

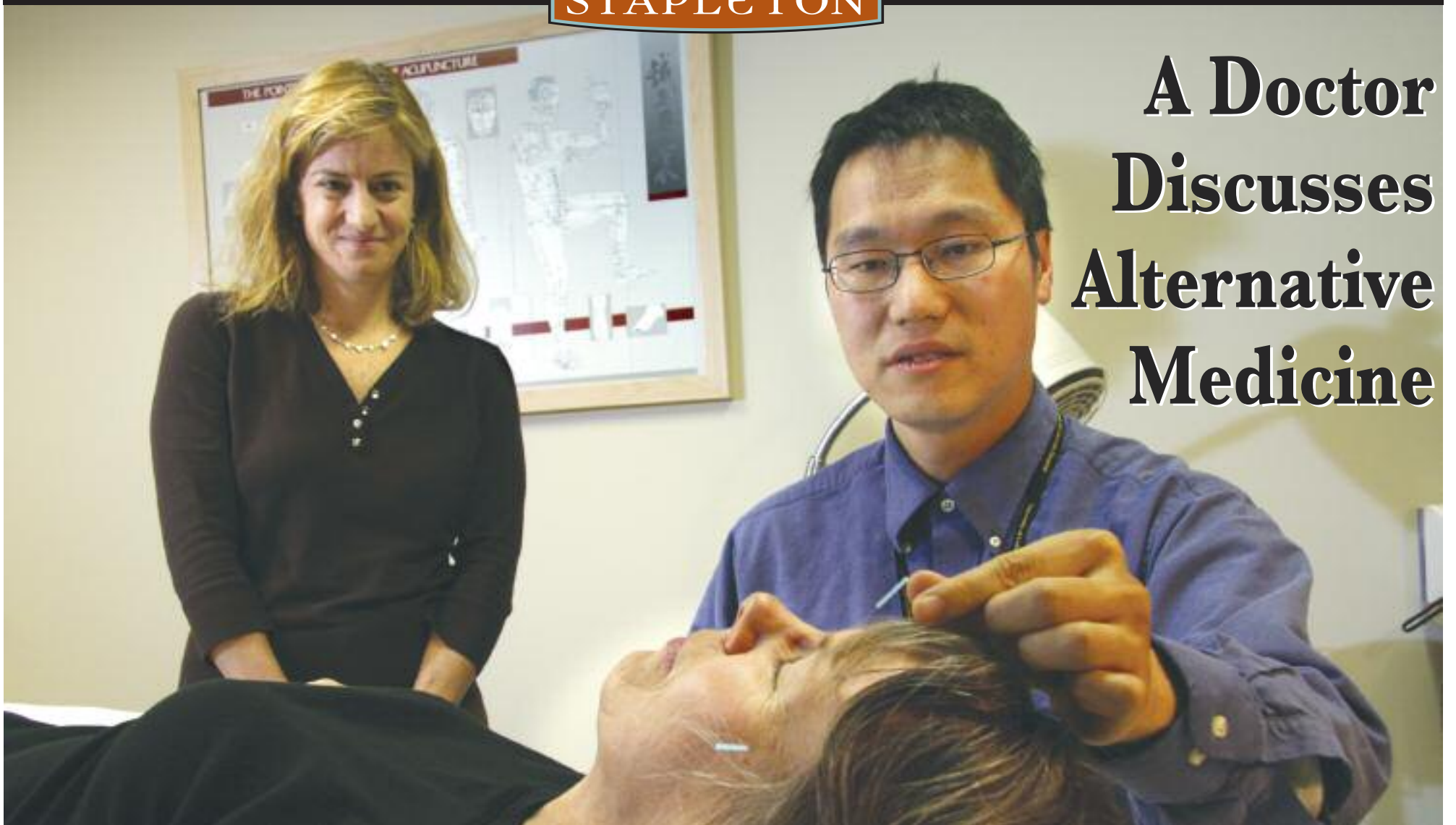
Front Porch

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

DENVER, COLORADO

STAPLETON

MAY 2009



A Doctor Discusses Alternative Medicine

Lisa Corbin, M.D., Medical Director of the Center for Integrative Medicine, watches as Ban Wong, LAc, PhD, administers acupuncture in her clinic at the University of Colorado Hospital in Aurora.

