The Doctor Prescribes...

Reading

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.

Seventeen years ago, RMI Chief Scientist Amory Lovins drove 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.

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Harnessing Energy from Adversity

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)
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 1st St., Denver 303-893-4100

**Saturday, April 4**  
Denver Art Museum SCFD Free Day

**Sunday, April 5**  
Hoppotchick Hustle fashion show, a fundraiser for FitCycle Colorado, 3:5 pm

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

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

**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  
11 am-4 pm (11 am  Sunday)  
3-day tickets $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 – 3 pm  
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 11am - 1 pm  
Stapleton Pediatrics (see story page 1)  
2793 Roslyn St, call 720-987-8486  
www.unitedwaydenver.org/stapleton

**Saturday, April 18**  
Westerly Creek Elementary Auction  
Not-a-nova venue: City Hall 1144 Broadway  
303-802-8628 (menu info only)  
5-9 pm  
www.WCHSauction.com  
ansie@fnsdenver.com

**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 Valmont Street 7 – 8:30 pm (doors open at 6:30)  
stapletonunitedneighbors@gmail.com

**Saturday, May 30**

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**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  
millennium@aim.com

**Friday, April 24**  
Watercolor Exhibition Opening Reception  
Free and open to the public, 5 – 8 pm  
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.billsfborbertsca.com

**Tuesday, April 28**  
Active Minds - The Pine Beetle Infestation

Learn the science of this situation and potential options to address the devastation.

**MAY**

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The Stapleton Front Porch is published by Forest City Stapleton, Inc., 7351 E. 29th Avenue, Denver, CO 80228. Typically 30,000-35,000 papers are printed. The free paper is distributed during the first week of each month to homes and businesses in Stapleton, Park Hill, Lowry, Montclair, Mayfair, Hala and East Colfax. Null
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uncover the genius
The Smart Grid

Even if you pay only passing attention to the electricity industry, you’re probably aware of a buzzword—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. In 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 turn on 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.

Using the Smart Garages 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.

(continued from page 1)

The Smart

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

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

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El Jardin Restaurant has been serving delicious New Mexican/Mexican cuisine in the North Metro area for 37 years. At El Jardin we serve great tasting food every time. GUARANTEED! This is why we give a 100% GUARANTEE for everything on our menu. If you are not happy we will fix it (we cannot fix the past). We take pride in making all our dishes from scratch daily and as a result we are voted the #1 Mexican Restaurant in the State of Colorado by Tripadvisor.com. We were also awarded The Best Independent Mexican Restaurant in America by the Independent Restaurant Association of America. We invite you to join us for breakfast, lunch, dinner and judge for yourself.

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5 minutes south of the Mills Hill Plaza Market on Iliff Ave.
303-288-3500

April 2009

Stapleton Front Porch
A second important trend is the vehicle sector's rapid move toward plug-in hybrid electric vehicles (PHEVs). Companies such as Tesla Motors and Think 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.

The Smart Garage paradigm is like a watt-hour to a really hungry new market, can then sell their previously unwanted kilowatts to the utilities because they would be charging.

A utility will be able to better match 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 50 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 Dannaher, 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 lots 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 project. “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.

Garage

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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.

“Utility will be able to better match 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.

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Cannot be combined with any other offer. New members only.
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 5.44%) 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.

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

By Tom Gleason

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 Valentiap St

Cosponsored by: Stapleton United Neighbors, Stapleton Citizens Advisory Board, Forest City Stapleton, Inc.
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 mom 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 learn 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.

By Nancy Burkhart

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Stapleton Dental Office Donates Teeth Whitening Proceeds to Bluff Lake

Bull 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.makeyourmilegreet.com or call 303-321-4445. The cost for teeth whitening is $250.

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 Bank of Colorado; Gibson, Dunn & Crutcher LLP; Innovest Portfolio Solutions; Land Title Guarantee Company; and Brown & Tedstrom, Inc.

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Stapleton Dental Office Donates Teeth Whitening Proceeds to Bluff Lake

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 S.U.N 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.

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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 Garmer, 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.

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 KVOI. 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.

Community Programs

Show at Lowry April 17 - 19

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

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 limousine. Peter Luce is a board member of the Wings Over the Rockies Museum where the antique show will be held.

Celebrate

A Community-wide Festival for Babies, Toddlers and their Families

SAVE THE DATE

For Celebrate Family!

MAY 3, 2009

At the Robert E. Loup Jewish Community Center
350 South Dahlia Street, Denver, CO 80206
10 a.m. – 1 p.m.

Save the date for this free community festival for families with babies – children age 8. Enjoy entertainment, activities, petting zoos, edibles and snacks.

Vendor and Exhibition tables are available—contact Dana Eckhoff for details at danac@plainsviewpp.com

Spice Lovers

for only $3.00

Groupon #123. Three pieces per coupon redeeming the 2 Spicy Jack Quesadillas. $3.00 per copy. Limited to one per customer. Only valid at participating locations. Additional purchase required. Expires 5-11-09. Not valid with other offers.

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$1.00 OFF Macho Chicken Burrito

Groupon #124. Three pieces per coupon redeeming the Macho Chicken Burrito. $1.00 per copy. Limited to one per customer. Only valid at participating locations. Additional purchase required. Expires 5-11-09. Not valid with other offers.

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4698 Pearl St.
(303) 371-1785
Pearl & Ashmun

3465 N. Salida St.
(303) 371-1844
Tower Rd & 51st

14400 E. Colfax Ave.
(720) 856-6041
Colfax & Sable

Aurora:

Visit www.deltaco.com for additional locations!
Four Local Artists in Water Color Exhibition

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.”

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

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We’re always on the move...
SEASONAL EVENTS
4/18 Saturday - Earth Day Events at the Shops of 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-6pm. FREE. www.windstarcoloradoconnection.org for more info.

4/25 Saturday - Earth Day with Transition Denver. 10-4pm. 7pm. 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. Schlesman Library, 100 Poplar Street, Lowry. 720.865.0000

4/25 Saturday - Earth Day Recycling Event at Suss Buck Pontiac GMC. 9am-11am. Suss Buck 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. Taxidermy/Rosco from Commerce City will be on hand with their trucks to safely recycle your used electronic equipment at the cost of $4 per 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 11am-6pm. Tickets $10-$15, under 18 free. www.greenfestival.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.theparkhilldepot.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.theparkhilldepot.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 espalier fruit trees (one foot wide instead of 20!), the many uses of windowboxes, 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: $34/397. 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! At least 16 participants, no experience required. Single class $8 member, $10 non-member/drop-in rate. Sunday 5:30-6:30pm. 3236 West 22nd Avenue, 303.554.3080.

4/15 Tuesday - Plant Explorers (ages 6-10) Make it an Arbor Day! Denver Botanic Gardens. Learn about our national tree and take a home a little tree to plant for Arbor Day. Class 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.


4/23 Thursday - Lifestyles at Fresco: Outdoor Living. Denver Botanic Gardens. Back yards are no longer a shoddy patch of grass and a tree, many have become outdoor living rooms this spring. 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, bolting grills and kitchens, pergolas and even outdoor showers. $15 member, $18 non-member. Day of class: $23/28. 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.

4/25 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 performing Saint-Saens' masterful Symphony No. 1 In minor. Gateway H.S. Center for the Performing Arts, 1300 S. Sable Blvd, Aurora, tickets $9-$72, www.aurorasymphony.org for more info.

5/02 Saturday - An Evening With Jackeipirse at the Soiled Dove Underground. Doors open 8:00pm. Show 9:00pm. visit www.soileddove.com for tickets. 303.295.1759 x13 or Ticketswest at area box offices (Aurora 761 East 1st Ave (1st and Quebec) in Lowry DANCE
4/03 - 4/05 Clo Parker Robinson Dance presents "Passionate Heart," Three performances only This is Clo 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 pm, and Sundays at 2 p.m. Tickets available at Box Office, 303.295.7593 or check online at www.clocarolines.com for more information.

4/04 - 4/12 Van Halen presents "Happy Days Live!" Three performances only This is Van Halen’s first appearance at the Ellie Caulkins Opera House. Performances are April 4 - 11, Thursday and Friday at 8:00 pm, and Saturday at 7:30. For ticketing information, please visit www.ticketwest.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 170 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-haves, one-of-a-kind treasures among antiques and vintage furnishings, primitives, retro collectibles, eclectic home and garden accessories, handmade 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 kids’ 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-4p. $2 admission; Saturday, April 18, 9a-4:30p, $2 admission; Sunday, April 19, 10a-2p, half-price most items. www.denver.jsfsale.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/doorsopen.denver

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!

LIBRARY EVENTS


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

KIDS AND FAMILIES

4/15 Wednesday - Love & Logic Presentation: “How to end whining and avoid power struggles with your kids” FREE. Primrose Preschool, Stapleton at North Field. RSVP to Shelly@HeartandHea.com


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 Poplar Street, Lowry. www.denverlibrary.org for more programs and events.

LEGISLATIVE EVENTS

Wednesdays through May 5th at 3pm. Walk-In Wednesdays with Speaker of the House Terrance Roberts Wednesdays through May 5th at 2pm. Walk-In Wednesdays with Speaker of the House Terrance Roberts

An Evening Out for Education featuring CIRQUEUSA

APRIL 28, 2009

Dinner • Dessert Reception • Performance

5:30 p.m. • 9 p.m.
Downtown Restaurants & Sextant Grand Ballroom
For more information call 303.356.2384.

An unforgettable evening to support The Community College of Denver Foundation, Inc.
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.org.

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. aurorahistory.org or 303.739.6666.

4/11 Saturday - Children’s Museum Bunny Trail EggVenture. 10:00a.m. - 5:00p.m. Celebrate the favorites springtime festival at the Children’s Museum of Denver! Bunny Trail EggVenture is educational, exciting and so much fun! Visit “eggploration stations,” filled with egg-dying, special animal visitors from The Urban Farm at Stapleton, arts and crafts, stories, music, candy and the Easter Bunny of course! www.mychildrensmuseum.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.wingsover.org.

4/21 Tuesday - “Stories from Space” with Astronaut Charlie Precourt at the Wings over the Rockies Museum. Precourt will share experiences from the first US-Soviet mission aboard MIR. 7:00pm members $7.50, non members $15. Lowry, 303.360.5360 or www.wingsover.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 Flyers 2:10 pm. coloradorockies.com for ticketing and more home games in April.

THEATRE
4/05 Saturday - Denver Childrens Theatre presents The Golden Goose: Based on the toon 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, 1000p.m through May 3. No show 4/12. Tickets $8 and $9, www.maajcc.org to purchase 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.auroraflox.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 knucklewalk 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 how you can help to protect them! Free with admission. www.denverzoo.org.

EVENTS
303.360.5360 or www.wingsmuseum.org

PEDAL PLANE AIRPORT Freewith admission. Lowry, 303.360.5360 or www.wingsmuseum.org for more info.

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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.

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.

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 it 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 McGowan, PhD.

For more information about the Colorado Genetics Laboratory, visit www.uchealth.org/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 Rolyn Street.
The Spa Around the Corner

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 that 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 I 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 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)
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.

“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 VTB 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 to do.”

“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.”
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 303-521-3028, e-mail at info@db-atelier.com or visit www.db-atelier.com.

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Fit Today’s Economy

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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 low 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 provided 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 custom fitted 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 benefit 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 cleansings.

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.makemydentistgreat.com

Let’s Talk Teeth
by Dr. Brett Kessler
Town Center Dentistry and Orthodontics
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? 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.
She was followed by her husband, daughter and son-in-law. I clutched a small white curly-haired dog entered the clinic. When the front door opened and through it an elderly lady some routineshots. We had only been waiting a few minutes had brought my young and vibrant, yellow Labrador in for 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 downscaled 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 a 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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“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?” 

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 can not control, the key is to focus on what we can.”

“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 weren’t creating what they wanted in their life was ‘I don’t have enough time.’ But it’s really not about time, it is about accessing this resourceful self. It is 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.”

Johnson & Wales Offers Free Income Tax Help

Johnson & Wales University students and faculty are offering 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 7301 Main Street Blvd., School of Education, Classroom #102.

Messiah Community Church, ELCA

A Welcoming Lutheran Congregation

Holy week at Messiah:

* Palm Sunday, April 5, 2009 at 9:30 a.m., we will join with St. Thomas Episcopal Church, 22nd at Dexter St. for a palm procession and community worship.
* Maundy Thursday, April 9, Service with the tradition of foot-washing at 7:30 a.m. and 6:30 p.m.
* Good Friday service April 10 at 3:30 p.m. with a “Reader’s Theatre” presentation of the passion story.
* Easter Morning celebration April 12 at 8:00 a.m. and 10:30 a.m. Easter breakfast at 9:00 a.m.

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Premium Fishwrap* 

Happy Opening Day 

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 back-handed 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 flies 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 turn your house into a garden. 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, 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 soap 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 on 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) One 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 blind.”

“Tsukiyomi, a story about the moon, was a huge turning point for me and a wonderful opportunity to climb and work with young people. He says he could have taught blind.”

Erik 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 scholarships 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.

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 at www.esertangel-al -lance.org or at East High School, Room 130, Tuesday, Wednesday, Thursday from 10-12. 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.

“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 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 can’t 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.
Successful Stapleton School May Be Replicated

Expansion may include partnership with University of Colorado Health Sciences Center

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 successfully 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.

(Editors note: Additional information about DSST and the admission process is available on the school’s website 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 already 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 Modeitt, 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 community leaders, educators, business executives and parents.

The Spa Around the Corner

(continued from page 15)

The Spa Around the Corner

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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.

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 para-professionals are contingent on adequate fundraising.

Westerly Creek believes para-professionals, 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 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 Cherubins at janet@4saleindenver.com.

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.

Welcome our latest addition, Dr. Amy Nash

Stapleton Pediatrics

Dr. Amy Nash is a board-certified family medicine doctor who has joined the Stapleton Pediatrics team. Dr. Nash completed her residency at the University of Colorado Hospital H Shapiro. Dr. Nash graduated from SUNY Upstate in Syracuse, New York, where she received her Bachelor of Science degree in biology. She went on to obtain her medical degree at SUNY Downstate Medical School. After medical school, Dr. Nash completed her residency training in family medicine at the University of Colorado Hospital in Denver and is certified by the American Board of Family Medicine.

Dr. Nash is married with three children. She enjoys spending time with her family, reading, traveling, and playing tennis.

Dr. Nash welcomes new patients, including children from birth to age 18, and can be reached through the Stapleton Pediatrics office at 303-588-9300.

Stapleton Front Porch

Advertise in a paper that people really read.

35,000 copies distributed free to NE Denver during the first week of each month. Email karisa@finprint.co or call Karissa at 303-333-0257 or 303-526-1969.

Stapleton Front Porch
Nicholas Speedwell 4
Nicholas: I love my job as an accountant. I have been with my current company for over 10 years now and have been able to travel to several different countries over the years. My dream job would be to own my own restaurant and travel the world. I would love to open a restaurant in a different country each year and experience the local culture and cuisine. My current job allows me to travel for work, so I am very happy with my job.

Samuel Jenkins 4
Samuel: I currently work as a software developer and I would love to continue to work in the tech industry. However, I would also love to work in a non-profit organization where I could use my coding skills to help make the world a better place. My dream job would be to work for a non-profit that focuses on social issues and use my coding skills to help create software and tools that can be used to support the mission of the organization.

Andrew Thompson 4
Andrew: My current job as a chef is my dream job. I love being in the kitchen and creating delicious dishes for people to enjoy. I would love to continue to grow and learn in the culinary field and eventually own my own restaurant. My dream job would be to open my own restaurant and have the freedom to create and serve the dishes that I want to serve.

Diana Ramirez 4
Diana: I currently work as a nurse in a hospital and I love my job. However, I would love to continue to grow in the medical field and eventually become a doctor or a nurse practitioner. My dream job would be to work in a hospital as a doctor or nurse practitioner and have the opportunity to help people every day.

Brooke Johnson 4
Brooke: I currently work as a teacher and I love my job. However, I would love to continue to grow in the education field and eventually become a school administrator. My dream job would be to work in a school as a principal or superintendent and have the opportunity to help shape the future of education.
Top Cops Named for January and February

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 his 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.

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 a 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 protect 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.
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 definitive 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 cleaners 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 retarding 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: These fires will be small and will be closely monitored, controlled by well-equipped and fully trained staff with Forest 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 moving 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 community’s first ecological burn. Visit our web site for information on your community’s first ecological burn.

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.
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 participat-pated, the first step is to find out if you have a block captain. You can do that by emailing jabaldwin@com cast.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/portluck dish. Other blocks will collect money to cover the cost of bar-b-q 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?)

• 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 Melbringer

This year, SUN hopes to help reduce the amount of waste going into Denver’s landfills as a result of a Block Party Day by organizing a group order of forks, knives, spoons, plates, bowls, and cups that can be added to 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.StapletonUnitedNeigh-bors.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 Melbringer

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:

* 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.
Letter to the Editor

Since moving to Stapleton from Golden 6 months ago, I have been alarmed at the number of pets that I see roaming the neighborhoods on the streets. I am aware that the City of Denver does not require cats to be kept on leashes 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 for the residents of Stapleton. Our streets are full of pet cats that I see roaming and small mammals. Cats can also be a hazard to our residents, especially for young children.

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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 for the kids. 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 do to 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.reachoutandread.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., “Promoting book sharing to Hispanic families in a primary care setting: a randomized, controlled trial.” Pediatrics, 1999. 103 (6): p. 1169-1175)

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 4.5 points higher for expressive (picture naming), both large, meaningful effects. (Ardelt, L., et al., “The impact of a clinic-based literacy intervention on language development in innercity preschool children.” Pediatrics, 2003. 10: p. 330-334.)

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 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 schools. Their Kindness Retreat for elementary school students engages kids in activities that demonstrate the powerful effects of kindness, including 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 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.”

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, Teachers 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 for the kids. 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."

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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.

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 a better place.”

She goes on to say that teachers are 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.

One FREE Month or FREE Leotard With Paid 4 Week Session. Good for One Session Only. New customers only. Must present coupon. Not valid for Team Athletes. Not valid with any other offers. Expires 06/30/09.
Good karma has an address.
And you get to pick your new neighbor.

The Stapleton Referral Program is designed for Stapleton residents who encourage friends and family to move to Stapleton and "help make their community feel a little bit cleaner. Plus, it's a chance for residents to receive $500 cash and be entered to win a Vespa LX 150 Scooter from Ecco 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 Referee) to a Stapleton Homebuilder.
2. Your Referee registers your name as the Referrer, on the first visit with the Stapleton Homebuilder sales representative.
4. Forest City Stapleton will give you (the Referrer) $500 cash within 45 days of the Referee’s home closing.
5. You (the Referrer) will be entered into a random drawing to win a free Vespa LX 150 Scooter from Ecco Motorsports ($2,056 value) along with a free Cyber helmet.

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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.

Brought to you by Forest City Stapleton and Ecco Motorsports.

Rules:
- The referral must be valid within 90 days of the ad (see form above), and contain the name, address and phone number of both the Referral (your friend) and the Referee (You).
- The 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 refunds Referrals are permitted for this Program.
- Forest City Stapleton will provide the $500 cash within 45 days of the Referee’s 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 addition 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 into the drawing for the free Vespa LX 150 Scooter from Ecco 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.
- Scooter winner will be announced on July 8, 2009.
- Scooter winner will be required to sign a release form with additional terms to claim the free Vespa LX 150 Scooter from Ecco Motorsports.