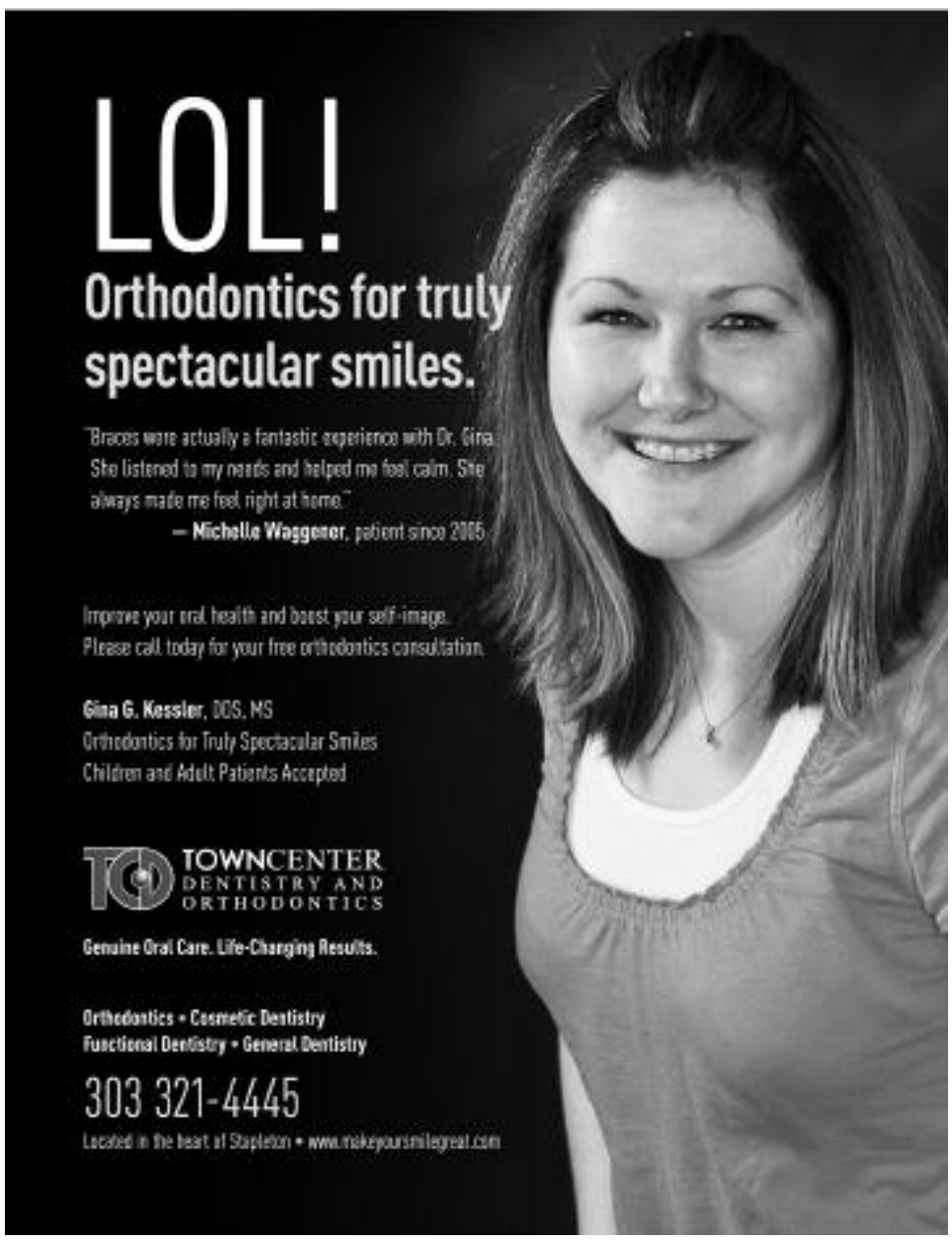
Adult Private Lessons

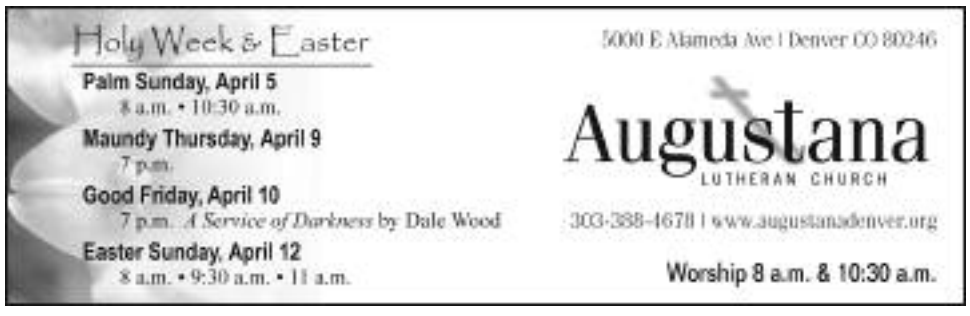
Adults who are interested in learning to swim or improve their stroke technique should consider one-on-one instruction to develop their skills. Private lessons are 1/2 hour in length and allow the instructor to work with the individual to meet very specific goals. Each private lesson costs $28. Please register on-line or call the pool location for more information, lesson availability, and to schedule your lessons.

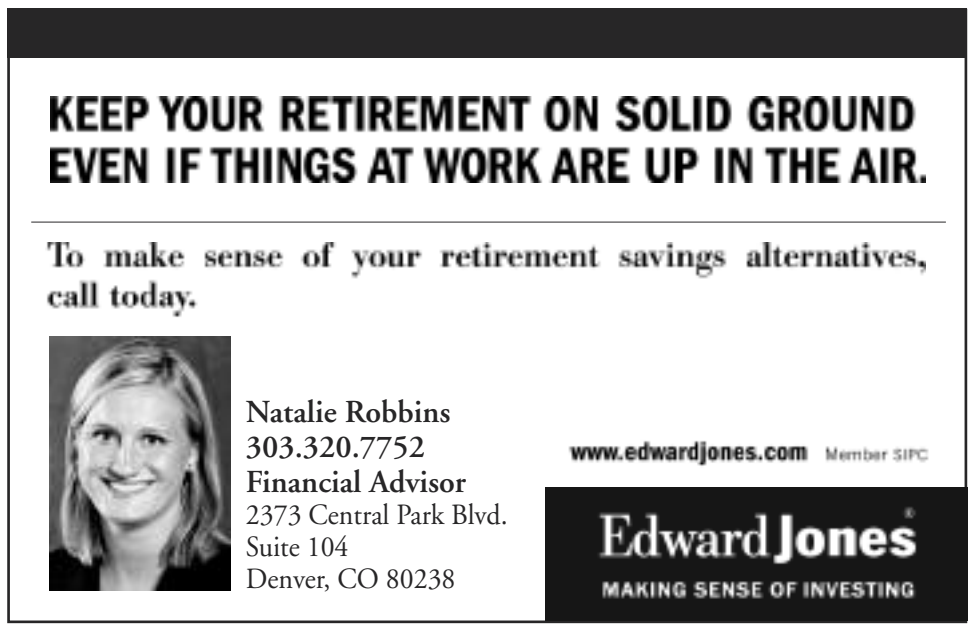
Stapleton Swim Team Organizational Meeting

Wednesday May 6th 7PM at MCA Community Room (RSVP Sunday by 5/3 to pools@stapletoncommunity.com)

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







Ecological Burn at Sand Creek Greenway

By Kate Kramer

Denver Parks and Recreation Natural Areas Program in conjunction with the Sand Creek Regional Greenway Partnership are in the final planning stages for an ecological (prescribed) burn on several acres of the Sand Creek Greenway trail. April 1 & 2, 2009, are the target dates. These dates are not definite only because weather conditions must be right for a prescribed ecological burn.

How ecological burns benefit our environment

Sand Creek Regional Greenway, as it makes its way to the South Platte River, is a waterway that meanders through Aurora, Denver and Commerce City. It is our Wilderness in the City, rich with diverse wildlife and plant life. Many of the native plants have been overwhelmed by invasive weeds and need some management techniques to boost the health of our riparian ecosystem. Methods of management in the past have been cutting down non-native trees and hand pulling invasive weeds from the creek bed. These methods are obviously labor intensive with mixed results. An ecological burn is a management tool that has not been used on the Sand Creek Greenway in the past, but is an efficient and effective way to help clean an area.

Historically, Sand Creek has flooded from time to time as all creeks and rivers do, and undoubtedly (prior to settlement and present population density), there were periodic prairie fires that swept through the area. These floods and fires served as natural cleansers of vegetation overgrowth in and around the creek. With threats of property destruction, the naturally occurring fires have been prevented in the past 60-70 years, however.

Open space managers of natural areas have learned that fires that once swept across our country had great benefits to the land, native vegetation and wildlife, and have recently begun the practice of ecological burns.

These burns serve a great purpose in controlling and eradicating non-native vegetation, as well as invasive and noxious weeds as along Sand Creek. Ecological burns can actually enhance the nutrients in the soil and increase beneficial vegetation in the long term. The area being designated as a burn site will be monitored to document the effects of a burn on the greenway.

Some frequent concerns expressed by those in close proximity to an ecological burn are:

Safety: The fires will be small and will be closely monitored, controlled by well-equipped and fully trained staff with Fire Department personnel and fire suppression equipment to assist on the day of the burn.

Air Emissions: Steps are taken to minimize the smoke and proper air quality permits are required. Emissions from burns are actually less than those from a gasoline powered engine mowing a comparably sized site. In addition, the burn is where mowing has occurred several times.

Wildlife: Rodents (mice and rabbits) will take cover in burrows or seek undisturbed safe areas, birds will fly away, and the habitat improvement from the burn will soon benefit the wildlife in the area.

Notification: Presently, the burn will take place April 1 and possibly April 2 starting at 7:00 a.m. However, we have a window of time the first two weeks of April for backup. Conditions for the burn are dependent on wind direction and speed. Temperature and humidity are factors in a safe and successful ecological burn. Even if a particular date is given, cancellation could occur if weather conditions change significantly. We will make every effort to notify the media and the Stapleton neighborhood in a timely manner.

Re-growth: A re-vegetation of native grasses will occur rapidly as seeds germinate quickly in the refreshed and renewed soil and have room to grow and flourish.

Please be assured that this ecological burn on the greenway is to enhance and help the natural habitat. As we work with Denver Parks and Recreation, we will try to notify you in advance of the burn event and place signage along the trail where it is feasible to do so. We also hope to do a follow-up article on the outcome and specific benefits noted for Sand Creeks' first ecological burn.

Visit our web site www.sandcreekgreenway.org for information on your wilderness in the city and for updates on this and other events or call or email Kate Kramer at 303-468-3263 or Kkramer@sandcreekgreenway.org

As spring approaches, enjoy the trail!

Since You've Asked...

Q. What is the status of the Stapleton Recreation Center?

A. It is anticipated that construction will start in the fall of this year and be substantially complete by December 2010. The City of Denver may be able to start operation of the recreation center in January 2011.

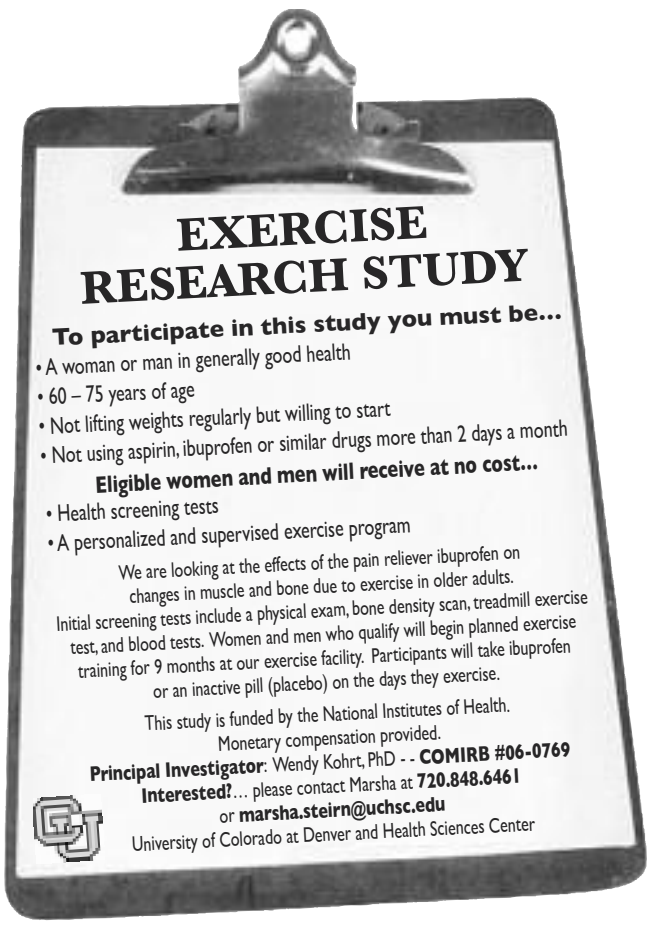
Q. What is the latest on the new I-70 interchange at Central Park Boulevard?

A. The Denver Regional Council of Governments recently approved $12 million from the Federal Stimulus legislation for the new interchange, which will be added to $10 million earlier approved by Denver voters and the $9 million in federal funds already dedicated to the project. At least the first phase of an interchange could be open by late 2010.

Q. I have heard that the Denver Public Library (DPL) has decided to build the new Stapleton library in the Town Center. Is that true?

A. Forest City is negotiating with DPL to address the parcel size and parking availability questions about the Town Center site that had been raised by the Library. The Town Center site would represent a significant savings to DPL over the site it had considered on Central Park Boulevard.

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



The SUN Spot

The *independent* voice of Stapleton

Brought to you by Stapleton United Neighbors

S.U.N. Meetings are held on the 4th Monday of every month at 7:30pm in the Stapleton Community Room, 2823 Roslyn Street. For information about S.U.N. visit www.stapletonunitedneighbors.com. To contact SUN or confirm meeting time, email stapletonunitedneighbors@gmail.com or call 720-840-8492.

Stapleton Block Party Day-May 16th

By: Amanda Baldwin
SUN Outreach Chairperson

The days are getting longer, the weather is warming up, the grass is getting greener…you know what that means. It is almost time for Stapleton's Annual Block Party Day! Mark your calendars for Saturday, May 16th as that is the day we will be partying with our neighbors. Every year this celebration gets bigger and better! This is the perfect way to get out and spend time with your neighbors and enjoy this wonderful community in which you live.

If you have been part of Stapleton Block Party Day in the past, then you know what to do/expect. For those of you who are new or have not participated, the first step is to find out if you have a block captain. You can do that by emailing jabaldwin@comcast.net –make sure you let me know your home address so I can check for you. Usually block captains head up the party planning but it doesn't really matter as long as someone is taking the lead.

Next, you need to put together a "party planning committee". Plan a meeting as soon as possible so that you can delegate the work. That way it is not too much on any one person. Please remember that you can include as many blocks in your party as you want-the more the better! Set a time and date for your first party planning meeting to discuss the following:

- Location and time of block party (I recommend using any green space/park that you have near your block.)
- How many blocks are going to be included? (Try to get at least one person per block to serve on your planning committee.)
- Food (Some blocks keep it simple and just have everyone bring a covered/potluck dish. Other blocks will collect money to cover the cost of bar-b-que expenses such as hamburgers, hot dogs, buns, chips, etc... And there are always the blocks that want to keep it as easy as possible that choose to all contribute to a fund and have it catered.)
- Beverages (Again-do you want everyone to contribute money and the committee purchase or do you want everyone to bring their own?)
- Entertainment (Will you hire a band, rent a jumpy castle, plan games, etc.?)

2008 Stapleton block party

- Who is going to bring tables, chairs, trash cans, tents, slip-in-slides, kiddie pools, grills, coolers, etc.?
- Advertising (How will you let neighbors know the details of the party? I recommend using Evite (www.evite.com) since you should have the email addresses of all of your neighbors. Last year, I started the Evite by sending it to everyone on my block and all of the members of my planning committee. Next, one person from each additional block added the email addresses for their block. However, it is also still a good idea to pass around paper invitations too just to make sure that everyone knows about it.)
- Talk to neighbors to see what kind of connections you have. (Does anyone play in a band, own a catering company, own a jumpy castle?-these can really help you keep your expenses down.)
- Money (Decide how much you need to collect and when/where it needs to be dropped off-if you are collecting money.)
- Checkout www.StapletonUnitedNeighbors.org (look under SUN and then Outreach) to see a "block party toolkit" which has some other ideas/suggestions.

After all of this has been taken care of, it is time to sit back and wait until it is time to PARTY on May 16th. Don't be left out of this fun Stapleton Tradition!

Please contact me at jabaldwin@comcast.net with any questions or concerns that you have regarding Stapleton Block Party Day.

Want to Make Your Block Party a Little Greener?

By: Mark Mehringer

This year, SUN hopes to help reduce the amount of waste going into Denver's landfills as a result of Block Party Day by organizing a group order of forks, knives, spoons, plates, bowls, and cups that can be added to your compost, or that can be included in the Denver municipal composting collection containers that are picked up every other week as part of the city's pilot program. Orders can be placed on SUN's website (www.StapletonUnitedNeighbors.org), where you can also find pricing and payment details. SUN will place a large order through the All Things Renewable Store in Northfield, to help ensure the sales tax revenues go back into the build out of Stapleton.

What To Do If You Live in Coyote Country

By: Mark Mehringer

Several coyotes have been seen roaming the parks and streets throughout Stapleton. This is in part due to the dry weather, as well as the fact that some people in the area have made our area especially inviting to coyotes by feeding them, or making our community a good food source. Here are some tips from the Colorado Division of Wildlife on how to keep Stapleton safer from coyotes:

* If you live in areas where coyotes have been seen, protect your pets! Coyotes will attack and kill cats and dogs. Do not allow your pets to roam, especially at night. Make sure your yard is appropriately fenced. We suggest at least a six-foot fence, or, better yet, keep your dog in a completely enclosed kennel.
* Do not allow dogs to run with coyotes. Although it appears they are "playing ", coyotes can turn on dogs to defend their territory.
* Don't leave pet food outside. This invites wildlife into your yard and problems may result.
* Protect livestock, especially chickens, young calves and sheep. Contact your local extension office for appropriate methods to prevent depredation.
* Keep your garbage in a storage facility or in a tightly sealed container. Clean garbage cans regularly to reduce residual odors by using hot water and chlorine bleach.

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contact@northfieldchurch.com

RECURRING STAPLETON EVENTS

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

Every Tuesday
Stapleton Rotary Club – 12pm
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]

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

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

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

1st Wednesday
"1st Wednesdays" Home-based businesses. Location listed at 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]

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

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

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

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]

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]

Periodically
Stapleton Wine Appreciation Group
If interested in upcoming events email
meighanm@aim.com

Letter to the Editor

Since moving to Stapleton from Golden 6 months ago, I have been alarmed at the number of pet cats that I see roaming the neighborhoods and on the streets. I am aware that the City of Denver does not require cats to be kept on leash or on their own property, but I feel compelled to let cat owners know the facts about cats that are allowed outside.

The freedom to roam comes at a cost – a vastly increased chance of a premature, painful death. According to the Humane Society of the United States (HSUS), the estimated average life span of a free-roaming cat is less than 3 years-compared to 15-18 years for the average indoor-only cat.

Further, outdoor cats kill millions of wild animals each year, including birds and small mammals. Cats can also become prey for wild animals. I believe the residents of Stapleton are progressive in many areas and want to do what is right and humane. Please consider bringing your cat indoors.

–Antoinette Miller

CLASSIFIED ADS

EVENTS

SPANISH IS FUN Language School Summer Camp at Lowry – not a class, an unforgettable experience! Ages 4-10. This year includes new Latin Carnival. Call (303) 200-0622, email info@spanishisfun.net, visit www.spanishisfun.net.

YARN EVENT - A Knit & Crochet Retreat 5/30/09, Denver – Register www.bagsbycab.com or call 303.695.8628

HELP WANTED

COMMUNITY VOLUNTEERS DESIRED - Park Hill Prep School. Educational and Administrative. College Students, Retirees welcome. Contact Lois 303-941-2582 days; 303-771-2079 evenings; or Dana 303-358-5060 after 3:45. email to parkhillprep@mac.com

READING VOLUNTEERS NEEDED The Odyssey School, a Denver Public School Charter School located in Stapleton, needs volunteers to read with students grades 1-8, one-on-one, once a week for a half-hour a week throughout the school year. For more information call Julie Neitz Wielga at 303-316-3944 ext 43230 or write julie@odysseydenver.org

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Letters to the Editor –

The Front Porch will publish letters to the editor as space allows. Please email Tom Gleason, editor, The Front Porch at TGleason@StapletonDenver.com.

Display Advertising

To place a display ad please see contact information in the Front Porch ad on page 24. Display ad reservations are due the 10th of the month.

Doctors Prescribe Reading

(continued from page 1) about the importance of reading to the kids.

"They have volunteers to staff the clinics," he said. "Each clinic will set up a reading corner. If the kids are waiting for a doctor, a volunteer will sit down with them and read a book. The volunteer is a model for parents to learn how to read to their kids."

Parents sometimes are given prescriptions that say they need to read at least 20 minutes a day to their children, Orcutt said. The children are handed books to hold and are taught to understand what to do with them. It is possible that when a doctor makes a recommendation for a parent to read to a child, the recommendation will be more apt to be followed, he said.

"If siblings come to a doctor's visit, they will give them used books so that each kid will go home with a book," he said. "The drive will make sure the clinics are stocked with used books, and will collect donations for new books."

Orcutt's wife, Carrie, is a teacher working on her Master's Degree in literacy. They have two children, Noah, 2, and Andrew, 5 months old. Orcutt's family influenced his decision to get in line with a Book Drive as part of the United Way Campaign, he said.

Many people may remember United Way Campaigns as companies making pledges and taking donations from their employees' paychecks. The amount of personal involvement was minimal, however.

"We're using the Book Drive as an innovative way to get community involvement," Orcutt said. "We're using Stapleton as a laboratory to see how we can bring it down to the community level, getting them involved, doing things to help their community.

"With the Book Drive, we're hoping that people will donate money to buy books or bring used books and volunteer to read to kids at the clinics."

Book donation collection boxes will be at Stapleton Town Center locations including: Starbucks in Town Center, Noodles & Co., Simon Says Read and Stapleton Pediatrics.

The Stapleton Book Drive ends on Saturday April 18, with volunteers manning collections from 10 a.m. to 1 p.m. in the parking lot of Stapleton Pediatrics, 2975 Roslyn Street.

For information about the Mile High United Way Stapleton Book Drive, call Jamie Orcutt at 720-987-8486 or visit www.unitedwaydenver.org/stapleton.

About Reach Out and Read

Each year Reach Out and Read (ROR) at Denver Health gives out more than 16,000 new books to children and promotes book sharing to their parents in 11 community health clinics. Two Denver Health family health centers are located in the northeast Denver area: Park Hill Family Health Center, 4995 E. 33rd Ave. and Lowry Family Health Center, 1001 Yosemite St.

A downloadable summary of research on the program's effectiveness is available at: http://www.reachoutandreadco.org/researchsummary.pdf

In one of the studies, families were randomly chosen to receive books and guidance, or usual care. After 10 weeks, parents were surveyed. There was a ten times increase in parents reading aloud three nights/week, and large, statistically-significant increases in reading as a "favorite activity" and other measures. (Golova, N., et al., Literacy promotion for Hispanic families in a primary care setting: a randomized, controlled trial. Pediatrics, 1999. 103: p. 993-997.)

In another study, one urban clinic had ROR for three years; another which was similar in all other respects, did not have ROR in place. Reading aloud by parents, and children's book ownership were significantly higher in the ROR clinic. What's more, scores on standardized vocabulary tests were significantly higher in the ROR clinic — 8.6 points higher for receptive language (understanding words) and 4.3 points higher for expressive (picture naming), both large, meaningful effects. (Mendelsohn, A., et al., The impact of a clinic-based literacy intervention on language development in innercity preschool children. Pediatrics, 2001. 107: p. 130-134.)

Kind

By Kathy Epperson

Youth Frontiers, a nonprofit organization based in Minnesota, recently conducted a Kindness Retreat for 4th and 5th graders at Bill Roberts Elementary. The day-long event was sponsored by Stapleton Home Services.

For over 20 years, Youth Frontiers has partnered with schools to create more positive school communities and help young people realize the importance of living a life of character. The organization works with nearly 700 schools each year, offering specific programming for elementary, middle and high schoolers. Their Kindness Retreat for elementary school students engages kids in activities that demonstrate the painful effects of bullying and that emphasize the value of kindness. Something akin to the Golden Rule, they refer to a "Kindness Boomerang" that you throw so kindness comes back to you from others.

"We typically see an immediate change in students in several ways on our retreats," says program facilitator Kecia Winter. "Bill Roberts was no exception. It doesn't take long for students to begin mingling with students outside of their closest friendship groups. We help break down the walls that separate groups of students, creating an environment that allows them to be themselves and to open up to others they may not normally speak to. Additionally, at the end of the day, students say thank you and apologize to one another, and to teachers, and state the commitment they are making to be kinder to teachers and classmates. This part of the day shows how our programs are a catalyst for change, encouraging the students to improve their behavior and how they treat each other."

The potential ripple effect of those thank you's, apologies, and commitments is clear. Bill Roberts students talked about some of their new goals after attending the retreat: "always listening to others," "helping out those who are being bullied," "including people I never include," and "being a hero for others."

The goal of the Kindness Retreat, led by Kecia Winter, right, at Bill Roberts school, was to create a more positive school community and help young

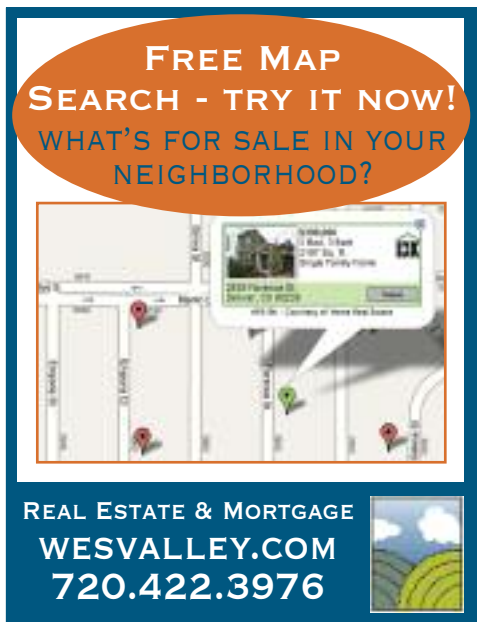
Teachers have found that the effects last well beyond that day's event. "We know that it's important to both the teachers and students that the impact of our retreats lasts longer than one day," Kecia explains. "During our Youth Frontiers Longitudinal Evaluation Project, we found that over 90% of teachers reported that 60 days post-retreat their students had stood up for each other more since the kindness retreat and felt that, overall,

Fundraising for Special Programs at Bill Roberts School

Many of the special programs at Bill Roberts, like the Kindness Retreat, are funded through private contributions or school fundraisers.

The school's biggest fundraiser, the annual Bill Roberts Auction, will be held at the Wings Over the Rockies Air and Space Museum (in Lowry) on Saturday, April 25, 2009 at 6:30 p.m. Visit www.billrobertspta.com for more information and tickets.

Auction proceeds go directly to Bill Roberts K-8 School and support programming such as smaller class sizes and hiring para-professionals. The funds raised also support special programs including middle school honors, physical education, music/drama, library, computer and art.



ness Retreat

people realize the importance of living a life of character. Kecia states that in program evaluations 60 days after the retreat, 90% of teachers reported that their students had stood up for each other more since the kindness retreat and felt that, overall, their class had been kinder.

Top: John Sandahl (with microphone) leads Bill Roberts students in warm up exercises at the beginning of the Kindness Retreat. Above: Aidan Noble, Nik Geoly, and Max Gregg try out some different handshakes.

their class had been kinder." The program boasts an 89% retention rate in partner schools, with most schools repeating the program the following year.

Asked how students respond to the idea leading up to the event, Kecia says students are usually not very excited to hear they are attending a Kindness Retreat and expect they will be lectured to for 5 hours. "Sometimes they even think it is a punishment," she says. "But we instantly change their perception when they come through the doors at the beginning of the retreat, with loud music and high-energy and interactive games. We spend the first part of the day building rapport with the students so they listen to the important messages later on. Some describe our programs as MTV-meets-Aristotle."

After playing some ice-breaker games, Youth Frontiers leaders explain to the students that the goal is for each of them to experience a day where everyone is kind to each other. "We show them that by working together, this is possible," Kecia explains, "and that if they can continue to work together toward the value of kindness, they can change their school and make it be a better place."

She goes to say that teachers are often extremely moved by the change they see in their students by the end of the retreat. "They often hear a thank you or an apology from a student they would least expect it from. Teachers believe our program has a lasting impact on the climate of their school. They hear 'thank you' and apologies from students on the day of the retreat, but the real 'thank you' comes in the form of continued improvement in their behavior and the way the students treat each other at school."

Youth Frontiers reports that boys and girls are equally engaged in the events, and that no school is without the need for this kind of character development. "Our programs help connect the dots between what might be taught at home, in the classroom, or in their communities," Kecia says. "We provide the students with common language about bullying, the opportunity to talk about what's really going on in their school, and ways that they can create positive change."

For more information about Youth Frontiers or having a retreat, visit www.youthfrontiers.org.

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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**.

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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.