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 Col-

orado 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)

The Park Hill Bike Depot Celebrates Its First Anniversary



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

By Nancy Burkhart

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 non-profit.

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

Botanic Gardens: New Facilities & Lots of Resources for Gardeners



Rendering of the Botanic Gardens' new visitor center, viewed from York Street, looking west.

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)



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

5

New Denver Mentoring Program

Upcoming Local Events

13

S.U.N.

24

Dos & Don'ts of Alternative Medicine

26

First Sweet William Market of 2009 to be on May 30.



CALENDAR

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 Green, 5-7:30pm
Featuring "Six Foot Joe and the Red Hot Rhinos;" Food & beverage for purchase
www.StapletonCommunity.com 303-388-0724.

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 MS Lifelines Walk, City Park. One or three-mile loops. Register 7am. Walk 9am.
www.walkMScolorado.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
www.StapletonCommunity.com 303-388-0724.

Tuesday, May 12

Uzbekistan & The Central Asian Republics
Tattered Cover, 2526 E Colfax, 12:30-1:30 pm
www.activemindsforlife.com

Tuesday, May 12

Active Minds - The Financial Meltdown
11am -12 noon (refreshments at 10:45)
www.activemindsforlife.com Temple Emanuel,
51 Grape St., RSVP 303-388-4013 x307

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

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

MAY

Thursday, May 21

SCFD Free Day – Denver Center for the
Performing Arts, Quilters
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 12pm
www.StapletonCommunity.com, 303-388-0724

Saturday, May 23

Bonfils Blood Drive
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, 1-2 pm
Generations at Lowry, 8505 Lowry Blvd
RSVP 303-364-8500
www.activemindsforlife.com

Friday, May 29

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

Saturday, May 30

Sweet William Market 9am-2pm
Founders Green, last Saturday of the month
thru September, info@sweetwilliammarket.com

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

(See page 23 for recurring monthly events and meetings)

Let us make your dream a reality.



2835 Central Park Blvd - \$284,900



2538 Central Park Blvd - \$327,500



2861 Alton St - \$330,000



7305 E 9th Ave - \$425,000



996 E 26th Ave - \$220,000



1059 Detroit St - \$389,000



1555 Cook St - Coming Soon!



Follow us on Twitter! Twitter.com/DreamHomesInc

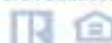
Serving Stapleton and the Greater Denver area since 2002

Also available:

2966 Dahlia St - \$190,000
1182 Claremont St - \$92,000
1171 Xanthia - \$165,000
3040 Holly St - Coming Soon!

Symantha Rodriguez

Direct: 720.217.4788
www.DenverDreamHomesInc.com



Get real health care — from people who really care



Our Full Range of Services for Women and Men Include:

- All birth control methods
- Rapid HIV testing (results in as little as 10 minutes)
- Emergency contraception
- HPV vaccinations
- Easy STD testing
- Pregnancy Testing

Just walk in.

7155 E. 38TH AVENUE—DENVER 303.321.2458

Planned Parenthood
of the Rocky Mountains

www.pprm.org

\$10 OFF
Your Next Visit
when you bring this in
(one per person).

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

Front Porch

www.FrontPorchStapleton.com

The Stapleton Front Porch is published by Forest City Stapleton, Inc., 7351 E. 29th Avenue, Denver, CO 80238. 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.

Botanic Gardens



Botanic Gardens visitors tour a low water “smart” garden.

(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 botanic 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

**See
Page 27 for
Gardening
Tips.**

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.

Stapleton
Dental

family and
cosmetic dentistry

303.399.1488

3055 Roslyn Street, Suite 260
Denver, CO 80238

Dr. Carrie Dougherty

Stapleton Dental is a state-of-the-art dental practice. We put you and your family first, and provide a level of comfort and service seldom experienced at the dentist. Now offering early morning and Friday hours.
Schedule an appointment today.

StapletonDental.com

invisalign

Stapleton Front Porch

Mother's Day is May 10th. Give a gift that will make mom proud.

Introducing The Women's Foundation of Colorado's Fill the Purse campaign. We need your help to change the girls' drop-out rate in Colorado. Make a donation at www.fillthepurse.org.



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

Celebrating MOM

*your play, your compassion, Thank you for always being there,
your support, Thank you for your joy, your caring, for listening, Thank you for your understanding, gifts
for being you. Thank you for your love,*



Photo by www.studiojk.com
Stapleton Mom Gina Kessler and Sidney

ergo salon & spa Stapleton

A Package Just for Her!
Results Facial & A Hair Cut \$60
Pedicure & A Hair Cut \$65
30 min. Massage & A Hair Cut \$60
This offer does not include any other promotion.

20% off First time
guest –
all services

303.373.5455
www.ergobeauty.com

AVEDA

Northfield Shopping Center



Bluff Lake volunteer Erika Walker

By Nancy Burkhart

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. When 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. "One morning a week I help lead school groups," she said. I've served on the education committee and helped them direct their education programs. Bluff Lake is planning to build a nature center there, and I've sat in on some of their design meetings for the building."

Site stewards to help make the nature refuge habitat healthy also are being sought to plant native plants, remove noxious plant species, do trail construction and trash pick-up.

"Bluff Lake has half-day work days where you can help plant grass and other things," Walker said. "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 klibberton@blufflake.org.

See *Bluff Lake Earth Day activities* on page 17.

Messiah Community Church, ELCA

A Welcoming Lutheran Congregation



**Celebrate Mother's Day
with us on May 10
at 8 a.m. and 10:30 a.m.**

**Summer worship schedule
begins Sunday, May 17
Worship at 9:30 a.m.**

**May 31 is Pentecost
We welcome the Holy Spirit
with red balloons and
several languages
Come join the celebration!**



Kid and Family Friendly!
Celebrate your child's birthday
with a party on our playground.
Call us for a reservation.

**Located in Park Hill/Stapleton
(across from Denver City Park/IMAX)
Serving all communities**

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



**1750 Colorado Blvd.
Denver, CO 80220
303-355-4471
www.messiahdenver.org**

Olympic Star Promotes Denver Mentoring Programs



Above left: Olympic Gold Medalist Bob Beamon, left, tells kids at Hiawatha Davis Rec Center to stay in school and do well in school. Beside him (left to right) are Susan Taylor, founder of National Cares Mentoring Movement (NCMM), Gerri Howard, co-chair for Greater Denver

By Carol Roberts

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 obliga-



Cares, and Thomas Dortch, Jr., author of *Miracles of Mentoring* and Chairman of the NCMM Board. Above right: The poster behind the kids shows Bob Beamon making his record-breaking long jump in the 1968 Olympics in Mexico City.

tion 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 part-

nering with existing mentoring groups to help local organizations recruit more mentors. NCMM's endorsers include: Oprah Winfrey, Sean Combs, Mariah Carey, Alicia Keyes, Terrance 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.

GONE 2777 Florence Street 4bd/3ba \$475,000	SOLD 3397 Florence Way 3bd/3ba \$293,900	UNDER CONTRACT 3487 Florence Way 3bd/3ba \$305,000	 8626 E. 26th Pl 2bd/2ba \$209,900	 3477 Florence Way 3bd/3ba \$305,000
 8767 E. 25th Avenue 2bd/3ba \$278,000	COMING SOON 7700 E. 23rd Ave. #1204 3bd/3ba \$249,990	AFORDABLE ALTERNATIVE 2877 Jasmine Street 2bd/1ba \$124,900	UNDER CONTRACT 7 DAYS 8892 E. 24th Place #102 3bd/2ba \$259,000	SOLD 2940 Ulster Street 4bd/4ba \$540,973

Stapleton Statistics	Active	Under Contract	Sold/March	Sold 2009
Residential	128	33	13	36
Condo/Townhome	77	13	4	8

John Chrisbens
 303-250-0347

Jason Dembeck
 303-910-9511

**Introducing Stapleton's
Top Selling Agents.
Metro Brokers of
Cherry Creek!
Over 100 million SOLD**

Independent Companies
est. 1976

Shana Lurie, Esq.
 303-946-9662

Sarah J. Rogers
 720-480-5578

Happy Dog Daycare & Boarding

Happy Dog Daycare

With indoor pool!

Make your dog a happy dog today!

3939 Newport St., Denver, CO 80207 303-331-1DOG (1364) www.happydogdenver.com

Dog of the month

Rigby

LING & LOUIE'S

ASIAN BAR AND GRILL

Northfield Mall 303.371.4644

Tabor Center 303.623.5464

MOM

Eats FREE on

Mother's Day!

Make Your Reservations Early

Pediatric Dentistry Starts With 1st Tooth

By Nancy Burkhardt

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



Pediatric Dentist Alfaiyaz Ibrahim recently opened his new practice in the Re Max building on Central Park Blvd.

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.

MACHO TASTE! MACHO VALUE!

Macho Nachos

Macho Fries

Macho Taco

Macho Bacon & Egg Burrito

Denver:
8100 E. 49th Ave
(303) 307-1712
The Shops at Northfield Stapleton

4698 Peoria St.
(303) 371-1785
Peoria & Albrook

Aurora:
3465 N. Salida St.
(303) 371-1844
Tower Rd & 34th

14400 E. Colfax Ave.
(720) 858-8041
Colfax & Sable

Visit www.DelTaco.com for additional locations

©Del Taco 2009 DTLC-639

\$1⁰⁰ OFF

Macho Combo Burrito

Coupon #11: Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Valid only at participating Del Taco locations. Customers pay all applicable sales tax. No cash value. Expires 5/31/09.

49[¢]

Breakfast Burrito

Coupon #16: Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Valid only at participating Del Taco locations. Customers pay all applicable sales tax. No cash value. Expires 5/31/09.

\$1⁰⁰ OFF

Macho Beef Burrito

Coupon #12: Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Valid only at participating Del Taco locations. Customers pay all applicable sales tax. No cash value. Expires 5/31/09.

99[¢]

Chili Cheddar Fries

Coupon #67: Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Valid only at participating Del Taco locations. Customers pay all applicable sales tax. No cash value. Expires 5/31/09.

\$1⁰⁰ OFF

Macho Chicken Burrito

Coupon #13: Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Valid only at participating Del Taco locations. Customers pay all applicable sales tax. No cash value. Expires 5/31/09.

2 FOR \$3⁰⁰

Quesadilla (Cheddar or SpicyJack)

Coupon #45: Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Valid only at participating Del Taco locations. Customers pay all applicable sales tax. No cash value. Expires 5/31/09.

Installed in Three Weeks. Or Less. Guaranteed.

Call For Details

Hunter Douglas Rebate Sale

Save Up to \$100/Unit with a No unit Max. Call Today for Details.

Call for a Free in-home estimate. ♦ Free Temporary Shades with Order

303-534-5454

www.rockymountainshutters.com

Limo Outings Offer Memories and Fun



Shane Stickel at Presidential limousines' garage in Northeast Denver.

By Nancy Burkhart

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 limos. 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, Cold Play 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. Stickel’s chauffeurs undergo drug testing and safety driving tests, he said. Each driver also must pass a test for finding addresses in the metro area. For chauffeured vehicle information and reservations, call Presidential Worldwide Transportation at 303-286-1114. The office is staffed 24 hours a day, seven days a week.

The Bike Depot

(continued from page 1) funded by Kaiser, which identified Park Hill with higher rates of diabetes and obesity, and having limited access to healthy food options,” Dunn said. “North Park Hill doesn’t have much access to healthy food. The nearest grocery is in Stapleton or Five Points. Many people can’t afford to have a car so they have to use the bus to go back and forth. Kaiser partnered with the State Health Department in Live Well Colorado. “Park Hill Thriving Communities has taken the ball for Park Hill. They got active people in the community to brainstorm how to improve the neighborhood and limit health disparities and get people eating healthy and being active. 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 do-

nated 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.



The bike repair shop at The Bike Depot in Park Hill.



I Love My School.

For more than 15 years, the Montessori Children’s House of Denver has made a difference in the lives of children.

With a focus on education techniques that engage your child’s interest, MCHD embraces a curriculum that uncovers the genius within every child. Call today for a personalized tour at 303.322.8324 x29 or visit mchdenver.org.



Now Enrolling 18 Months - 6th Grade
Toddler - Pre-school - Elementary 303.322.8324 x 29 or visit www.mchdenver.org.



uncover the genius

Five Points Jazz Festival May 16th

By Wallace Yvonne Tollette

The sixth annual “cool, crazy, hot,” Five Points jazz festival – a descriptive phrase coined by the late jazz “officianado,” Leroy Smith, will be held, Saturday, May 16, 2009 from 11a.m. until 6p.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 Troy 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)



Volunteer Nancy Chouteau-Dhonau greets Camille Delaney, 13 as she enters the bookshop.

“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 non-profit 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.



Park Hill resident Joel Smith checks the bargain books in the basement.

FREE ENTERTAINMENT

11:00 AM

- Dez Rubano and Friends – KUVO Studio
- The History & Composition of Jazz, Lecture by Dr. Fred Hess – Blair-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 – Blair-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 – Blair-Caldwell Library
- Sheryl Renee Band – KUVO Outdoor Stage
- Lamont School of Music Jazz Band – Crossroads Theatre

ALL DAY ACTIVITIES

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

LOCATION OF VENUES

- 1) Blair-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

5 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
- M&D’s Café, 2000 E. 28th
- Mocha Motive Café, 2736 Welton
- Pierre’s on Madison, Inside the Art Market
- Welton Street Café 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.

The Architect Collection

solar/energy-efficient/inspired



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!

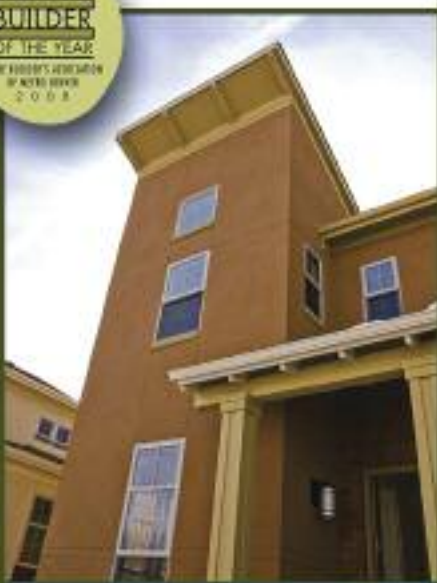
Harvard's NZEH is located at 9126 E. 35th Avenue in Stapleton

- ▶ \$748,000
- ▶ 2,691 Square Feet
- ▶ 3 Beds, 3.5 Baths
- ▶ Main Floor Master
- ▶ Private Courtyard
- ▶ LEED 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 \$58,000 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 Ogilvie at The Architect Collection for additional details. The terms of this offer are subject to change. Marketed exclusively by JGU, LLC.





Above: Park Hill Bookstore volunteers Nancy and Pete Maysmith look at kids' books with Zoe, 4, and Sydney, 7. Below: View of the store from the Mystery section on the balcony.



"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 chil-

dren'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.

Discover your best smile



Robert T. Rudman, DDS, MS

2008 TOP ORTHODONTISTS 5280

"Creating incredible smiles for Stapleton and Denver families for over 10 years!"

NOW

IS THE TIME TO PLAN FOR YOUR 2009 FLEX. CALL TODAY FOR A FREE EXAM! ACCEPTING DELTA DENTAL PPO, DPO, EPO AND PREMIER



ADVANCED orthodonticcare

303-331-0222

155 COOK STREET, SUITE #451, DENVER, CO

A Lifetime of beautiful smiles, treatment that fits your lifestyle.

INVISALIGN, I-BRACES, SURESMILE AND BRACES

Payment Plans Available. Most Insurance Plans Accepted

WELCOMING NEW PATIENTS OF ALL AGES

www.advancedorthodonticcare.com

Denver Neighborhood Real Estate Expert



Invite me in...I'll bring results!

Jim DeCesaro • Broker Associate

720-934-5474 • jim@iDenverHomes.com

View Video Tours of Model Homes & Current Listings at www.iDenverHomes.com



One-up the Joneses.

Curb appeal by DCL.

Meet Your New Landscapers.



Dream Creations Landscaping LLC

www.OurLandscapers.com

720/810.9125

npre

New Perspective REAL ESTATE

NEW PRICE



Presented by Jody Donley

4 Bedrooms, 4 Baths. Parkwood Oxford across from beautiful pocket park. 4500 Sq. Foot Lot! Three finished floors. 2781 Clinton Way, \$549,900

NEW LISTING



Presented by Melinda Howlett

4 Bedrooms + Loft, 3.5 Baths. Creative designer touches throughout. Seamless basement finish. Large lot with over 3,300 finished Sq. Ft. 2862 Fulton St., \$549,900



Presented by Melinda Howlett

4 Bedrooms + Office, 2.5 Baths. Modern Mediterranean with fabulous indoor & outdoor living. 2702 Sq. Ft. + 1337 unfinished basement. 2733 Dayton St., \$539,900

NEW PRICE



Presented by Jody Donley

3 Bedrooms + Office and Loft, 2.5 Baths. Elegantly upgraded throughout. Steps to Climbing Wall Park and Trails. 2626 Sq. Ft. + 1263 Open Basement. 2700 Wabash St., \$519,900



Presented by Jody Donley

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

NEW LISTING



Presented by Jody Donley

3 Bedrooms, 3 Baths. Exquisite Mediterranean Home. Views of Central Park and Mountains. Full unfinished basement. 2197 finished sq. ft. 2935 Willow St., \$435,000

NEW LISTING



Presented by Melinda Howlett

3 Bedrooms, 2.5 Baths. Quality built Wonderland Home with full, unfinished basement. Luxurious Master Suite and Bath. 1784 finished sq. ft. 2613 Elmira St., \$419,000

NEW LISTING



Presented by Melinda Howlett

4 Bedrooms, 3.5 Baths. Quality craftsmanship! Situated on private, HOA maintained courtyard. Professionally finished basement. 2000+ fin sq. ft. 2551 Alton St., \$379,900



Presented by Jody Donley

3 Bedrooms, 3 Baths. Wonderland Chelsea with Incredible Finished Basement. Located on large private courtyard. Main level master. 2218 Fin. Sq. Ft. 8462 E. 29th Pl., \$369,900

NEW LISTING



Presented by Marissa Ross

2 Bedrooms + Large Loft, 2 Baths. Affordable townhome living! Attention to detail, quality finishes throughout. Gorgeous Mountain views. 1167 fin sq. ft. 3092 Fulton St., \$249,900



303.394.4526

Jody Donley • Karl Lo

www.NPREco.com

We eat, breathe, and sleep Stapleton.

MOTHERS DAY

5/05 Tuesday - Plant a Pansy for Mothers Day at the Childrens Museum. Museum admission is Free courtesy of Target Corporation (Target Tuesdays) 4-8pm. Plant a colorful pansy with Grandma MiMi and LuluBelle the Honey Bee from Tagawa Gardens at the Children's Museum of Denver and decorate your own flower pot to take home for Mother's 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 free. Friday night/\$12 for all. www.chocolate-festival.org or 303-347-8252.

5/08 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

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. Tickets in advance at www.washparkhometour.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 \$5 more. 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 to an afternoon bike ride to experience the great outdoors at the Refuge. Make a special keepsake memento for mom, too. 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 Gardens" 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 30th - Jurassic Gardens 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 10am to 6:00pm Friday and 10am to 4:00pm 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, winterizing and more. Stop relying on luck to get your containers through the season; 1005 York St, 720.865.3500 or www.botanicgardens.org to register

5/16 Saturday - Container Gardens for Hot, Dry Spaces. 1-4pm. Learn about designing, planting and maintaining pots and troughs for hot, sunny locations. Learn soils, amendments, drainage, fertilizers and which plants to choose. Bring a 14-inch pot with drainage holes, potting soil, gloves and a trowel. We'll supply the plants. 1005 York St, 720.865.3500 or www.botanicgardens.org to register.

QUEBEC SQUARE FAMILY DENTISTRY

35th and Quebec in Stapleton
7505 E. 35th Avenue #304, Denver, CO 80238

303.322.2081

Early morning and Friday appts available
Creating Stapleton and Park Hill Smiles since 2004!

- Gentle, personal, health-centered care in your neighborhood
- Maximum comfort & ease
- High quality, clinical expertise for the whole family
- Educating patients to take an active role in their oral health
- Bright, new, modern office with the **latest technology**

Dr. Preet Clair
New patients welcome
and insurances accepted
Call us today to
make an appointment
Meet our great dental team at
www.qsfamilydentistry.com



5/16 Saturday - Natural Skin Care, 9 - 11am. Learn all you need to know about skin care and making all your own products for yourself and friends including cleansing grains, facial steams and cleansers, masques that remove all debris from pores, toners and astringents, acne & blemish treatments and moisturizers. Make two moisturizers, also learn to make lip balms. Take home an extensive notebook, a 2 month supply of moisturizer and a pot of lip balm. 1005 York St, 720.865.3500 www.botanicgardens.org to register

5/19 Tuesday - Natural Remedies and Foods for Pets, 6-8pm. Learn about basic nutrition for pets plus herbal and other complimentary therapies to treat common maladies such as poor digestion, arthritis, allergies and more. Make your own pet food to be assured of the best ingredients for your pet's long and healthy life. Everyone takes home an extensive hand-out, plus a large bottle of trauma remedy and an atomizer bottle. 1005 York St, 720.865.3500 or www.botanicgardens.org to register.

5/27 Wednesday - Trees and Shrubs for Small Spaces, 6-8pm. Choosing the perfect landscape tree takes a little foresight but the investment can strengthen a property's beauty and value. This class will highlight less common, appropriately sized trees and shrubs with a variety of desirable features, like multi season interest. 1005 York St, 720.865.3500, www.botanicgardens.org to register.

CAMPS

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

6/15 & 7/20 - Stapleton Guitar & Piano Group Class. One week sessions. Natasha Olson (guitar) and David Ross (piano) who are both performers and teachers in Stapleton are combining forces to provide an introductory musical experience for children ages 6-13. Students will receive beginning training in BOTH piano and guitar, as well as rhythm/theory/ear training/improvisation. Students will be able to

jam and play duets by the end of the week. \$150 per student 10 - 11am. (6 to 9 years old) and 11am - 12pm (10 to 13 years old). David Ross 303-507-0906, pianomanross@yahoo.com or Natasha Olson, 303-318-9542, natashaolson@yahoo.com.

6/15 - 8/10 Arts, crafts and activities related to the cultures of North, Central and South America as well as past cultures of the Aztecs and Mayans. Week-long half-day and full-day camps for elementary and middle school students. Each week has a different focus. Half day \$150/ full day \$175 for non-members. 861 Santa Fe Drive, Denver, 303-571-4401, museo.org

6/28 - 7/3 - Arsenal Summer Soccer Academy at Dick's Sporting Goods Park. Five days of intensive soccer coaching by coaches from the UK. \$125 per day for Day Campers and \$170 per day for Residential Campers. Register interest online at www.playthe Arsenalway.com/USA, call (303) 727-3648 or email USA@arsenal.co.uk. Contact: Sarah Townsend, Arsenal Football Club at (303) 727-3507 or stowndend@arsenal.co.uk

CONCERTS

5/02 Saturday - Arts for a Better Tomorrow Concert, 7:30pm. The Aurora Symphony Orchestra season finale features selected winners of the 7th Annual Youth Concerto Competition, plus Jean Sibelius' masterful Symphony No. 1 in E minor. \$12 adults (\$9 students/seniors); get \$1 off in advance. Gateway High School Center for the Performing Arts, 1300 S. Sable Blvd., Aurora 303-873-6622 or www.aurorasymphony.org

5/29 Friday - Love Songs and Waltzes, 7:30pm. The Colorado Choral Arts Society returns with Brahms' "Liebeslieder Walzer," Bach's popular "Wachet Auf!" (Sleepers wake!) cantata, and Debussy's "Trois Chansons," among other spring-time favorites. Free. St Johns Episcopal Cathedral, 1350 Washington Street. www.ccas.cc

7/18 and 19- 2nd Annual Mile High Music Festival. Headlined by Tool, Widespread Panic & The Fray, at Dick's Sporting Goods Park. Tickets on sale now at www.tickethorse.com, by phone at 866-461-6556 and at www.milehighmusicfestival.com

DENVER EVENTS

5/02 Saturday - Rocky Mountain Alley Cat Alliance third annual Stray Cat Strut auction and dinner to benefit a new high quality, high volume spay/neuter clinic for feral and stray cats at the RMACA facility. 6-10pm at the Renaissance Denver Hotel, 3801 Quebec Street. Reservations \$55 (or \$45 before April 18). 303.202.3516

5/02 Saturday - 2009 MS Lifelines Walk MS. 9am. Participants can walk one or three-mile loops. Food, entertainment and MS "experience" tent. Virtual walk option also available this year. Denver City Park, Colorado Blvd and York St. www.walkMScolorado.org for more information.

5/09 Saturday and 5/10 Sunday - Cinco de Mayo Celebrate Culture Festival. The largest Cinco de Mayo celebration in the United States! Mexican culture fills the Civic Center Park with arts and crafts, strolling Mariachi bands, colorfully costumed Aztec dancers, several stages featuring traditional and contemporary Latino entertainment and a variety of Mexican culinary delights! 10am-8pm both days. Free. www.cincomemayo-denver.com for more info.

5/09 Saturday - The Ballpark Market - 8am - 2pm. An open-air, European style flea market with distinguishing urban flair. Find one-of-a-kind treasures among antique and vintage furnishings, primitives, retro collectibles, eclectic home and garden accessories, hand-made jewelry, vintage clothing and other cool stuff. Larimer Street between 21st and 22nd streets.

5/16 Saturday - Inner City Health Center Fair. The Bike Depot, along with Recycle Bicycles will repair 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 features over 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. 9am-2pm. Held the last Saturday of the month, May through September.

6/05 Friday - 5th Annual Mountain Region Black Economic Summit - