Botanic Gardens: New Facilities & Lots of Resources for Gardeners

Christopher Dunn, Executive Director of The Bike Depot, helps Theodins Lovett, 11, and brother Tyjuan Lovett, 9, repair a flat tire.

The Park Hill Bike Depot Celebrates Its First Anniversary

The Bike Depot was established in 2006 with a mission to eliminate health disparities found in the Park Hill community. Christopher Dunn became executive director and The Bike Depot became a registered nonprofit.

“The Bike Depot initially was (continued on p. 7)" By Nancy Burkhardt

By Nancy Burkhardt

The Bike Depot initially was (continued on p. 7)" By Nancy Burkhardt

By Carol Roberts

Dr. Lisa Corbin is passionate about helping each of her patients find whatever works best for them to become healthy and stay healthy. She was trained as an internal medicine doctor, but as the Medical Director of the Center for Integrative Medicine at the University of Colorado Hospital, her staff includes a chiropractor, an acupuncturist, psychologists, a pharmacist, and a registered dietician, among others. Dr. Corbin and her staff believe that the path to optimal health (a state of complete physical, mental and social well-being) is different for everyone, and it can best be achieved by having all the practitioners work together in a complementary way.

As a starting point in choosing complementary and alternative medicine (CAM) therapies, Dr. Corbin offers a few simple guidelines everyone should consider:

- Stay away from harmful approaches
- Consider therapies that have been proven to be safe and beneficial in randomized control trials
- Maybe consider the “safe and plausible approaches” (not proven in controlled studies but believed to be safe and may be helpful)
- Toss out the safe but not plausible therapies because they are a waste of money.

(continued on page 26) By Kathy Epperson

Denver Botanic Gardens’ mission goes beyond being a beautiful place where people can learn about gardening and the outdoors, they want to bring progressive change to the community. The Gardens has a “green team” that is making sure they’re as “green” as possible and helping the community do the same. A new parking structure will not only provide a much needed expansion of parking, but it has been designed to accommodate a roof. (continued on page 3) By Kathy Epperson

A Doctor Discusses Alternative Medicine

A Doctor Discusses Alternative Medicine

A Doctor Discusses Alternative Medicine
C A L E N D A R
Events in or near Stapleton that are free and open to the public or are charitable fundraisers. Additional events are listed on page 10.

Thursday, May 7
Stapleton Public Forum
Development Update
7 - 8:30pm (doors open at 6:30pm)
DSST Middle School, 2000 Valentia St.
[Stapleton United Neighbors, Stapleton Citizens Advisory Board, Forest City Stapleton]

MAY

Saturday, May 2
Stapleton presents “Band, BBQ and Bungee”
Founders Greens, 5-7:30pm

Saturday, May 2
Park Hill Bike Depot 10am - 1pm
One year birthday celebration
2825 Fairfax www.thebikedepot.org

Saturday, May 2
SCFD Free Day Denver Art Museum

Saturday, May 2
2009 PS1 Exhibit Walk, City Park. One or three mile loops. Register 7am Walk. 9am.
www.walkPS1colorado.org (see page 11)

Tuesday, May 5
Target Tuesday Free Night at the Children’s Museum 4pm-8pm

Saturday, May 9
5K race, 2K walk & stroller walk at Central Park. Stapleton to benefit Parent Pathways.
www.parentpathways.org (see page 10)

Monday, May 11
Stapleton New Resident Orientation
MCA Community Room, 6:30 pm

Tuesday, May 12
Uzbekistan & The Central Asian Republics
Tattered Cover, 2526 E Colfax, 5:30-10pm
www.activemindsforlife.com

Tuesday, May 12
Art Show Opening Reception - “All Colorado”
Art & Framing at Stapleton 6-8pm
7483 E. 29th Ave. 303.534.1979
www.ArtandFramingStapleton.com

Tuesday, May 12
Active Minds – The Financial Meltdown
Tattered Cover, 2526 E Colfax, 5:30-6:30 pm
www.activemindsforlife.com

Friday, May 15
Art Show Opening Reception - “All Colorado”
Art & Framing at Stapleton 6-8pm
7483 E. 29th Ave. 303.534.1979
www.ArtandFramingStapleton.com

Saturday, May 16
SUN Block Parties

Friday, May 21
SCFD Free Day – Denner Center for the Performing Arts, Quillers
Opens 4:30pm, day of event, lines form earlier;
No reservations; First-come, first-served. One ticket per person.
1101 13th St., 303.893.4100

Saturday, May 23
Stapleton Pools at 7pm

Saturday, May 23
Battle of the Bands
Stapleton MCA Community Room
2823 Roslyn St 10am - 2pm

Tuesday, May 26
Active Minds – China’s Human Rights Struggle
Tattered Cover, 2526 E Colfax, 5:30-6:30 pm
www.activemindsforlife.com

Wednesday, May 27
Active Minds – The Financial Meltdown 1-3 pm
Generations at Lowry 8505 Lowry Blvd
RSVP 303-384-8500
www.activemindsforlife.com

Friday, May 29
Battle of the Bands, Founders Green
Watch www.stapletoncommunity.com for details (see page 22)

Saturday, May 30
Stapleton Summer Concert Series
Opie Gone Bad
Founders Green

Saturday, May 30
GSBA Recycle Day – Paper shredding, moving boxes and electronics only.
Parking Lot West of ReMax Building
2373 Central Park Blvd. 10am-1pm
jusross@stapletonmortgage.net

Sunday, May 31
SCFD Free Day – Denver Museum of Nature and Science

JUNE

Tuesday, June 2
Target Tuesday – Children’s Museum Free 4pm-8pm

Saturday, June 6
Summer Concert Series, Opie Gone Bad
Founders Green

Friday, June 12
Summer Movie night
Madagascar: Escape 2 Africa
Founders Green

Sunday, June 14
Stapleton Farmers Market Kick Off
Founders Green 8:30 - 12:30
Every Sunday through Oct. 11

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, Hale and East Colfax.

Front Porch
www.FrontPorchStapleton.com
(continued from page 1) garden and ‘green walls’ with plants growing vertically to provide beauty and a natural moderation of temperature.

The Gardens has a large volunteer and horticultural staff on hand to help answer visitors’ questions—including helping identify plants or getting gardening advice—and they have a research department devoted to maintaining Colorado’s natural history. “With 40 individual gardens and with our connections with botanical gardens all over the world, we can answer just about any question that comes our way,” says Will Jones, public relations manager.

Last year the Botanic Gardens also extended its educational programming with a new Urban Homesteading series, geared toward helping people who want to grow their own food. “If you follow the national news, there has been a huge surge in interest in local food production,” says manager of public programs Celia Curtis. “And the economy this year is helping drive a lot of this interest. One of our classes, the Small Space Kitchen Garden Workshop, is an 8-hour in-depth workshop to help people create a small but very productive vegetable and herb garden that can feed a family of 4.” Also part of this

Urban Homesteading series are classes on canning food and seminars on keeping chickens in the city, keeping bees, and rainwater capture (which is not yet legal according to local water rights laws). Among other upcoming events is a Local Foods Festival on May 2nd at the Denver Botanic Gardens’ Chatfield location, including an expo with booths where the public can meet and talk with local farmers and food businesses and learn about organic gardening methods and resources. A symposium and tradeshow on green roofs will be held at the Botanic Gardens on June 18th. The Spring Plant Sale, a fundraising event, will be the evening of May 7th.

Beyond their own programming and events, Denver Botanic Gardens is also working with other organizations to support local food production, including a Feed Denver campaign to build a prototype vertical farm in greenhouses in the city, plus a Grow Local campaign (www.growlocalcolorado.org).

For more information on everything the Denver Botanic Gardens has to offer, including the popular Summer Concert series, visit www.botanicgardens.org.

Botanic Gardens visitors tour a low water ‘smart’ garden.

To: Mom

From:

Happy Mother’s Day. To honor you, I made a donation to The Women’s Foundation of Colorado.

EASY GIFT IDEA: CUT. DONATE. GIVE TO MOM!

THE WOMEN’S FOUNDATION OF COLORADO

www.fillthepurse.org
If you have a love of nature, and want to expand your knowledge as well as educate others, then volunteering at the Bluff Lake Nature Center would be a good choice. Bluff Lake is a 125-acre urban wildlife refuge on the east edge of Stapleton. It prohibits camping, fishing, boating and swimming, but it offers an opportunity to be with nature in a quiet setting and classes to learn about nature.

Erika Walker is a fourth generation Coloradan who grew up playing on the prairie in Aurora. “I grew up doing a lot of hiking and camping,” Walker said. “I thought one of the gifts of my childhood was spending unstructured time with nature. I wanted to pass that on to my son and create those opportunities for other children as well.”

Walker and her husband, Don Weinshenker, and their 14-year-old son Stephen had been living in Minneapolis where Walker was a professor at St. Mary’s University in the business management graduate program. When they decided to move back to Denver, Bluff Lake was the reason for their choice to live at Stapleton.

“Bluff Lake plays a very unique and important role in modern life,” Walker said. “When you go there, you listen to the wind blow, you see wildlife. There are nesting owls, coyotes, and beaver that have a dam in Sand Creek.”

“If you’re in a nature setting where people are boating and camping, you’re not going to see nature in the same way that you can in a wildlife refuge. It’s very quiet, very peaceful. Life is so hectic. Places like Bluff Lake are very rare and very precious.”

Experience isn’t necessary for volunteers at Bluff Lake. Volunteers are trained on the job. People are being sought to be volunteer naturalists to introduce school groups to nature.

Walker has been doing work as a volunteer naturalist at Bluff Lake. “Last fall my son and I went together and volunteered. There’s a prairie section with a beautiful garden, and we helped to plant native plants there. “My son loved it. I think it’s really important to teach children that value of stewardship. I want my son to know the importance of being in nature,” she added.

Visit www.blufflakenaturecenter.org for more information. To volunteer call Kristin at 303-344-1282 or email klibbenton@blufflake.org.

See Bluff Lake Earth Day activities on page 17.
Bob Beamon set the Olympic record for long jump in 1968, and that record still stands today. But he says he couldn’t have done that without mentors who helped keep him on course. “I hung out with about 20 friends when I was a kid, and every one of them is dead today.” Beamon captures the attention of a group of kids at the Hiawatha Davis Rec Center, talking to them about the importance of staying in school, and doing well at school. He tells them, “You have to use common sense and work hard for everything you get. Nothing comes easy.”

Beamon was in Denver to promote the National Cares Mentoring Movement (NCMM) local recruitment effort. Founded by Susan Taylor, Essence magazine editor-in-chief emeritus, the organization’s goal is to mobilize 1 million African American adults to take the lead in fulfilling society’s obligation to vulnerable children.

The statistics on the effectiveness of mentoring are impressive. According to a Big Brothers/Big Sisters mentoring program study, “young people who meet with a mentor three times a month for one year were 46% less likely to begin using illegal drugs, 52% less likely to skip school and 33% less likely to get in fights.” (Miracles of Mentoring by Thomas Dortch, Jr.)

In Denver, Taylor’s organization is partnering with existing mentoring groups to help local organizations recruit more mentors. NCMM endorsers include: Oprah Winfrey, Sean Combs, Mariah Carey, Alicia Keys, Terrence Howard, Danny Glover and Harry Belafonte, and they have corporate sponsorship from Anheuser-Busch.

To become a mentor, visit www.caresmentoring.com, enter your zip code, and contact one of the local organizations listed.
**Pediatric Dentistry Starts With 1st Tooth**

By Nancy Burkhart

Oral health concerns can start with a child’s first tooth. That’s where a pediatric dentist comes in.

Alfaiyaz Ibrahim DDS, opened Stapleton Children’s Dentistry last month at 2373 Central Park Blvd., Suite 305, in the ReMax Building. He did his residency at Children’s Hospital.

“During those extra two years, I learned everything about children’s dentistry from growth and development to behavior management, psychiatric healthcare needs, medical management of children and surgical management. I do surgery cases under general anesthesia at Children’s Hospital,” Ibrahim said.

“I’m very focused on prevention and education. Dental decay is the No. 1 childhood disease. It’s even ahead of asthma,” he said. “I try to include the parents in the treatment so that they can see what we see. They can see what the plaque buildup is in the child’s mouth. We can talk about diet. We can talk about how better to care for a child’s teeth. A cavity is an infectious disease. It can be passed from one person to another.”

Usually, oral hygiene problems can be solved by better brushing. However, a child doesn’t have an adult’s manual dexterity to do a good job of flossing and brushing, so a team approach is necessary, Ibrahim pointed out.

“Children should be seen when the first tooth comes in,” he said. “It is to talk about all these other things, such as anticipatory guidance to stay ahead of any issue. It’s less costly to do things before things happen. It’s better than having to come back five times to have cavities fixed.”

Stapleton Children’s Dentistry also accommodates special needs patients, such as people with Cerebral Palsy, Downs Syndrome and other special healthcare needs, according to Ibrahim. Insurance is accepted.

Ibrahim came to Denver from Seattle nearly four years ago, and after a few weeks he decided that Denver was the place he would live.

“I had never skied before. Now I buy a pass every year,” he said. “I love the people here. I love the weather.

“I chose Stapleton for my office because Stapleton is an area where there is a lot of growth. It’s a very young, progressive, sort of tight-knit community. It seems like a great place to be.”

Ibrahim, who is 33 years old, plays hockey at the Bladium and goes to the gym there. He said he and his “serious” girlfriend will be attending events at Stapleton this summer.

For information call Stapleton Children’s Dentistry at 303-399-5437 or visit www.StapletonKids.com.
The current worldwide economic situation may have curtailed a great many personal travel plans, but one local treat may be a possible substitute.

Stapleton resident Shane Stickel is in the transportation business. His fleet of vehicles includes 25 sedans, 9 vans, 6 SUVs, and 5 limousines. He also has 3 mini-buses that can hold from 21 to 33 passengers.

“We’re 90 percent corporate and can book travel throughout the world,” Stickel said.

The firm also serves entertainers and major events, such as the 2008 Democratic National Convention.

“When U-2 was in Denver, they landed at a local private airport. Bono hopped into the limo and drove it around the airport,” Stickel said. “He said he always wanted to drive a limo. We also have served Madonna, Coldplay and AC/DC.”

There are opportunities for couples and families to take chauffeured jaunts that will provide memories and fun.

“We have package deals to see Denver and provide lunch,” Stickel explained. “You can take a romantic package, have champagne in the car and go to Colorado Springs and Pikes Peak. You can have a picnic in the mountains. You can take the family around Denver or have a night on the town. We would provide the food.”

For a family outing, Presidential Worldwide Transportation offers every size of car seat for children, Stickel said.

Mini buses are a good choice for groups. “They are economical when you have 20 or more people to shuttle,” he said.

One of the goals was bicycles,” he said.

The Bike Depot, located at 2825 Fairfax St., refurbishes gently used bicycles, has an Earn-a-Bike Program and donates bicycles for community programs. Volunteers work in the bike shop, which has work benches and repair stands, to help people who receive donated bikes to fix them.

“We try to assist rather than doing the work,” Dunn explained. “We instruct the person on how to fix a bike. We also recycle the donated bikes. We have a requirement for earning a bike. They have to attend a safety course showing the rules of the road and maintenance awareness classes learning the parts of the bike, how it works and what can go wrong with it. There is a sense of pride in ownership. They are given a lock and helmet with each bike, from a grant from the Denver Foundation.”

The Bike Depot needs donated bicycles, cash donations and volunteers to help work on the bikes. About 600 bikes have been recycled into the community, Dunn said. The shop is open Wednesdays from 4 to 7 p.m. and Saturdays from 11 a.m. to 5 p.m.

To volunteer or donate to The Bike Depot, call 303-393-1963. For information, go to: www.thebikedepot.org.
Five Points Jazz Festival May 16th

By Wallace Yvonne Tollette

May 2009 8 Stapleton Front Porch

The sixth annual “cool, crazy, hot,” Five Points jazz festival – a descriptive phrase coined by the late jazz “offici- cianado,” Leroy Smith, will be held, Saturday, May 16, 2009 from 11 a.m. until 6 p.m. along the Welton Street corridor, from 24th to 29th. Activities and performances begin at 11:00 a.m. All performances are free and open to the public.

As a little background, compiled by Hank Tony of the Denver Musician’s Union, the festival’s roots began with the Denver Musicians’ Association who received money from the Music Performance Fund (MPF) to help (continued on p. 23).

FREE ENTERTAINMENT

11:00 AM
• Dez Rubano and Friends – KUVO Studio
• The History & Composition of Jazz, Lecture by Dr. Fred Hess – Blais-Caldwell Library
• Neil Bridge 7+ – KUVO Outdoor Stage
• Tony Black Group – Five Points Plaza
12:00 PM
• Maestro Hughes – Blackberries Lounge
1:00 PM
• The History & Composition of Jazz, Lecture by Dr. Fred Hess – Blais-Caldwell Library
• Janine Santana – KUVO Outdoor Stage
• Denver Jazz Quartet – Crossroads Theatre
2:00 PM
• O Tone Brass Band – Five Points Plaza
• Dr. Tone & The Notes – Blackberries Lounge
2:45 PM
• Five Points Jazz Tribute Awards – KUVO Outdoor Stage
3:00 PM
• The History & Composition of Jazz, Lecture by Dr. Fred Hess – Blais-Caldwell Library
• Sheryl Renee Band – KU VO Outdoor Stage
• The History & Composition of Jazz, Lecture
3:30 PM
• Lamont School of Music Jazz Band – Crossroads Theatre
• Masque Productions – Blackberries Lounge, 9 to 11:00 p.m.

ALL DAY ACTIVITIES
• Art Market – 26-2700 Blocks Welton St
• Kids Activities – Curtis Park Kids Association Booth at the Art Market
• Free Day – Black American West Museum, 3091 California Street; open 10am-5pm
• Non-Profit Fair – 2600 Block of Welton Street Visit local nonprofit booths for information on services in the community.

LOCATION OF VENUES
1) Blais-Caldwell African-American Research Library, 2401 Welton
2) Blackberries Ice Cream & Coffee Lounge, 710 E 26th Ave
3) Crossroads Theatre, 2550 Washington
4) Five Points Plaza Parking, 2736 Welton
5) KUVO Studio, 2900 Welton
6) KUVO Outdoor Stage, Intersection of 29th & Welton
7) Art Market and Nonprofit Booths, 2600 Block of Welton Street
8) Bring a reusable water bottle to fill for free at the Denver Water tap on Welton near 29th
9) Health Emergencies – Go to Fire Station 3, 2500 Washington St. If urgent dial 911.

FOOD
• Five Points Festival $6 boxed lunches available at the following vendors:
  • Blackberries Ice Cream & Coffee Lounge 710 E 26th (corner of 26th & Welton)
  • Coleman’s Restaurant: A Taste of Detroit 2622 Welton
  • MAD’s Café, 2000 E. 28th
  • Mocha Miste Cafe, 2736 Welton
  • Pierre’s on Madison, inside the Art Market
  • Welton Street Cafe and Mona’s Wings & Tings, 2736 Welton

GETTING AROUND
• Take RTD Light Rail D-Line at 25th & Welton stop. Use of public transportation is strongly encouraged! Parking is available in several lots around Welton.
• A free shuttle runs between all venues. Shuttle service begins at noon and runs approximately every 20 minutes. Riders should wait at the signs at each venue.

“Bookstores Are One of the Places I’m Happiest”

By Nancy Burkhart

The Park Hill and Stapleton communities are known for the many intelligent people who live there, people who read books.

Many of these neighbors patronize The Park Hill Community Book Store at 4620 E. 23rd Ave., a nonprofit operation that is staffed by one paid employee, manager Mike Stickney, and a host of volunteers.

Stapleton residents Pete and Nancy Maysmith have been volunteering at the book store for more than eight years. They moved to Stapleton from Park Hill nearly five years ago.

“We’ve always been active in our neighborhoods,” Nancy said. “That was one way to be engaged and connected in the Park Hill neighborhood. Bookstores in general are one of the places on earth that I’m happiest in.”

The community aspect of the bookstore is important to Pete.

“It exists because people in the community value it,” he said. “I like it when people who aren’t familiar with it walk in.”

The bookstore has more than 450 members, according to Pete. Memberships start at $10 for students and seniors and $20 for a family. Members get discounts on their book purchases and can use book credits instead of cash to buy from the bookstore’s extensive used book supply.

Credits are given to members for joining and for supplying the bookstore with gently used books from their own bookshelves.

“You don’t have to be a member to shop there,” Pete said. “Many people just walk in off the street.”

The bookstore offers both new and used books, and can produce special orders in a timely fashion.

“No Utility Bills for Ten Years!”

When you purchase Harvard’s new NEAR ZERO ENERGY HOME you will have no utility bills for ten years! As one of the most energy efficient AND greenest new homes in Colorado, utility bills are projected to be only $700 per year, and we’ll pay TEN years worth, up front!

Harvard’s NZEH is located at 9126 E. 35th Avenue in Stapleton
• $748,000
• 2,691 Square Feet
• 3 Beds, 3.5 Baths
• Main Floor Master
• Private Courtyard
• Lead Gold Certified

When you contract by 5/31/09, in addition to no utilities for ten years, you will also receive a free finished basement. A combined $56,000 value!

Call 303-789-4440 or Visit thearchitectcollection.com

*Harvard will write a check at closing for ten years worth of utility bills, $7,000 (based on 2009 rates). Please see Sheri Dipple at The Architect Collection for additional details. The terms of this offer are subject to change. Marketed exclusively by JDU, LLC.

May 2009 8 Stapleton Front Porch
“It’s a great opportunity to support a local business,” Pete said. “There’s a lot of talk these days about needing to support neighborhoods. If you want to feel like your money is staying in the community this is the way to do it. It’s a little bit of a retreat. It’s a good place to come in a browse. Some people will spend a long time browsing there. Some may be in the basement for 45 minutes or an hour. Sometimes they come up with one book and sometimes with a stack they can barely carry.”

“I think they have a really great children’s section,” Nancy said. “They have children’s toys as well. Our kids love being out there. They will pull book after book off the shelves. It’s not a fancy place where you have to worry. If there’s a kid laying on the floor reading a book, it’s fine. Teenagers come in to find books they want—and they’re cheap. Sometimes they have $1 and it’s enough.”

Shoppers will find Pete and Nancy, and possibly their two daughters, 4-year-old Zoe and 7-year-old Sydney, at the bookstore on the third Saturday of every other month from 9 a.m. to 1 p.m.

To volunteer at the Book Store, call Mike Stickney at 303-355-8508.
New Perspective
REAL ESTATE

4 Bedrooms, 4 Baths. Parkwood Oxford across from beautiful pocket park. 4500 Sq. Ft. 2613 Elmira St., $419,000

New Listing

4 Bedrooms & Loft, 3.5 Baths. Creative designer touches throughout. Seamless basement finish. Larger lot with over 3,300 finished Sq. Ft. 2862 Fulton St., $459,000

New Price

3 Bedrooms, 2.5 Baths. Modern Mediterranean with fabulous indoor & outdoor living. 2702 Sq. Ft. + 1337 unfinished basement. 2733 Dayton St., $399,000

New Listing

3 Bedrooms, 2.5 Baths. Huge Corner lot. Finished basement. With loft & pool. Over 2750 finished square feet. 7604 E. 28th Ave., $489,900

New Listing

3 Bedrooms, 2.5 Baths. Luxury built Wonderland home with full unfinished basement. Luxurious Master Suite and Bath. 1784 finished sq. ft. 2813 Emira St., $419,000

New Price

2 Bedrooms + Large Loft, 2 Baths. Affordable townhome living! Attention to detail, quality finishes throughout. Gorges Mountain views. 1167 fin sq. ft. 3082 Fulton St., $249,000

New Listing

3 Bedrooms, 3 Baths. Quality built Wonderland home with incredible finished basement. Located on large private courtyard. Main level master. 2218 Fin. Sq. Ft. 6862 E. 29th Pl., $369,000

New Listing

3 Bedrooms, 2.5 Baths, Quality built Wonderland home with full unfinished basement. Luxury Master Suite & Bath. 1714 finished sq. ft. 2813 Emira St., $419,000

New Listing

3 Bedrooms, 3 Bath. Quality craftsmanship! Situated on private, HOA maintained courtyard. Professionally finished basement. 2000+ fin sq ft. 2591 Altion St., $379,900

New Price

MOTHERS DAY

5/05 Tuesday - Plant a Penny for Mothers Day at the Childrens Museum. Museum admission is free courtesy of Target Corporation (Target Tuesday) 4-8pm. Plant a colorful pansy with Grandma MMM and Lullabellies the Honey Bee from Tagawa Gardens at the Childrens Museum of Denver and decorate your own flower pot to take home for Mothers Day! www.cmdenver.org or 303.733.7444 for additional information. 2121 Childrens Museum Drive

5/08 Friday and 5/09 Saturday - Colorado Chocolate Festival at the Denver Merchandise Mart. Over 150 vendors handing out free samples and selling chocolates, celebrity guests, live cooking demos, wine tasting, painting with chocolate, and more. Friday evening, May 8, from 7-10 pm. with live music, chocolate tasting and a cash bar. Saturday, 10 am - 6pm, family-oriented, with a Bounce House, face-painting, balloon artists and more. Saturday $7 Ages 5-12. $3 under 5. Friday night $12 for all. www.chocolate-festival.org or 303-347-8252.

5/06 Friday through 5/10 Sunday - Mother's Day Full Tea at the Molly Brown House. Share a cozy tea with the mothers in your life and enjoy an afternoon of shopping in the museum store. Includes a tour of the museum. Event lasts approx. 1.5 hrs. $20. Call 303.832.4092 for reservations. 1340 Pennsylvania St.

9/09 Saturday - 11th Annual Washington Park Home Tour. 10 am - 4 pm. The event benefits Denver Public Schools Steele Elementary and the Denver Public Schools Educational Outreach for homeless DPS families. Start at any of the 5 homes on the tour. Visit www.washparkhomecoutre.org for $15 or $20 on the day of the event.

5/09 Saturday - 5K Race and 2K Walk to support Parent Pathways program to train teen parents. Registration before May 7 is $25 and $15 for students aged 6 - 17. Same day registration is $15. Held at Central Park in Stapleton. Visit www.parentpathways.org. Register by emailing events@parentpathways.org or call 303-321-6363.

5/10 Sunday - Mother's Day Bike the Refuge event from 1 – 3 pm hosted by the U.S. Fish and Wildlife Service. Kids of all ages are invited to treat their mom an afternoon bike ride to experience the great outdoors at the Refuge. Make a special keepeable moment for mom to keep. Reserve at 303-289-0930.

5/10 Sunday - Mother’s Day in the Gardens, 9am - 5pm. Stroll the Botanic Gardens, enjoy a picnic & explore the ‘Jurassic Garden’ exhibit. Plant fossils at a dinosaur dig site for kids. Family activities throughout the Gardens! Food for sale, or bring your own. No alcoholic beverages allowed. Admission Free for members, regular admission for non-members, 1005 York St. 720.865.3500 or www.botanicgardens.org

5/10 Sunday - Walk to Empower at Denver's City Park. 9am. A family friendly 3-mile non-competitive walk to benefit Breast Cancer Network of Strength. The walk is expected to raise more than $150,000 and have 1500 participants for additional information and to register visit walk.networkofstrength.org

BOTANIC GARDENS

Through Sept 20th - Jurassic Garden exhibit Denver Botanic Gardens. The Gardens’ York Street location will feature life-sized, realistic dinosaurs from the Cretaceous and Jurassic periods of the Mesozoic Era. Plant displays showcase prehistoric plants and their modern relatives. Plant fossils and a dinosaur dig site for kids round out the exhibit. www.botanicgardens.org

5/08 Friday and 5/09 - Botanic Gardens Plant Sale. More than 85,000 plants for sale! Free advice from horticulture experts. Think green and bring your own recycled boxes, wagons or carts to help carry your plant purchases. Sale hours open to the public are 10 am to 6:00 pm Friday and 10 am to 4:00 pm Sunday. Members can shop beginning at 8:30 am both days. Free admission. 1005 York Street. 720.865.3500 or www.botanicgardens.org

5/12 Tuesday - Secrets to Successful Containers and Hanging Baskets, 6:30-9pm. Learn the dirty details about soil, fertilizers, how to read a fertilizer label, watering, types of containers, design principles, maintenance and more. Students will get to take home their selected container and learn to care for the plants in it through the summer. Free for Denver Public Schools Educational Outreach for homeless DPS families. Start at any of the 5 homes on the tour. Visit www.washparkhomecoutre.org for $15 or $20 on the day of the event.

5/09 Saturday - 11th Annual Washington Park Home Tour. 10 am - 4 pm. The event benefits Denver Public Schools Steele Elementary and the Denver Public Schools Educational Outreach for homeless DPS families. Start at any of the 5 homes on the tour. Visit www.washparkhomecoutre.org for $15 or $20 on the day of the event.

5/10 Sunday - Mother’s Day Bike the Refuge event from 1 – 3 pm hosted by the U.S. Fish and Wildlife Service. Kids of all ages are invited to treat their mom an afternoon bike ride to experience the great outdoors at the Refuge. Make a special keepeable moment for mom to keep. Reserve at 303-289-0930.

5/10 Sunday - Mother’s Day in the Gardens, 9am - 5pm. Stroll the Botanic Gardens, enjoy a picnic & explore the ‘Jurassic Garden’ exhibit. Plant fossils at a dinosaur dig site for kids. Family activities throughout the Gardens! Food for sale, or bring your own. No alcoholic beverages allowed. Admission Free for members, regular admission for non-members, 1005 York St. 720.865.3500 or www.botanicgardens.org

5/10 Sunday - Walk to Empower at Denver's City Park. 9am. A family friendly 3-mile non-competitive walk to benefit Breast Cancer Network of Strength. The walk is expected to raise more than $150,000 and have 1500 participants for additional information and to register visit walk.networkofstrength.org

BOTANIC GARDENS

Through Sept 20th - Jurassic Garden exhibit Denver Botanic Gardens. The Gardens’ York Street location will feature life-sized, realistic dinosaurs from the Cretaceous and Jurassic periods of the Mesozoic Era. Plant displays showcase prehistoric plants and their modern relatives. Plant fossils and a dinosaur dig site for kids round out the exhibit. www.botanicgardens.org

5/08 Friday and 5/09 - Botanic Gardens Plant Sale. More than 85,000 plants for sale! Free advice from horticulture experts. Think green and bring your own recycled boxes, wagons or carts to help carry your plant purchases. Sale hours open to the public are 10 am to 6:00 pm Friday and 10 am to 4:00 pm Sunday. Members can shop beginning at 8:30 am both days. Free admission. 1005 York Street. 720.865.3500 or www.botanicgardens.org

5/12 Tuesday - Secrets to Successful Containers and Hanging Baskets, 6:30-9pm. Learn the dirty details about soil, fertilizers, how to read a fertilizer label, watering, types of containers, design principles, maintenance and more. Students will get to take home their selected container and learn to care for the plants in it through the summer. Free for Denver Public Schools Educational Outreach for homeless DPS families. Start at any of the 5 homes on the tour. Visit www.washparkhomecoutre.org for $15 or $20 on the day of the event.

5/10 Sunday - Mother’s Day Bike the Refuge event from 1 – 3 pm hosted by the U.S. Fish and Wildlife Service. Kids of all ages are invited to treat their mom an afternoon bike ride to experience the great outdoors at the Refuge. Make a special keepeable moment for mom to keep. Reserve at 303-289-0930.
5/16 Saturday - Natural Skin Care
303.873-6622 or www.aurorasymphony.org
Performing Arts, 1300 S. Sable Blvd., Aurora
$12 adults ($9 students/seniors); get $1 off
the missions of non-profit organizations. Civic
City Park, Colorado Blvd and York St.
www.walkMScolorado.org for more informa-
tion. www.cincodemayo-denver.com for more info.
5/02 Saturday - The Ballpark Market - 8am - 2pm.
An open-air, European style flea market with dis-
tinguishing urban flair. Find one-of-a-kind treas-
ures among antique and vintage furnishings,
clothing and other cool stuff. Larimer Street be-
tween 21st and 22nd streets.
5/16 Saturday - Inner City Health Care Fair.
The Bike Depot, along with Recycle Bicycles will re-
pair bikes brought in, and a safety class will be
given. Used bicycles will also be given away for
those in need of a bike. Harrington Elementary
School at 2401 E. 37th Ave. 10am - 1pm
5/22 through 5/25 - 11th Annual Downtown Denver
Arts Festival, Denver Pavilions in the 16th Street
Mall. The fine art and fine craft exhibition fea-
tures more than 125 of Colorado's best artists with
over 150,000 people expected to attend. Free.
downtowndenverartsfestival.com
5/30 Saturday - Sweet William Market at Founders Green
29th and Syracuse in Stapleton.
5/27 Saturday - 5-7pm - CHUM Capital Hill
People's Fair. A celebration of the diverse Den-
ver urban community and its residents. Great
family fun, culinary delights, entertainment and
the chance to raise funds for and promote the
missions of non-profit organizations. Civic
Center Park at Broadway and Colfax.
Saturday 10am to 8pm, Sunday 10am to 7pm.
www.chumedenver.org
5/23 through 5/25 - Great-West Life Bike MS, Colorado's
Ride 2009. Presented by Sam's Club.” The two-
day, 150-mile fundraising ride from Westminster
to Fort Collins and back caters to cyclists of all
abilities. Food, entertainment, morning rest stops,
and full support are provided. Limited registra-
tion, spots remain, so register today! Virtual par-
ticpant option also available this year. Ride
begins from 6-8 a.m., Saturday, June 27
www.bikemiscolorado.org for more information
(continued on page 2)

Events are subject to change. Please check that information is
(continued from page 11)

DICK’S SPORTING GOODS PARK

5/12 through 5/16 - Men’s Collegiate Lacrosse Assn. Nat’l Championships. Dick’s Sporting Goods Park will host the Division I and Division II MCLA national championships May 12-16. Games Tues through Fri are free on the fields complex, finals in the stadium on Saturday require a ticket. Starting May 12, 13, 14 2009 times vary, May 15 10am. May 16 3:30pm Dick’sSporting- GoodPark.com for more information.

5/20 Sunday - Colorado Walk New for Autism, 9am, Dicks Sporting Goods Park. Autism Speaks is holding this 1-mile walk for autism around and through the stadium to help fund research and find a cure for autism! Dick’sSporting- GoodPark.com for more information.

KIDS AND FAMILIES


5/20 Sunday - Spring Fling: A Celebration of Cultural Diversity! Presented by Colorado Heritage Camps. Cultural arts and crafts projects for kids, as well as entertainment from many cultures – from lively Indian, Latin-American and Filipino dancers to African drumming, a Chinese lion dance and Tai Kwan Do feats. Sample food, pony rides, a trampoline, and carnival games for kids. Also a cake walk, bouncing tiger, face painting, and Mehndi (henna art) and international market place. Admission is free. Tickets for activities are 50 cents each for food and activities. 11am - 4pm at Park Hill United Methodist Church, 5209 Montview Blvd

LIBRARY PROGRAMS

Through June 9 - Changing the Face of Medicine, Celebrating America’s Women Physicians. Discover the many ways that women have advanced and enhanced the practice of medicine at this National Library of Medicine traveling exhibit. Free. Health Sciences Library on the Anschutz Medical Campus of the University of Colorado Denver 1250 E Montview Blvd in Aurora. Call 303.274.2129 or www.tchlibr.arvada.org.

5/13 Wednesday - Theatre Rising presents, A Lady Abbott, 7pm. This special Power of One presentation features award-winning playwright Linda Gray Kelley portraying Elizabeth Blackwell, the first woman doctor in America. All ages, free admission. Aurora Central Library, 1449 E Almeda Parkway 303.739.6600 or auroralibrary.org

5/20 Wednesday - Colorado Conservation at a Crossroads. The Colorado Conservation Trust presents the challenges facing Colorado’s open spaces and natural areas. Through video and storytelling, must some of the people who have successfully protected Colorado’s special places. Bring a lunch. $4 ($3 Aurora residents). Noon to 1 pm, Aurora History Museum, 15051 E Alameda Parkway 303.739.6666 or aurorahistory.org

5/29 Friday – Denver Public Library Summer of Reading Kickoff! A new program to promote early literacy called “Read to Me” is added this year for children from birth to age five. Kids going into kindergarten thru 5th grade may register for “Be Creative” while teens going into 6th grade thru 12th grade may register for “Express Yourself!” The Summer of Reading begins Friday, May 29! Helpful registration and program information is available at http://sumofreading.org or at any Denver Public Library location.

MUSEUMS

5/2 Saturday – Never Never Dog. 10am – 3pm Peter Pan, Wendy, Tinkerbell, Hook. Smee and all the Lost Boys are landing at the Children’s Museum of Denver to make sure no one is growing up! The International Youth Ballet will perform their whimsical play and enact costumed Story-Times, and there will be fairy making, shadow catching, mining, and costumes all for Free! With admission to the Children’s Museum: cinden vor.org or 303.733.7444 3112. Children’s Museum Drive.

PARKS

5/9 Saturday – Nature at Night. 7:45 pm. Explore nature after the sun goes down at the Morrison Nature Center. Free. Morrison Nature Center is located at 16002 E. Smith Road in Aurora. Hours are 12 - 4:30pm Wednesday through Friday and 9:00 am - 4:30 pm Saturday and Sunday. Reservations recommended, call 303.739.2428.

5/16 Saturday – Nature Journaling. 5/16 Saturday - Learn to identify some of our winged friends by sound during this leisurely stroll through the Rocky Mountain Arsenal National Wildlife Refuge prairie and wetlands. Reservations required. The Refuge is at 56th and Havana. Hours are 6am - 6pm Tuesday, Wednesday, Saturday and Sunday. Visitors Center hours: 7:30am - 4pm. 303.289.0903 www.fws.gov/rockymountainarsenal

Starting 5/14 - Fireside Chat at Bluff Lake. 6pm. The May 14 presentation will be in Spanish, future Fire-side Chats (in English) will be on the second and fourth Thursday of each month through September. Enjoy a campfire and marshmallow roast as you learn about the animals and ecosystems at Bluff Lake. Watch as nocturnal animals come to life while the sun sets slowly behind the mountains. Children must be accompanied by an adult. Free for members, $1 donation for non-members. www.blufflakecenter.org.

5/15 Friday - Nature At Night 7:45 pm. Explore nature after the sun goes down at the Morrison Nature Center. Free. Morrison Nature Center is located at 16002 E. Smith Road in Aurora. Hours are 12 - 4:30pm Wednesday through Friday and 9:00 am - 4:30 pm Saturday and Sunday. Reservations recommended, call 303.739.2428.

5/16 Saturday - Nature Journaling. 5/16 Saturday - Learn to identify some of our winged friends by sound during this leisurely stroll through the Rocky Mountain Arsenal National Wildlife Refuge prairie and wetlands. Reservations required. The Refuge is at 56th and Havana. Hours are 6am - 6pm Tuesday, Wednesday, Saturday and Sunday. Visitors Center hours: 7:30am - 4pm. 303.289.0903 www.fws.gov/rockymountainarsenal

5/19 Saturday - Full Moon Hayride, 6-8pm. Enjoy the sights and sounds of the Rocky Mountain Arsenal National Wildlife Refuge by the light of the moon on this slow and easy hayride! Reservations are required. The Refuge is at 56th and Havana. Hours are 6am - 6pm Tuesday, Wednesday, Saturday and Sunday. Visitors Center hours: 7:30am - 4pm. 303.289.0903 www.fws.gov/rockymountainarsenal

10am - 12:00pm. Whether you are an experienced artist or have never drawn before, learning a simple method of sketching and writing to awaken your creativity after the sun goes down at the Morrison Nature Center. Free. Morrison Nature Center is located at 16002 E. Smith Road in Aurora. Hours are 12pm - 4:30pm Wednesday through Friday and 9am to 4:30pm Saturday and Sunday. Reservations recommended, call 303.739.2428.

5/23 Saturday and 5/24 Sunday – Home on the Range 1-3pm. See our newest members of the Rocky Mountain Arsenal Wildlife Refuge family - bison calves! Don’t miss their cuteness! Join us for a celebration of all the animals of America’s largest land mammal and how they survive on the prairie. Reservations required. 56th (continued on page 15)
Musicians at A Taste of Puerto Rico Festival in 2007 at Cunevaca Park

By Nancy Burkhart

For the past three years to Stapleton Central Park on Martin Luther King Boulevard for its fourth year June 13 and 14. Who is one of the event coordinators. “We like to introduce the Puerto Rican history and culture to Colorado. We’ve actually been doing it almost 14 years. It started in 1995 with 350 people doing a potluck get-together with music, and it’s grown over the years to the size it is now. It’s definitely over 3,000 people every year.”

The many people of Puerto Rican heritage in Colorado are joined by others from Wyoming and New Mexico, Arroyo said. The cultural event spun off from a similar festival in New York City, which adopted a national Puerto Rico Day on the second Sunday of June in 1995. The Colorado festival has been planned to coincide with New York City’s each year.

“The park was designed for festivals, said Maria Arroyo, who is one of the event coordinators. “We like to introduce the Puerto Rican history and culture to Colorado. We’ve actually been doing it almost 14 years. It started in 1995 with 350 people doing a potluck get-together with music, and it’s grown over the years to the size it is now. It’s definitely over 3,000 people every year.”

The many people of Puerto Rican heritage in Colorado are joined by others from Wyoming and New Mexico, Arroyo said.

The event is presented in cooperation with Greater Park Hill, Bellevue-Hale, Mayfair Neighbors, Historic Montclair, and East Montclair neighborhood associations, plus Stapleton United Neighbors. The Boards of these six neighborhood associations will be selling tickets to The Feast on The FAX and sharing in the proceeds from those ticket sales. So ticket sales not only help The FAX Partnership, with its annual fundraising event, but also advance the mission of these six great neighborhood associations.

Restaurants that have signed up this year include: Solera, Senior Rita’s Cantina, The Cork House, Mataam Fez, Phoenician Kabob, Krammeria Cafe, Senor Pepes, Habesha, Mozart Lounge & Piano Bar, The Elm, Queen of Sheba, and Aficans Cafe. The FAX Partnership is committed to revitalizing Colfax Avenue from Colorado Boulevard to Yosemite Street. The FAX Partnership’s mission is to restore Denver’s historic Main Street by establishing a vibrant, destination district. It seeks to do so by implementing long-term programs focused on economic and community development, crime prevention, small business improvement, corridor outreach and marketing.

Tickets purchased ahead from neighborhood associations cost $20. Tickets purchased on the day of the event cost $25. For more information or to buy tickets visit www.feastonthefax.com or call Jake Flint at 303-321-3212.

By Jake Flint

Take 12 East Colfax-area restaurants, mix in 600-800 hungry neighbors, add a delightful June evening and you have... the Fabulous Fourth Annual Feast on The FAX.

On June 9, 2009 from 5 – 9 pm, The FAX Partnership will hold its Fourth Annual Feast on The FAX, giving attendees the chance to sample cuisines ranging from Moroccan, Mexican, Ethiopian, and American. Participants will enjoy samples at all of the featured restaurants, and may walk, bike, or ride free shuttle buses back and forth along The FAX.

The Feast on The FAX was created by The FAX Partnership to promote businesses on Colfax while providing residents of the surrounding neighborhoods and beyond an opportunity to become better acquainted (or re-acquainted) with the diverse restaurant base along East Colfax, now known as The FAX.

The event is presented in cooperation with Greater Park Hill, Bellevue-Hale, Mayfair Neighbors, Historic Montclair, and East Montclair neighborhood associations, plus Stapleton United Neighbors. The Boards of these six neighborhood associations will be selling tickets to The Feast on The FAX and sharing in the proceeds from those ticket sales. So ticket sales not only help The FAX Partnership, with its annual fundraising event, but also advance the mission of these six great neighborhood associations.

Restaurants that have signed up this year include: Solera, Senior Rita’s Cantina, The Cork House, Mataam Fez, Phoenician Kabob, Krammeria Cafe, Senor Pepes, Habesha, Mozart Lounge & Piano Bar, The Elm, Queen of Sheba, and Aficans Cafe. The FAX Partnership is committed to revitalizing Colfax Avenue from Colorado Boulevard to Yosemite Street. The FAX Partnership’s mission is to restore Denver’s historic Main Street by establishing a vibrant, destination district. It seeks to do so by implementing long-term programs focused on economic and community development, crime prevention, small business improvement, corridor outreach and marketing.

Tickets purchased ahead from neighborhood associations cost $20. Tickets purchased on the day of the event cost $25. For more information or to buy tickets visit www.feastonthefax.com or call Jake Flint at 303-321-3212.

By Nancy Burkhart

The cultural event spun off from a similar festival in New York City, which adopted a national Puerto Rico Day on the second Sunday of June in 1995. The Colorado festival has been planned to coincide with New York City’s each year.

“I think the experience is people understanding our culture, the richness in our culture and the differences between different Hispanic cultures,” Arroyo said. “Each of us has an individual richness in our culture.”

On Saturday, June 13, from noon to 7 p.m., there will be a car show and food and merchandise vendors with Latin music.

On Sunday, June 14, from 10 a.m. to 7 p.m., there will be salsa music with a salsa contest. Old-style musicians with Puerto Rican music, as well as Latin salsa groups with trumpets and drums will perform, along with a jazz group and dance groups to demonstrate the older dances, Arroyo said.

Admission to the event is free. It is a family event with face painting and a children’s play area.

For more information, go to www.aatasteofperrtoricofoesti-val.com.

PRESIDENTIAL LIMOUSINE
Luxury Ground Transportation


303.286.1114 • 800.442.5422 • www.PresidentialLimo.com
Stapleton Owned – Discount Offered to Front Porch Readers

...just like our Real Estate!

303.331.6700 www.Adenverrealestate.com
For ages 2 to 5 years. Parent or guardian must be present to make your very own animal craft!

Visitors Center hours: 7:30am - 4pm. 303.289.0903 www.fws.gov/rockymountainarsenal

6/2 First Tuesday of the month - Tuesday Tots, Little Pups on the Prairie. 10-11am. Learn all about prairie dogs and find out how their behavior helps many other animals to survive. Then, learn how prairie dogs communicate and stick around to make your very own animal craft! For ages 2 to 5 years. Parent or guardian must accompany all children. Reservations required.

The Refuge is at 56th and Havana. Hours are 6am - 6pm Tuesday, Wednesday, Saturday and Sunday. Visitors Center hours: 7:30am - 4pm. 303.289.0903 www.fws.gov/rockymountainarsenal

5/28 Thursday - Fishtail Cott, Living with Urban Wildlife. 6:00pm, Bluff Lake. Denver Parks and Recreation Naturalist Ashley Delaqua will planet the critters that call the city their home, and how we can best live with them as you enjoy a campfire and marshmallow roast. Children must be accompanied by an adult. Free for members, $1 donation for non-members.

www.blufflakenaturecenter.org

5/30 Saturday - Kids Photo Tour. 8-11am. Kids here’s your chance to learn how to be a wildlife photographer at the Rocky Mountain Arsenal Wildlife Refuge! Reservations required. The Refuge is at 56th and Havana. Hours are 6am - 6pm Tuesday, Wednesday, Saturday and Sunday. Visitors Center hours: 7:30am - 4pm. 303.289.0903 www.fws.gov/rockymountainarsenal

7:30am - 4pm. 303.289.0903 www.fws.gov/rockymountainarsenal

5/14 through 6/14 - Oscar and Felix, by Neil Simon at the Medicine Theatre. America’s comic mastermind has updated his classic comedy The Odd Couple, setting the trials and tribulations of Felix Unger and Oscar Madison in the present day. Tickets $21-$36 phone 720.857.8000 or www.shadowtheatre.com for tickets and additional information. 1468 Dayton Street.

5/28 Thursday - Spring Into Health 2009 at the Denver Zoo. Poster session on nutrition, health screenings, and fitness classes. $5 Includes snack pack and event activities. Registration required – call 303-458-4935. 9am - 1pm. Zoo.

5/14 through 6/14 - Oscar and Felix, by Neil Simon at the Medicine Theatre. America’s comic mastermind has updated his classic comedy The Odd Couple, setting the trials and tribulations of Felix Unger and Oscar Madison in the present day. Tickets $21-$36 phone 720.857.8000 or www.shadowtheatre.com for tickets and additional information. 1468 Dayton Street.

ZOO

5/28 Thursday-Spring Into Health 2009 at the Denver Zoo. Join Denver Zoo, Mayor John Hickenlooper and the City of Denver for a walk around the zoo, keynote speakers, health screenings, and fitness classes. $5 Includes snack pack and event activities. Registration required – call 303-458-4868. 9am - 1pm.

5/28 Thursday - Attend the screening of the film Taking Root: The Vision of Wangari Maathai at Denver Zoo and learn about the Zoo’s conservation efforts in Kenya. For the winner of at least 9 awards at film festivals in 2008, the film documents Nobel Peace Prize winner Wangari Maathai’s efforts to plant trees in Kenya. From a simple beginning, an entire movement emerged to reforest Kenya 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 immovable human being not just to survive, but to persevere until we triumph over nature and man-made disasters alike – if only by the skin of our teeth. Tickets online at www.aurox.org 9900 East Colfax, 5 blocks west of Havana

5/11 Monday - The Sacrifice of Abraham at the Avenue Theatre. 7pm. This play is a tribute to our sixteenth president based in part upon the memoirs of William Herndon, Abraham Lincoln’s law partner. Free. www.avenuetheater.com for additional information or 303.321.5925 for ticketing.

417 E. 17th Ave.

1468 Dayton Street.

5/23 through 6/20 - Don’t Drink the Water by Woody Allen at the John Hand Theatre in Lowry. Walter and Marion Hollander take their young daughter on vacation to a Eastern European country behind the Iron Curtain. The trip turns sour when Walter accidently takes pictures of a missile silo and sends the family running for the American Embassy. Hoping to avoid an international incident, Axel and the Hollanders pull out all the stops to sneak out of the country unharmed and unscathed. But of course, nothing goes according to plan in this zany, madcap comedy! www.johnhandtheater.com/

THEATRE

Through 5/19 - Incorruptible at the John Hand Theatre in Lowry. The river flooded again last week. The chandler’s shop just burned to the ground. And Sax, Foy, the patron of the local monastery, hasn’t worked a miracle in thirteen years. All eyes turn to the Pope, whose promised visit will surely encourage other pilgrims to come. And even with the Pope’s arrival, will the miracle happen? All secrets are revealed until the deist monks take a lesson from a larcenous one-eyed minstrel, who teaches them an outrageous new way to pay old debts. $17 Fri/Sat; $14 Sun (No Discounts). www.johnhandtheater.com/

5/28 Thursday - Spring Into Health 2009 at the Denver Zoo. Join Denver Zoo, Mayor John Hickenlooper and the City of Denver for a walk around the zoo, keynote speakers, health screenings, and fitness classes. $5 Includes snack pack and event activities. Registration required – call 303-458-4935. 9am - 1pm. Zoo.

5/28 Thursday - Attend the screening of the film Taking Root: The Vision of Wangari Maathai at Denver Zoo and learn about the Zoo’s conservation efforts in Kenya. For the winner of at least 9 awards at film festivals in 2008, the film documents Nobel Peace Prize winner Wangari Maathai’s efforts to plant trees in Kenya. From a simple beginning, an entire movement emerged to reforest Kenya 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 immovable human being not just to survive, but to persevere until we triumph over nature and man-made disasters alike – if only by the skin of our teeth. Tickets online at www.aurox.org 9900 East Colfax, 5 blocks west of Havana

5/11 Monday - The Sacrifice of Abraham at the Avenue Theatre. 7pm. This play is a tribute to our sixteenth president based in part upon the memoirs of William Herndon, Abraham Lincoln’s law partner. Free. www.avenuetheater.com for additional information or 303.321.5925 for ticketing.

417 E. 17th Ave.

1468 Dayton Street.

5/23 through 6/20 - Don’t Drink the Water by Woody Allen at the John Hand Theatre in Lowry. Walter and Marion Hollander take their young daughter on vacation to a Eastern European country behind the Iron Curtain. The trip turns sour when Walter accidently takes pictures of a missile silo and sends the family running for the American Embassy. Hoping to avoid an international incident, Axel and the Hollanders pull out all the stops to sneak out of the country unharmed and unscathed. But of course, nothing goes according to plan in this zany, madcap comedy! www.johnhandtheater.com/

THEATRE

Through 5/19 - Incorruptible at the John Hand Theatre in Lowry. The river flooded again last week. The chandler’s shop just burned to the ground. And Sax, Foy, the patron of the local monastery, hasn’t worked a miracle in thirteen years. All eyes turn to the Pope, whose promised visit will surely encourage other pilgrims to come. And even with the Pope’s arrival, will the miracle happen? All secrets are revealed until the deist monks take a lesson from a larcenous one-eyed minstrel, who teaches them an outrageous new way to pay old debts. $17 Fri/Sat; $14 Sun (No Discounts). www.johnhandtheater.com/

5/28 Thursday - Spring Into Health 2009 at the Denver Zoo. Join Denver Zoo, Mayor John Hickenlooper and the City of Denver for a walk around the zoo, keynote speakers, health screenings, and fitness classes. $5 Includes snack pack and event activities. Registration required – call 303-458-4935. 9am - 1pm. Zoo.

5/28 Thursday - Attend the screening of the film Taking Root: The Vision of Wangari Maathai at Denver Zoo and learn about the Zoo’s conservation efforts in Kenya. For the winner of at least 9 awards at film festivals in 2008, the film documents Nobel Peace Prize winner Wangari Maathai’s efforts to plant trees in Kenya. From a simple beginning, an entire movement emerged to reforest Kenya 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 immovable human being not just to survive, but to persevere until we triumph over nature and man-made disasters alike – if only by the skin of our teeth. Tickets online at www.aurox.org 9900 East Colfax, 5 blocks west of Havana

5/11 Monday - The Sacrifice of Abraham at the Avenue Theatre. 7pm. This play is a tribute to our sixteenth president based in part upon the memoirs of William Herndon, Abraham Lincoln’s law partner. Free. www.avenuetheater.com for additional information or 303.321.5925 for ticketing.

417 E. 17th Ave.

1468 Dayton Street.

5/23 through 6/20 - Don’t Drink the Water by Woody Allen at the John Hand Theatre in Lowry. Walter and Marion Hollander take their young daughter on vacation to a Eastern European country behind the Iron Curtain. The trip turns sour when Walter accidently takes pictures of a missile silo and sends the family running for the American Embassy. Hoping to avoid an international incident, Axel and the Hollanders pull out all the stops to sneak out of the country unharmed and unscathed. But of course, nothing goes according to plan in this zany, madcap comedy! www.johnhandtheater.com/
Stapleton Sales Recap – And What’s Happening Now?

By Rhett Adams

Few topics received more attention in 2008 than the housing industry. So, how is Stapleton weathering the stormy economy? The following statistics for 2008 and 2009 single family home sales suggest a few trends. Clearly, Stapleton was not immune to the general downturn, but sales for the first quarter of 2009 show some stabilization in the market. Homes priced between $500,000 and $550,000 seem to be holding their own while the higher priced properties between $500,000-$700,000 continue to see a slowdown in sales. The highest priced homes over $900,000 maintain previous levels in sales.

These figures tell us also that it is still very much a buyer’s market. This is further reinforced by the fact that interest rates have dropped, inventory is up and many homes are priced to sell.

<table>
<thead>
<tr>
<th>Price Range</th>
<th>Jan-Mar '08</th>
<th>Jan-Mar '09</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest price paid</td>
<td>$192,243</td>
<td>$264,900</td>
</tr>
<tr>
<td>Highest price paid</td>
<td>$1,131,243</td>
<td>$1,200,382</td>
</tr>
<tr>
<td>Homes Sold Under $300,000</td>
<td>13</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Homes Sold $300,000-$400,000</td>
<td>44</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>15</td>
<td>12</td>
</tr>
<tr>
<td>Homes Sold $400,000-$500,000</td>
<td>44</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>29</td>
<td>13</td>
</tr>
<tr>
<td>Homes Sold $500,000-$700,000</td>
<td>43</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td>27</td>
<td>9</td>
</tr>
<tr>
<td>Homes Sold $700,000-$900,000</td>
<td>7</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Homes Sold Over $900,000</td>
<td>3</td>
<td>3</td>
</tr>
</tbody>
</table>

Information of interest from local real estate professionals

Darrell’s Place
By Jon Meredith

Sandwiched between I-70 and I-270, underneath the unnamed Quebec Street Bridge over Sand Creek is Darrell’s Place. Darrell, who goes by “Cajun,” because he is originally from Louisiana, has lived under that bridge for the better part of fourteen years. Formally an oil worker in the gulf and a Mississippi tug boat worker, Cajun left St. Louis headed west on the Interstate and stopped here. He left behind three daughters and an ex-wife. Darrell’s place is hard on the banks of Sand Creek. Ducks and geese swim 10 feet from his mattress. “Rocky” his pet raccoon is curled up for a daytime nap. Overhead is the constant clamor of cars and trucks at one of Colorado’s busiest intersections. He has quite the set up under there. Many old mattresses are carefully placed between rocks that separate them. Giving the user a semblance of privacy. There are also very old and dirty sleeping bags and blankets for anyone who comes by. There is a “kitchen area,” consisting of many pans but I didn’t notice any means of cooking. For me, there was an overwhelming wretched smell due to the lack of sanitary facilities.

“Cajun” is about six feet tall and is thin. He has weathered skin, a three day beard, and beautiful blue eyes. His hands shake constantly. He wears a ski cap similar to the Edge. His clothes are newer and clean and he has a decent pair of boots on. He offers me a smoke as we talk and he himself a Miller High Life 40 ounce bottle. “I’ve been signing here a long time and the money used to be much better than it is now.” Recently, too many people have taken to signing in Denver and it is much harder for “Cajun” to make ends meet. “What are those ends? Enough dough for smokes, beer and some food every day. He always eats and then spends money on cigarettes and beer. “Most of these younger signers don’t do that and they end up sick or dead.” Lots of people hand him food out of their cars. Half-eaten burgers and sandwiches. Sometimes dirty diapers and very often granola bars. He does not like granola bars so he gives them to Rocky. Of course people can be extremely cruel to him. For every dollar he gets ten people tell him to get a job. Many have said they are going to shoot him the next time they drive by because “society needs to be rid of your kind.” All of this is part of his life and it really doesn’t bother him. He is polite almost to a fault and is kind to people whether they give him money or not.

Despite the surroundings and noise, Darrell seems to have a certain serenity in his life. He is matter of fact when he speaks about the deaths recently of fellow hobos. Two have died in the area in the last few months. He is the same way when he talks about the city rousting him out on occasion. It just means he spends a few days in jail eating three square meals a day. When he speaks about his daughters he simply says, “I reckon’ they wouldn’t be too proud of their Pop.”

“When I asked Darrell how his life wound up like this he never placed blame or responsibility on anyone but himself.

“I am a terrible alcoholic” he stated as fact, not a cry for help or sympathy.

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

*Fishwrap is a slang term that started in the ’60s and refers to the transient value of yesterday’s newspaper.

We have the styles you love. 

Budget Blinds – custom window coverings that fit your style and budget!

- Personal Style Consultants
- Thousands of samples from the best brands
- Expert Fitting measurement and installation
- Over 1,100 consultants

FREE In-Home Consultation & Estimate

We have the styles you love.

Wood Blinds • Honeycomb Shades
Roller Shades • Vertical Blinds

Some Restrictions Apply. Offer Good at Time of Initial Estimate Only. Lifetime Limited WARRANTIES. Not Valid With Any Other Offer.

30% OFF All Home or Office Window Treatments

30% OFF Home or Office Window Treatments

720-870-1884 or visit us online at www.budgetblinds.com

3% off Haircut

Bring this in for 3% off your next haircut purchase.

3% off any hair product

Bring this in for 3% off any hair product purchase.

Little's

6107 E. 22nd Ave.
Denver, Colorado 80210

(303) 333-1178

www.littleblinds.com

May 2009

16

Stapleton Front Porch
Dedicated Volunteers Make Jazz Concerts Happen

By Nancy Burkhart

Jazz music has been filling City Park with star-lit summer vibes for more than 125 years. Today, the non-profit City Park Jazz has a concert schedule that goes from June 7 to August 9 with 18 Sunday night jazz concerts.

“We started about 1984 with a few hundred people,” explained Bob Nelson, vice-president of the City Park Jazz Board of Directors. “The early part of the ’90s we had money-seeing issues and went out of business for a couple of years. Then we reorganized.

“Our mission is to provide free concerts for the neighborhood. We have people coming from all over the state. About 5,000 attend each concert.”

People bring blankets to sit on the grass for the 6 p.m. concerts. They bring their children and dogs to partake of picnics or food bought from vendors while they listen to the free concerts. Costs for each concert total about $7,000, Nelson said. This includes police protection, the bands’ performances and trash removal. There are 20 to 30 volunteers who work at each concert for just a T-shirt and a meal, he said.

“A bucket brigade” takes buckets into the audience to collect donations during intermission, and a huge jug at the City Park Jazz booth garners other contributions, according to Nelson.

“One of the key points is, given the economic downturn and a lot of the struggles people are facing, it’s free,” said Susan Klann, who serves the Board of Directors as secretary. “It’s a wonderful social environment to get you out of the house and enjoying your neighbors. Anything that anyone can give is greatly appreciated.

“A couple of years ago the Rocky Mountain News selected us as one of the movers and shakers in the arts community in Denver. They said that we were really an organization by the people for the people. I think that really sums it up. We do it for the people and we do it for the park.”

For information or to volunteer, call 303-777-9560 or visit www.cityparkjazz.org.

2009 City Park Jazz Schedule, Sundays 6-8pm

June 7 – Cocktail Revolution
June 14 – Teressa Carroll & the Big Swing Trio
June 21 – Jon Romero y Amanecer
June 28 – The Michael Friedman Jazz Quintet
July 5 – Purnell Steen and Le Jazz Machine
July 12 – Buckner Funken Jazz
July 19 – The Wendy Fopeano Group
July 26 – Chris Daniels and the Kings
Aug. 2 – The Otone Brass Band
Aug. 9 – Funkishino

Bluff Lake Bird Walk

On Earth Day, April 22nd, Bluff Lake held a bird walk where participants learned how to identify common birds, how to use a bird guide and binoculars, and how to identify nests. Also, a number of businesses in Stapleton and Northfield donated a portion of the day’s proceeds to the Bluff Lake Nature Center, including L&A’s Bread Cafe, All Things Renewable, Cold Stone Creamery, Amore Forni, U-Shampooch and An’s Lemongrass Grille.

Bob Nelson, Vice President of the City Park Jazz Board of Directors, and Susan Klann, who serves as secretary, stand at the pavilion where the City Park Jazz bands perform.
Break Out the Bifocals

Putting bifocals on your elderly beagle is probably just what he needs, but don’t count on him not mistaking them for a chew toy. Many dog owners have lovingly looked into the eyes of their aging four-legged companions to notice a slightly hazy, cloudy appearance. Although many owners think it’s the start of a cataract, it is usually just a routine change in older dogs called nuclear sclerosis, or hardening of the lens.

It is important to differentiate nuclear sclerosis from cataracts. As humans and animals age the lens fibers in our eyes continue to regenerate and the center becomes more densely packed. This causes the lens to become less flexible and is the reason why many people who start to have the condition cannot focus on objects up close. Thus, the need to run to the drug store for a pair of bifocals.

While nuclear sclerosis is caused by a hardening of the lens depicted by a cloudy appearance, cataracts look more white or crystalline, like cracked ice. And “cracking” is exactly what is going on. With cataracts, the lens fibers are actually broken, and vision is much more affected.

Fortunately, dogs with nuclear sclerosis tend to have pretty normal vision. This aging change, which most often starts in dogs around seven years of age, is usually found in both eyes and the cloudy appearance owners complain of is symmetrical. The changes are so consistent you can almost age a dog by its eyes. Although detailed vision of near objects may be slightly compromised in pets with the condition, their day and night vision should not be affected.

Speaking of night vision, veterinarians are commonly asked why their dog or cats eyes have that characteristic light reflection at night; the same phenomena referenced in the phrase “a deer in headlights.” The tapetum lucidum, a shiny reflective layer on the back of the eye, causes this. With cataracts, ophthalmologists usually cannot see this anatomical trait, but with nuclear sclerosis the tapetum can be visualized, making for a great diagnostic tool in differentiating the two totally different diagnoses.

If you notice any changes in your pet’s eyes, take it to a veterinarian. It should be easy for them to differentiate between a normal aging process, and a disease process like cataracts. If your pet does have nuclear sclerosis, you shouldn’t worry too much. It just means your pooch will have to hold that newspaper a little further away if it wants to read it after fetch ing it for you.

Dr. Smith’s clinic, 29th Avenue Animal Hospital, is located in the East 29th Avenue Town Center at Stapleton in the courtyard next to Fantastic Sams. Dr. Smith also appears regularly on the KUSA Channel 9 Noon News. Call (303) 394-3937 for more information.

People who are over forty but not yet grown up are welcome at Augusta.
To see who else is welcome, visit our website, www.augustacenter.org.

FREE bottle of spotter with whole house cleaning CODE: FP0509 Expires 5/31/09

All 3 for $159

Knowledge Beginnings
Child Development Centers
A Member of Knowledge Beginnings Corporation

Now Enrolling: infants – toddlers 
Preschool – Pre-K
Kindergarten – Before & After School Enrichment Programs

Get 15% Off Labor on Any Interior or Exterior Paint Job! Call 303-750-0394

FREE bottle of spotter with whole house cleaning CODE: FP0509 Expires 5/31/09

All 3 for $159
Silver or White?

Dentistry has come a long way with regards to better numbing techniques, the ability to project images digitally for your viewing pleasure and more pleasant tasting products. In addition, newer dental materials like ceramics and super polymers are replacing traditional dental materials.

There are many factors your dentist will consider when it comes to restoring your smile. Gold, base metal and amalgam are more traditional materials used when filling a tooth but there are other choices. Performance, location of filling, longevity and function are parameters your dentist will consider when deciding on what type of filling to place.

Silver or white? Silver amalgam and composite resin are the two most common materials used to restore decayed teeth. Most people believe that silver fillings are a health hazard. The American Dental Association’s official stance is that amalgam “is safe, durable, and cost effective and has been used by dentists for 150 years for restoring decayed teeth.”

Many practitioners have expressed concern over placement of silver fillings. Over time, these silver fillings darken and stain the underlying tooth structure. Though able to withstand the heavy chewing forces, amalgam is dark and not as natural looking as the composite and porcelain restorations available. Also, hot and cold foods and drinks cause craze lines that can crack teeth over time. Amalgam shrinks and expands with these thermal changes leading to fractured teeth. More tooth structure needs to be removed in order to place silver fillings.

White fillings or composite resins are the material of choice of most dental practitioners. Composite is a white, polymer compound comprised of various fillers that can be easily packed and polished into a tooth. The procedure is technique sensitive but when placed properly a white filling causes less post operative hot and cold sensitivity. They are very durable and resistant and most importantly will not lead to the shrinkage and expansion issues that amalgam fillings cause. Less tooth structure is removed when placing a white filling and they can be bonded in place thereby minimizing leakage. Composite comes in many shades allowing for a more natural, pleasing, custom built smile. Porcelain is another esthetically pleasing alternative. Sometimes a crack in a tooth is too large to be repaired by a simple filling. In this case a full porcelain or porcelain fused to gold crown is the treatment of choice. Know your options and of course consult your dentist on deciding what’s right for you!

Dr. Preet Clair is a Stapleton resident who opened her family dental practice in Quebec Square in 2004. She can be reached at 303-322-2081, or visit her website at www.qsfamilypdentiory.com.

Jonathan Zorza, MD, “Top Doc 5280”

Specializing in Kitchens and Basements
Offering High Quality Craftsmanship
Devoted to Exceptional Customer Service
Over 20 years Construction Experience
Denis Casey 720-427-1392
CaseysConstructionLLC.com

Receive a FREE GPS with Better Than Free Checking!*
Free YISA® Debit Card with Perkards
No minimum balance requirements or monthly fees
160 Colorado Service Center locations
Free Annual Credit Report Review
600 Free ATMs in Colorado, plus ATM rebates*
Free Online Banking, Bill Pay and Electronic Statements

Receive a FREE GPS with Better Than Free Checking!*
The Biggest Mistake of Do-It-Yourselfers: Not Getting A Permit

By Sherry Liberato

Working in the The Northeast Satellite Permitting Office of the City and County of Denver I have become aware of a number of homeowners in the area who are having trouble with jobs that were done without a permit. A good rule of thumb is that you need a permit for anything larger than wallpapering and painting [1]: The best advice is to just call the Building Department, which you can reach by calling Denver’s helpline at 311, or visit Denver.gov.org and choose the link at left for Housing and Property Assistance or the link for Building and Construction. The website contains numerous resources for homeowners and on each of those web pages there is a box at the right that says: Tips for Success. Be sure to have your contractor pull a permit. (The permit holder is legally responsible for compliance with the Denver Building Code.)

I don’t understand why someone would finish their basement or build an addition of any kind including a trellis or pergola without checking to see if a permit is required. For some jobs, you may need to provide proof of permit and inspection to your insurance company, or the company won’t cover it or may refuse to pay a claim some time later. Every time I turn on the TV to watch the endless shows on sweat equity, like “This Old House” and many others, they all advise their listeners to contact their local building department and ask what is required before starting any project, and specifically ask if they need a permit. I have heard it over and over. Even Norm from “This Old House” will tell you that. Never assume your pro will “take care of it.”

Rick Lopes, of the California Contractors State License Board, warns that especially after natural disasters homeowners need to beware of contractors who advertise with signs taped to lampposts in hard-hit neighborhoods. They offer to do repairs quickly, without the hassle of obtaining building permits. In exchange, they ask for all or most of the money up front. And although they often finish the work, it’s generally subpar. These fly-by-nighters may even leave the house in worse shape than they found it, says Lopes.

Don’t spend thousands of dollars on a home improvement that does not improve your property. You may end up needing to tear it all down and it will be difficult or impossible to obtain a refund of your money spent.

Sherry Liberato works at the Northeast Denver Satellite Permitting Office located at 23rd and Osceola. (The permit holder is legally responsible for compliance with the Denver Building Code.)

Stapleton Welcomes a New Neighbor

When Billy Brown heard that Forest City and Enrico Motorsports were sponsoring a referral program for Stapleton residents who convince friends or family members to purchase a new home at Stapleton, he had just the right person in mind—his longtime friend and former college roommate, Kevin Hansen. Kevin and Billy had been roommates three times over a period of several years since they graduated from Drake University in the late 90s. The two friends originally met through an earlier “referral” when Kevin’s older brother told Billy his younger brother was looking for a roommate after transferring to Drake from the University of Wisconsin. Today, Billy is a medical device representative for Stryker Orthopedics and Kevin is an accountant with Western Union. When asked how he persuaded Kevin to move to Stapleton, Billy replied “I just gave him three reasons: the great homes, family friendly parks—and me!”

In addition to receiving a $500 cash award within 45 days of a referral home closing for a home purchased before June 30, 2009, people making a successful referral will be entered into a random drawing for a Vespa LH 150 Scooter and Cyber helmet from Enrico Motorsports (a $4,500 value). See the ad on page 28 for the entry form and the program rules.

Mercy Housing is planning to open its second affordable rental housing development at Stapleton, northeast of the planned Eastbridge Town Center, by mid 2011. The artist’s conceptual rendering at left shows the 92 apartments that will be located on the parcel bounded by Hanover, Florence Way, Hanna and 31st Avenue. Mercy’s first affordable rental housing development at Stapleton is the Parkside Apartments, located at 23rd and Syracuse.

Kevin and Melissa Hansen (left), shown standing in front of their new Stapleton home, were referred by Billy and Krista Brown. The Brown’s children are Mikayla, 7, and Matthias, 8 months.

By Sherry Liberato

Stapleton is the Parkside Apartments, located at 23rd and Syracuse.

The Biggest Mistake of Do-It-Yourselfers: Not Getting A Permit

By Sherry Liberato

Working in the The Northeast Satellite Permitting Office of the City and County of Denver I have become aware of a number of homeowners in the area who are having trouble with jobs that were done without a permit. A good rule of thumb is that you need a permit for anything larger than wallpapering and painting [1]: The best advice is to just call the Building Department, which you can reach by calling Denver’s helpline at 311, or visit Denver.gov.org and choose the link at left for Housing and Property Assistance or the link for Building and Construction. The website contains numerous resources for homeowners and on each of those web pages there is a box at the right that says: Tips for Success. Be sure to have your contractor pull a permit. (The permit holder is legally responsible for compliance with the Denver Building Code.)

I don’t understand why someone would finish their basement or build an addition of any kind including a trellis or pergola without checking to see if a permit is required. For some jobs, you may need to provide proof of permit and inspection to your insurance company, or the company won’t cover it or may refuse to pay a claim some time later. Every time I turn on the TV to watch the endless shows on sweat equity, like “This Old House” and many others, they all advise their listeners to contact their local building department and ask what is required before starting any project, and specifically ask if they need a permit. I have heard it over and over. Even Norm from “This Old House” will tell you that. Never assume your pro will “take care of it.”

Rick Lopes, of the California Contractors State License Board, warns that especially after natural disasters homeowners need to beware of contractors who advertise with signs taped to lampposts in hard-hit neighborhoods. They offer to do repairs quickly, without the hassle of obtaining building permits. In exchange, they ask for all or most of the money up front. And although they often finish the work, it’s generally subpar. These fly-by-nighters may even leave the house in worse shape than they found it, says Lopes.

Don’t spend thousands of dollars on a home improvement that does not improve your property. You may end up needing to tear it all down and it will be difficult or impossible to obtain a refund of your money spent.

Sherry Liberato works at the Northeast Denver Satellite Permitting Office located at 23rd and Osceola. (The permit holder is legally responsible for compliance with the Denver Building Code.)

Stapleton Welcomes a New Neighbor

When Billy Brown heard that Forest City and Enrico Motorsports were sponsoring a referral program for Stapleton residents who convince friends or family members to purchase a new home at Stapleton, he had just the right person in mind—his longtime friend and former college roommate, Kevin Hansen. Kevin and Billy had been roommates three times over a period of several years since they graduated from Drake University in the late 90s. The two friends originally met through an earlier “referral” when Kevin’s older brother told Billy his younger brother was looking for a roommate after transferring to Drake from the University of Wisconsin. Today, Billy is a medical device representative for Stryker Orthopedics and Kevin is an accountant with Western Union. When asked how he persuaded Kevin to move to Stapleton, Billy replied “I just gave him three reasons: the great homes, family friendly parks—and me!”

In addition to receiving a $500 cash award within 45 days of a referral home closing for a home purchased before June 30, 2009, people making a successful referral will be entered into a random drawing for a Vespa LH 150 Scooter and Cyber helmet from Enrico Motorsports (a $4,500 value). See the ad on page 28 for the entry form and the program rules.

Mercy Housing is planning to open its second affordable rental housing development at Stapleton, northeast of the planned Eastbridge Town Center, by mid 2011. The artist’s conceptual rendering at left shows the 92 apartments that will be located on the parcel bounded by Hanover, Florence Way, Hanna and 31st Avenue. Mercy’s first affordable rental housing development at Stapleton is the Parkside Apartments, located at 23rd and Syracuse.

Kevin and Melissa Hansen (left), shown standing in front of their new Stapleton home, were referred by Billy and Krista Brown. The Brown’s children are Mikayla, 7, and Matthias, 8 months.

By Sherry Liberato

Stapleton is the Parkside Apartments, located at 23rd and Syracuse.
By Nancy Burkhart

With the job of driving about 50 youngsters of varying ages to and from school every day, being a bus driver takes a special person who knows and loves children.

For that reason, March 20 was chosen as the first Transportation Pride Day, according to Nicole Porter, Northeast Terminal Manager for Denver Public Schools.

Managers at the terminal, located near Northfield, recognized 20 outstanding school bus drivers, bus assistants and fleet maintenance people who keep the buses on the road. All of them were provided with transportation shirts reading, “We do work that matters.”

One of the people honored was Stephen Johnson, currently a relief driver who has been on the job for 22 years. Johnson said he enjoys his job and plans to “hang in there for another four or five years” when he will be eligible for retirement.

“You just have to be real cautious and careful because you have special kids on the bus and you have to get them to school,” Johnson said. “The buses are real good and they’re safe. It’s just real fun for me.”

Andella James is in her third school year of driving a school bus. As the “baby” out of 19 kids, she has 50 nieces and nephews. This makes her a perfect choice for working with children.

“The best thing about it is that I enjoy talking to the kids,” James said. “I don’t have any problems with them. They’re good kids.”

Both Johnson and James were grateful for the “Transportation Pride Day,” which will be an annual event, according to Porter.

“I think it shows all the drivers that they’re being recognized for their services,” Johnson said. “It gives the drivers self-esteem about their job and what they do.”

DPS bus drivers transport 20,000 students, traveling more than 4.5 million miles per school year.

DPS Transportation Services has 585 employees, an annual budget of $21 million, and operates 415 school buses.

You are 172 times safer in a school bus than in a personal automobile and 4 times safer than in a city bus.

Over 450,000 school buses operate in the U.S each school day and they log over 4 billion miles each school year.

What you probably didn’t know about school buses...

DPS Bus Driver Recognition

Driver Pat Jones has driven buses for DPS for almost 20 years. She has driven all ages, including athletic teams, but her favorite (and current) assignment is elementary kids. “They’re so cute and teachable,” she says. “But maybe being with a busload of kids every day has something to do with the fact that I chose to have only one at home!” Pat’s other responsibility is being the voice of “Buster,” a remote controlled bus that is taken to schools to teach young students the rules of riding the bus.

Pat Jones has driven buses for DPS for almost 20 years. She has driven all ages, including athletic teams, but her favorite (and current) assignment is elementary kids. “They’re so cute and teachable,” she says. “But maybe being with a busload of kids every day has something to do with the fact that I chose to have only one at home!” Pat’s other responsibility is being the voice of “Buster,” a remote controlled bus that is taken to schools to teach young students the rules of riding the bus.

Both Johnson and James were grateful for the “Transportation Pride Day,” which will be an annual event, according to Porter.

“I think it shows all the drivers that they’re being recognized for their services,” Johnson said. “It gives the drivers self-esteem about their job and what they do.”

DPS Bus Driver Recognition

Driver Pat Jones has driven buses for DPS for almost 20 years. She has driven all ages, including athletic teams, but her favorite (and current) assignment is elementary kids. “They’re so cute and teachable,” she says. “But maybe being with a busload of kids every day has something to do with the fact that I chose to have only one at home!” Pat’s other responsibility is being the voice of “Buster,” a remote controlled bus that is taken to schools to teach young students the rules of riding the bus.

Pat Jones has driven buses for DPS for almost 20 years. She has driven all ages, including athletic teams, but her favorite (and current) assignment is elementary kids. “They’re so cute and teachable,” she says. “But maybe being with a busload of kids every day has something to do with the fact that I chose to have only one at home!” Pat’s other responsibility is being the voice of “Buster,” a remote controlled bus that is taken to schools to teach young students the rules of riding the bus.

Both Johnson and James were grateful for the “Transportation Pride Day,” which will be an annual event, according to Porter.

“I think it shows all the drivers that they’re being recognized for their services,” Johnson said. “It gives the drivers self-esteem about their job and what they do.”

DPS Bus Driver Recognition

Driver Pat Jones has driven buses for DPS for almost 20 years. She has driven all ages, including athletic teams, but her favorite (and current) assignment is elementary kids. “They’re so cute and teachable,” she says. “But maybe being with a busload of kids every day has something to do with the fact that I chose to have only one at home!” Pat’s other responsibility is being the voice of “Buster,” a remote controlled bus that is taken to schools to teach young students the rules of riding the bus.

Pat Jones has driven buses for DPS for almost 20 years. She has driven all ages, including athletic teams, but her favorite (and current) assignment is elementary kids. “They’re so cute and teachable,” she says. “But maybe being with a busload of kids every day has something to do with the fact that I chose to have only one at home!” Pat’s other responsibility is being the voice of “Buster,” a remote controlled bus that is taken to schools to teach young students the rules of riding the bus.

Both Johnson and James were grateful for the “Transportation Pride Day,” which will be an annual event, according to Porter.

“I think it shows all the drivers that they’re being recognized for their services,” Johnson said. “It gives the drivers self-esteem about their job and what they do.”

DPS Bus Driver Recognition

Driver Pat Jones has driven buses for DPS for almost 20 years. She has driven all ages, including athletic teams, but her favorite (and current) assignment is elementary kids. “They’re so cute and teachable,” she says. “But maybe being with a busload of kids every day has something to do with the fact that I chose to have only one at home!” Pat’s other responsibility is being the voice of “Buster,” a remote controlled bus that is taken to schools to teach young students the rules of riding the bus.

Pat Jones has driven buses for DPS for almost 20 years. She has driven all ages, including athletic teams, but her favorite (and current) assignment is elementary kids. “They’re so cute and teachable,” she says. “But maybe being with a busload of kids every day has something to do with the fact that I chose to have only one at home!” Pat’s other responsibility is being the voice of “Buster,” a remote controlled bus that is taken to schools to teach young students the rules of riding the bus.

Both Johnson and James were grateful for the “Transportation Pride Day,” which will be an annual event, according to Porter.

“I think it shows all the drivers that they’re being recognized for their services,” Johnson said. “It gives the drivers self-esteem about their job and what they do.”
Two New Artworks to Be Installed

By Barbara Neal

Stapleton will welcome installation of two new public artworks in June. Gerald Heffernon will install his bronze sculpture, The Picnic, on the ellipse at east 35th Avenue and Xenia Street. Gerald, a sculptor from Winters, CA, was awarded a $110,000 commission for tableaux featuring four elegant bronze dogs lounging on a large flat boulder and having a picnic. These life-size figures create the relaxed atmosphere of a picnic appropriate to the casual neighborhood surroundings.

In Greenway Park, the Community Garden at East 23rd Avenue and Spruce Street will display an artwork by Lars Stanley from Austin, TX. Garden Stories, a $75,000 commission, will include a wrought steel gate and a series of graceful “story poles” arranged in the garden. These forged steel poles depicting simple plant forms and agricultural implements speak to people’s engagement with the natural and cultivated world of the garden.

In other public art news, Erick Johnson (Fort Collins, CO) has began fabricating his large kinetic sculptures for the medians on Central Park Boulevard north of Montview Boulevard. We anticipate installation of this work, Prairie Reef, in Boulevard north of Montview Boulevard. We anticipate installation of this work, Prairie Reef, in early 2010.

A second public art commission for the Eastbridge Town Center was recently awarded by the Park Creek Metropolitan District to the artist team of Lajos Heder and Magy Harries, Cambridge, MA, for their proposed kinetic sculpture, Solar Light Raft.

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

Barbara Neal is the public art consultant for the Stapleton Public Art Program.

Sunflower Market’s Statement on the Possibility of a NE Denver Store

The Front Porch contacted Sunflower Farmers Market to learn whether they have plans for a store in Northeast Denver. Following is their response. We will run updates as further information becomes available.

“We certainly like the area and are extensively looking at sites, but have not selected any location in particular. We hope to bring Sunflower to Northeast Denver in the near future, though no real timeline has been determined quite yet.”

– Mike Gilliland, CEO & Founder of Sunflower Farmers Market

Weekly Compost Pickup to Resume

To coincide with the growing season, Denver Recycles has begun collecting composting carts again on a weekly basis. Please refer to the calendar received with the cart, or view the collection schedule online at www.denvergov.org/denverrecycles.

Denver Recycles thanks everyone for their thoughtful composting efforts and encourages residents to continue using their green carts this spring for food, soiled paper and yard debris.

For more information call 311 or denverrecycles@denvergov.org.

New Day Acupuncture

Bruce Steinber, L.Ac.

Spesializing in treatment of:
• Pain
• Allergies
• Stress & emotional disorders
• Women’s health issues
• Digestive complaints
• Custom herbal Rx & herbal pharmacy*

Discover what acupuncture can do for you...

2840 Xanthia Court, in Stapleton
Call 750-838-7918 or for a free consultation
www.acupuncture-in-denver.com

RPM IS AT BLADIUM!

And BodyPump too!

2400 Central Park Blvd www.bladium.com 303.320.3033

A P E X D E R M A T O L O G Y G R O U P

Dr. Theriault

Specializing in Medical and Surgical Treatments for Skin Disorders and Cosmetic Procedures

Board Certified Doctors

303-261-1525

Now Open Tuesday - Friday, 7am to 7pm
www.apexdermatology.com 130 Rampart Way, Suite 250

Commercial.

JACK SUGHRUE
(303) 377-4767
3401 QUEBEC #9400
DENVER
jacks@allstate.com

“Your Neighborhood Agent”

Allstate
You’re in good hands.

www.allstate.com

Stapleton Front Porch

2009

22


We are excited to announce that all the Stapleton Pools will have concession areas operating during Open Swim this year. If you're in the mood for something tasty and convenient, Café Concepts will be stocking the snack bar with a variety of snacks and beverages for all ages.

Pro shop – New this year, each facility will have a pro shop available at the point of entry. Items for sale include popular swimming accessories such as goggles, toys, sunscreen, etc. All items will be reasonably priced for convenience, and all proceeds will be put back into our swimming pool facilities.

If you have any questions about the pools, email pools@stapletoncommunity.com.

The Stapleton MCA is a 501(c) 4 Non Profit Community Organization whose mission is to create and sustain a sense of community at Stapleton through comprehensive management of parks and recreational facilities, community events, cultural programming. The MCA is located at 2825 Roslyn St. and can be reached by phone (303.388.0724) or email (info@stapletoncommunity.com). Community information is continually updated at www.StapletonCommunity.com

Resident ID Cards – If you need to replace a lost pass, or renew expired passes, please be sure to set up your Stapleton resident on-line account prior to Memorial Day, as staff will only be able to take photos and distribute cards to residents with active on-line accounts.

Creating a Stapleton MCA Online Account – Begin by visiting www.stapletoncommunity.com. Scroll down and click on the green button that reads: Residents Start Here: Your Online Account will be sent in for approval and will be authorized when “proof of residency” is established. (Account Holder is current on MCA Assessments.) Allow 24-48 hours for this process.

Once your online account is active, stop by the MCA office or one of the three pools (once they open) to have your photo taken and a 2009 card issued.

Registration for all Adult Programs will begin May 1st and will be open to non-residents beginning May 15, 2009.

Pool Concessions – We are excited to announce that all the Stapleton Pools will have concession areas operating during Open Swim this year. If you’re in the mood for something tasty and convenient, Café Concepts will be stocking the snack bar with a variety of snacks and beverages for all ages.

Pro shop – New this year, each facility will have a pro shop available at the point of entry. Items for sale include popular swimming accessories such as goggles, toys, sunscreen, etc. All items will be reasonably priced for convenience, and all proceeds will be put back into our swimming pool facilities.

If you have any questions about the pools, email pools@stapletoncommunity.com.

The Stapleton MCA is a 501(c) 4 Non Profit Community Organization whose mission is to create and sustain a sense of community at Stapleton through comprehensive management of parks and recreational facilities, community events, cultural programming. The MCA is located at 2825 Roslyn St. and can be reached by phone (303.388.0724) or email (info@stapletoncommunity.com). Community information is continually updated at www.StapletonCommunity.com
Cancer Vaccine Offered at Planned Parenthood

Planned Parenthood of the Rocky Mountains (PPRM) is now offering the HPV vaccine, Gardasil. Cervical cancer is caused by certain types of human papillomavirus (HPV). Each year cervical cancer is diagnosed in about 10,000 American women, of whom 3,900 die from the disease. The PPHV vaccine, Gardasil is a breakthrough in the fight against cervical cancer. The Centers for Disease Control and Prevention estimates that approximately 20 million Americans are currently infected with HPV, and another 6.2 million people become newly infected each year. At least 50 percent of sexually active teenagers and young adults acquire genital HPV infection at some point in their lives. The vaccine is approved by the Food and Drug Administration for women ages nine to 26 and is recommended as a routine vaccination for girls ages 11 to 12, before the onset of sexual activity as well as for females ages 13 to 26 who have not previously been vaccinated or who have not completed the full series. The vaccine requires three injections over a six-month period.

PPRM offers free vaccinations through Merck’s Patient Assistance Program to patients without health care insurance and who meet other qualifications. Planned Parenthood accepts insurance from private health plans, although coverage for Gardasil varies. PPRM encourages all girls and women or parents considering the vaccine for their daughters to contact us and learn more about the vaccine. A Planned Parenthood office is located at 7155 E. 38th Ave. They can be reached at 303-321-2458.

New Denver Program to Prevent Graffiti Vandalism

The Denver Office of Cultural Affairs (DOCA) is pleased to announce the creation of the Denver Urban Arts Fund (UAF). The grants awarded through the program will focus on measurable outcomes related to the prevention of graffiti vandalism and will become an ongoing project to involve artists in building strong communities. The UAF will provide small grant funds ($500-$5,500) for programs that:
- help reclaim a graffiti hot spot and create a positive community space; and/or
- help create and increase youth access and exposure to positive and monitored arts and creative activities, including positive arts opportunities.

UAF policies and application procedures are available via the DOCA Web site at www.denvergov.org/DOCA or by calling 720-865-4302. Applications will be accepted through September 15, 2009 and reviewed by the UAF Committee bi-monthly beginning April 2.

The Denver Urban Arts Fund is an outgrowth of the Graffiti Task Force recommendations. The recommendations support the role of prevention as an important component—along with abatement and enforcement—of reducing graffiti vandalism in Denver.

Letter to the Editor

Editor: As a dog owner I consider cleaning up after my pet a responsibility— not an option. Unfortunately, and much to the detriment of those owners who think the same, there is a minority who clearly consider it acceptable and reasonable not to pick up after their dogs when walking them in public areas. This minority is clearly oblivious to the disease it carries and the welfare of those that play and utilize this great neighbor-

Five Points Jazz Festival May 16th

(continued from p. 8) put on free, live public music performances for National Jazz Month in April, 2004. Hank Todd called the Denver Office of Cultural Affairs (then called the Mayor’s Office of Art, Culture and Film) to discuss the possibility of jointly-sponsored jazz concerts. They then formed a committee of community members who decided to produce the first Five Points Jazz Festival. They chose Five Points since jazz had a strong presence and large following in that area from the 30’s to the 60’s. The 2004 festival was presented on a large stage in the parking lot of the Blast-Caldwell Library on April 25th. Despite a large snowstorm the night before, the festival day was sunny, if chilly, and the show went on that afternoon as planned. Performers included trumpeter Sam Bivens’ Denver Jazz Orchestra, Mood Express led by singer Ervin Lucero, and pianist Purnell Steen and Le Jazz Machine. This festival was dedicated to community leader, Otrawa Harris. April 30 was the date for the 2005 event, snow fell again, this time on the day of the festival. The entire event was hastily moved indoors to two rooms of the Blast-Caldwell Library. The festival included the Ken Walker Quintet, the Fred Hess Quartet, Joe Keel and His Action Orchestra, Jakarta, Revelation Quinter, Wende Harston with A Touch of Blue, and the Tom Tilson Jazz Ensemble. Three musicians received tributes: Ted Alexander, Charles Burrell and Joe Keel.

The 2006 festival, held on April 29th, saw an expansion to other venues. In addition to the library, music was presented at Cervantes Masterpiece Ballroom, Blackhears, the KUV O Studio and the Rossonian Hotel. Cleo Parker Robinson’s dance studio also participated with open dance lessons. Tribute honorees were Harris Butcher, Sam Bivens and Charlotte Cowens. Each year, three individuals are honored for significant and lasting contributions to jazz in the Five Points neighborhood and beyond. The 2009 honorees are Gloria Holland, Purnell Steen and Billy Tellis.

Because of the earlier years’ weather conditions in April, the 2007 and 2008 festivals were moved to May with much better success weather-wise and the 2009 festival is following suit, with the festival on May 16th.

Dr. Anna Marie Tollette, a resident of NE Denver/Park Hill and member of Stapleton based businesses. ”1st Wednesdays” Home-based businesses. Location rotated in StapletonLife.com. Most mts 11:30 am - 1pm
2nd Wednesday 2nd weekend mts SUN Transportation Committee mts 10:30 MCA Conference Room, 2823 Roslyn St. [saplacoaminstors@msn.com]

Every Wednesday
Weekly Weeder, Bluff Lake Nature Center 9am-2pm. 303.446.6177
1st Wednesday
* 1st Weddays’ Home-based businesses. Location rotated in StapletonLife.com. Most mts 11:30 am - 1pm
2nd Wednesday
Outdoors-oriented events

New Denver Program to Prevent Graffiti Vandalism

The Denver Office of Cultural Affairs (DOCA) is pleased to announce the creation of the Denver Urban Arts Fund (UAF). The grants awarded through the program will focus on measurable outcomes related to the prevention of graffiti vandalism and will become an ongoing project to involve artists in building strong communities. The UAF will provide small grant funds ($500-$5,500) for programs that:
- help reclaim a graffiti hot spot and create a positive community space; and/or
- help create and increase youth access and exposure to positive and monitored alternatives and support systems, including positive arts opportunities.

UAF policies and application procedures are available via the DOCA Web site at www.denvergov.org/DOCA or by calling 720-865-4302. Applications will be accepted through September 15, 2009 and reviewed by the UAF Committee bi-monthly beginning April 2.

The Denver Urban Arts Fund is an outgrowth of the Graffiti Task Force recommendations. The recommendations support the role of prevention as an important component—along with abatement and enforcement—of reducing graffiti vandalism in Denver.

DO YOU PREPARE MORE FOR FAMILY VACATIONS THAN YOU DO FOR COLLEGE?

To learn how we can help you prepare for your child’s education, call or visit today.

Natalie Robbins 303.320.7752 Financial Advisor 2373 Central Park Blvd. Suite 104 Denver, CO 80238

www.edwardjones.com Member SIPC
Stapleton Block Party Day

Stapleton Block Pay Day is May 16th. If you haven’t heard from your Block Captain or neighbors to plan the party, feel free to contact jahabdwinn@comcast.net with any questions.

Spring Stapleton Public Forum

On May 7th at 7pm at Denver School of Science and Tech -nology, 2000 Valenta St., SUN, in conjunction with the Citi -zens Advisory Board and Forest City Stapleton will host a Community Forum. In addition to a neighborhood update from Forest City, including updates on the Rec Center, Li -brary and I-70 Interchange, one very important agenda item is for SUN to hold its annual meeting. Each year members of the community are elected by the residents to serve a two -year term on the SUN Board. For the first time in my neigh -borhood, we have more candidates than spots open on our Board.

The SUN Board is limited to 15 residents by its by-laws. In 2009, 7 members of the community will be elected to the Board. The current SUN Board will recommend a slate of 7 of the 9 residents featured in this article to the residents in at -tendance at the May 7th Forum. Our by-laws state that if others then those presented by the Board are still interested in running we will have an election, with each household receiv -ing one vote.

We look forward to seeing everyone at the forum on May 7th and please feel free to contact us at stapletonunitedneighbors@gm ail.com or check out our website at www.stapletonunitedneighbors.com for more information.

SUN Board Candidate Statements of Interest

Caroline Batoewicz

I am interested in serving as SUN board mem -ber because I have a great interest in the future of Stapleton. My family and I moved here in 2007 and are looking forward to spending the better part of our lives here. We love this com -munity and I want to be a part of making an impact and pro -viding a service to its residents, while watching the community grow and thrive. I want to see my two children be proud of their community and want to make sure that we plan for their future and success.

As an Architectural Designer I am very interested in the im - pact we are making on the built environment in Stapleton.

One of my concerns is further development of our neigh -borhood. I am interested in the Stapleton Development Corporation (SDC) Committee as well as the Design Re -view Committee. Currently, I am serving as Design Review Chair and Water Conservation Committees of my HOA. I also serve our community by mentoring students at DSST as well as providing architectural guidance to middle school students at Bill Roberts School. I am looking forward to continuing my contributions for the betterment of Stapleton on and of the board.

Sophia Biegelb

I moved to Stapleton in 2003. Last year, the possibility of a job change for my husband meant we might be moving out of the neigh -borhood. The more we looked into other areas, the more we realized that this was the place we wanted to stay. The most obvious characteristic is the ex -tremely high level of participation by our neighbors to im prove Stapleton and I would lend my support in this tradition. I advocate for creating a place where -ever ways I can such as outreach, inter-community in -volvement and working closely with our elected officials. As a member of the SUN board I will be an advocate for addressing neighborhood and civic issues on behalf of Stapleton residents.

SUN BOARD

Dear SUN Board Members,

I am excited to announce my candidacy for the 2009 SUN Board. As a resident of Stapleton and owner of a youth-oriented small business in Sta -pleton, I have a vested interest in seeing our commu -nity continue to grow in a positive direction. I am extremely impressed with the high level of participation by our neighbors to improve Stapleton and I would lend my support in this tradition. I advocate for creating a place where people get to know their neighbors and can participate in community-oriented activities throughout the year. My commit -ment to the SUN Board would not be an effort to make big changes, but an effort to keep many things the same, and make small changes that could improve our community.

Chad Herndon

I am interested in serving on the SUN Board. My reasons can be summed up in a single word, service. As a West Point graduate and former army officer, I've experienced the joy of serving in several different capacities and being able to touch and change lives in ways I didn't think possible. After leaving the military I've continued to serve by volunteering with Save Our Youth as a mentor for struggling high school students and helping facilitate "Financial Peace Univer -sity" classes through my church. I am a 2008 alumnus of the Center for Progressive Leadership as well as the Colorado Insti -tute for Leadership Training. Now I wish to serve on the SUN board to help shape the future of this vibrant community in whatever ways I can such as outreach, inter-community in -volvement and working closely with our elected officials. As a member of the SUN board I will be an advocate for addressing neighborhood and civic issues on behalf of Stapleton residents.

Gabe Hurley

I would like to announce my candidacy for the SUN BOARD. As a resident of Stapleton and owner of a youth-oriented small business in Sta -pleton, I have a vested interest in seeing our commu -nity continue to grow in a positive direction. I am extremely impressed with the high level of participation by our neighbors to improve Stapleton and I would lend my support in this tradition. I advocate for creating a place where people get to know their neighbors and can participate in community-oriented activities throughout the year. My commit -ment to the SUN Board would not be an effort to make big changes, but an effort to keep many things the same, and make small changes that could improve our community.

Steve Lawrence

I am a five year resident of Stapleton, along with my wife Jan, and seven year old daughter Parker. Having served on the SUN board over the last two years, I have had the unique opportunity to experience the many and varied issues that are intrinsic to maintaining the unique vision that is Stapleton. One of these issues is developing and maintain -ing a strong Neighborhood Watch program. With the help of The Denver Police Department, District Two, Amanda Baldwin and dedicated block captains we are in the early stages of developing a sustainable program. In order to see this pro -gram to fruition I would appreciate the opportunity to con -tinue my tenure on the board.

John Christensen

As the co-owner of Menko Brokers Cherry Creek my background is squarely in sales and market -ing, with over 16 years of experience. Prior to enter -ing into real estate I was the Director of Sales and Brand Development at Colorado Ski Country USA (CSCUSA). Previously to CSCUSA I was the Di -rector of Sales and Marketing at Intrawest Retail Group, a chain of 45 ski retail/rental stores in eight western states. Although I am a Colorado native I went to school at the University of Missouri where I graduated with degrees in busi -ness management and psychology.

I am a five year resident of Stapleton, along with my wife Janet, and seven year old daughter Parker.

THE SUN SPOT

The Independent voice of Stapleton

S.U.N. Meetings are held on the 4th Monday of every month at 7:30pm in the Stapleton Community Room, 2823 Roslyn St. For information about S.U.N. visit www.stapletonunitedneighbors.com.

To contact SUN or confirm meeting time, email Stapletonunitedneighbors@gmail.com or call 720-840-8492.

Stapleton United Neighbors

Goals include integrating Stapleton’s neighbor-
hood with the surrounding communities, schools, businesses, and promoting the effi-
cient building of the Rec Center, Library, RTD
Commuter Rail hub, and the Eastbridge town-
center. Steve is a block captain in Filing 11. Steve and Irene were attracted by Staple-
ton’s Greenbuild commitment. Steve Lawrence continues his public service activi-
ties. He was elected as the Caucus Leader for Precinct 746, and is on the Democratic State
Committee platform. Steve lead non-partisan voter registration drives and serves on commu-
nity boards related to Healthcare and People with Disabilities. Irene and Steve have 5 adult children
and one grandson. They share interest in Col-
orado’s outdoors. Steve is a certified Master
Composer and teaches classes for Denver Urban Gardens.

Larry McSorley

I would like to become a member of the S.U.N. Board and take a more active part in my com-

munity. I live in the East Bridge Neighborhood with my partner Amanda (who is also our Block Cap-
tain) for the past three years along with our

Scottish T errier, Dunollie. I was born and

maintain) for the past three years along with our

Dunollie. I was born and

maintain) for the past three years along with our

Dunollie. I was born and

maintain) for the past three years along with our

Dunollie. I was born and

maintain) for the past three years along with our

Dunollie. I was born and

maintain) for the past three years along with our

Dunollie. I was born and

maintain) for the past three years along with our

Dunollie. I was born and

maintain) for the past three years along with our

Dunollie. I was born and

maintain) for the past three years along with our

Dunollie. I was born and

maintain) for the past three years along with our

Dunollie. I was born and

maintain) for the past three years along with our

Dunollie. I was born and

maintain) for the past three years along with our

Dunollie. I was born and

maintain) for the past three years along with our

Dunollie. I was born and

maintain) for the past three years along with our

Dunollie. I was born and
Doses & Don’ts of Complementary & Alternative Medicine

- Avoid harmful practices (see below)
- Use evidence-based, safe therapies
- Consider plausible, safe modalities
- Use practitioners that work in partnership with your doctor

Therapies to Consider:
- Mind / body techniques
  - Sleep
  - Exercise
  - Massage
  - Acupuncture
- Mind-body therapies to consider
  - Hypnosis
  - Yoga / tai chi
  - Imagery / visualization
  - Mindfulness / Meditation
  - Art, music, pet therapy
  - Stress management
    - breathing techniques
    - relaxation techniques

To sleep better
- Don’t nap
- Establish consistent sleep times
- Get consistent exercise earlier in the day
- Avoid late day caffeine, too much alcohol
- Don’t eat, drink, exercise just before bed
- Don’t get up and read, watch TV

Tips for Living Healthier

FIT Exercise prescription
- Frequency - Exercise every day
- Intensity - Break a sweat; increase difficulty of activity daily
- Time - Start with 5 minutes daily, increase by 1 minute daily each week; goal 30 min (final goal - 30 min vigorous or 60 min moderate activity daily)

Get restorative sleep
- Restorative sleep improves pain, fatigue, and mood
- Sleep deprivation is linked to breast cancer and weight gain

Sleep better
- Don’t eat, drink, exercise just before bed
- Avoid late day caffein, too much alcohol
- Get consistent exercise earlier in the day
- Pay attention to room environment
- Establish consistent sleep times
- Get out of bed if not tried
- Don’t nap

Mind-body therapies to consider
- Relaxation techniques
- Breathing techniques
- Stress management
- Biofeedback / heart math
- Art, music, pet therapy
- Mindfulness / Meditation
- Imagery / visualization
- Yoga / tai chi

Meditation

Alternative Medicine

How did Dr. Corbin come to choose a practice where she integrates western medicine and CAM therapies? During her residency following medical school she realized patients were frequently asking her opinion of herbal cures and alternative therapies, and she didn’t know how to answer them, so she started learning more about the various alternative approaches. During that time she came to understand that the larger issue behind her patients’ questions was that the patients were searching for ways to take charge of their health. She believes her role as a physician is to use their interest in becoming more healthy to help guide them toward the safest and most effective approach.

“Every customer is a reference.”

303.343.3704
Call 303.324.1563

Wesvalley.com
720.422.3976
Free Map
Free Estimates
Meticulous Interior & Exterior Painting
Faux Finishes
Real Estate & Mortgage

Welcome our latest addition, Dr. Amy Nash

Stapleton Pediatrics
Brandon Dawson-Troy, MD
Noah Malovski, MD
G.O. Younger Start of Year 2010

2925 Basilsen Street, Suite 100
Denver, CO 80230
303.359.7990
Located 1/2 block north of the 29th Street Tesco

Stapleton Front Porch

Miles for Moms

Info & sign up at www.parentpathways.org

Natural Balance Integrative Health

May 2009
in a safe manner. I have had doctors stop me in the hall and say, "You're Lisa, you run the integrative medicine program... I'm an ENT guy. Should I be sending you to your practice? I haven't quite figured out how to use you but I hear things from patients. They're very happy with the services they get. Maybe I should be sending you more patients... maybe I wouldn't have to do so much sinus surgery if you got something I don't know about." I think more and more doctors are becoming open to it.

I can find orthopedists who will partner with chiropractors. And here, our chiropractor has very strong ties with the spine clinic, which has a neurosurgeon and an orthopedic surgeon. The three of them brag about their low surgical rate, which I'm really proud of. The doctors refer people to our chiropractor and they'll refer people to them. And the chiropractor teaches their residents, and so that's ideal. The doctors feel this works.

When I meet a patient with chronic pain, for example, we spend the first visit talking about the things people need to do for themselves — exercise, sleep, mind-body therapies. With chronic pain those are the three best treatments. And then after they've shown me they can really work on exercise, they're doing some mind-body techniques, and we've worked on improving their sleep, then three months later we talk about acupuncture. But we don't want them to think they're getting a quick fix with acupuncture. With chronic pain that's not a reasonable expectation. So I want to make sure I put them back into the driver's seat, that they feel like they have more control over their problem. Then by the time they're ready to have some acupuncture, it's probably going to be more effective because their pain level is down a little bit because they're taking care of it themselves.

"As much as you can put the patient back in the driver's seat, the happier the patient is, the better the patient does, the easier it is to be their doctor. It's the patient who comes in and says, fix me, give me a pill, give me acupuncture, that gives us all trouble."

"I write very few prescriptions around here, but when I do, it's for non-narcotic pain medications that are more long-term, and very specific medications for sleep. With chronic pain, for instance, there is some evidence that people don't get deep sleep. I prescribe an old-fashioned medication at the lowest dose possible to restore stage 3 and 4 sleep. The better you sleep the more you want to exercise, the more you exercise the better you can sleep. I am very specific about what drugs I would choose."

Although patients who have previous experience with a chiropractor or acupunturist can make a direct appointment with one of those practitioners at the Center for Integrative Medicine, Dr. Corbin generally recommends that patients schedule an appointment with her to make a plan for the complementary and alternative medicine therapies that are likely to be most effective for them, from both a medical perspective and from the perspective of what the patient is most comfortable with. "I think the truth of the matter is that, like religious differences, people have different views on where they feel alternative medicine fits into their lifestyle. As long as they don't hurt themselves, I can work within the parameters of each individual. I'm not here to tell them you have to do this or you can't do that. Sometimes I'll say, 'Don't do that, it's really unsafe,' if I think somebody's life is in danger, but otherwise there's a lot of wiggle room and it's an individual thing.

Insurance covers visits with Dr. Corbin just as it would cover any other specialist, as long as the hospital has a contract with that insurance company. Other services at the Center for Integrative Medicine are covered according to each insurance policy's terms for mental health, chiropractic or acupuncture. For more information about the Center for Integrative Medicine, visit www.ucd.edu/conditions/integrative-medicine/index.aspx or call 720-848-1090.

Brian Enrbo, D.C., Ph. D., provides chiropractic care at the Center for Integrative Medicine. Studies have documented the effectiveness of chiropractic care for muscle and joint injuries. The most common problems Dr. Enrbo treats are back and neck pain, though he also treats elbows, wrists, knees and ankles. Using his hands to create movement in the affected joints he is able to relieve pain and discomfort. But he also works with his patients to maximize home strategies, including exercises or stretches that can be done a few minutes at a time each day, and identifying ways to modify situations that trigger musculoskeletal problems. Orthopedic surgeons at the hospital refer patients to Dr. Enrbo when they believe a chiropractic approach is indicated instead of surgery, and Dr. Enrbo has access to all the surgeon's reports and x-rays through shared electronic medical records.

2272 Dallas Street, Stapleton

2722 Dallas Street, Stapleton

Fitness & Fun, All in One: Gymnastics! All Ages & Levels Boys Program Birthday Parties

303-355-0080 • DARDANO'S • 2250 KEARNEY ST.

One FREE Week or FREE Leotard With Paid 4 Week Session. Good for One Session Only.

Gardening Tips

Courtesy of Angie Andrade-Foster, Denver Botanic Gardens Horticulturist

- Locate your vegetable and herb garden where it will get full sun all day, no matter which direction sunlight exposure is from.
- Either amend hard soil with a combination of top soil and compost, or consider building a raised bed. Raised beds, which are simply framed and set on top of bad soil, can actually require less top soil and compost than amending bad soil, and may be less work to tend to once the frame is built and require less stooping over. Aim for about one foot of good top soil and compost, and 'scuff' the bad soil first before putting this good layer on top.
- There's no need to fertilize if your garden gets good nutrients from compost.
- Most plantings will take about the same amount of water; and you can use taller plants or trellises to provide shade to cool season plantings.
- Plant herbs on the outer edges of beds for natural pest control. These include sage, oregano, thyme, garlic or lavender.
- Start cool season plants now such as lettuce, chard, and spinach, plus root crops like potatoes, radish, beets, and carrots. Cool season items such as lettuce can be planted in August to get another round of crops in the fall.
- Wait until after the last frost (mid-May usually) to plant other items like tomatoes, squash, eggplant, and peppers. Plants such as broccoli and cauliflower will do better from seedlings.
- Many plants work well together and benefit each other with things like shade, support structure, and nutrients. For example, the 'three sisters' of corn, beans and squash work well together planted in the same holes, an age-old practice of the Native American Indians.
- For those who want to grow year-round vegetables and herbs, try using a coldframe for outdoor growing, or set up container gardens indoors in spots with ample natural light and supplemental fluorescent light.
- For those who would like a garden but don't want to do it on their own, there is a growing number of services that will plant and tend to your garden for you for a fee or a share of the crops. Ask the Denver Botanic Gardens or the Denver Urban Gardens for suggestions on these services as well as about community gardens in the area. For more information on everything the Denver Botanic Gardens has to offer visit www.botanicgardens.org.
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 a little bit closer. Plus, it’s a chance for residents to receive $500 cash and be entered to win a Vespa LX 150 Scooter from Erco 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. But 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 Referee) refer a friend, relative or business associate (the Referral) to a Stapleton Homebuilder.
2. You Referee register your name as the Referee, on the first visit with the Stapleton Homebuilder sales representative.
4. Forest City Stapleton will give you (the Referee) $500 cash within 45 days of the referral home closing.
5. You (the Referee) will be entered into a random drawing to win a free Vespa LX 150 Scooter from Erco Motorsports ($4,500 value) along with a free Cyber heater.

---

**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.stapleton denver.com.

**Rules:**
- The Referee must be hired within 30 days of referral, and contain the same address and phone number of both the Referral and the Referee.
- Referral must be accompanied by the 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 Referral Referrals or referrals for this Program.
- Forest City Stapleton will provide the $500 cash within 45 days of the referral home closing.
- Referral Program does not apply to resale homes. The program only applies to new home sales with Stapleton Homebuilders.
- If multiple people refer a person, the ad with the earliest stamp postmark or earliest date entered by Stapleton Homebuilder sales representatives will determine who receives the $500 cash and who will be entered in the drawing for the free Vespa LX 150 Scooter from Erco Motorsports.
- In compliance with the IRS guidelines, any taxable income and sales tax is required to be paid on under this Program and is the sole responsibility of the receiving party.
- Scooter winner will be announced on July 6, 2009.
- Scooter winner will be required to sign a release form with additional terms to claim the free Vespa LX 150 Scooter from Erco Motorsports.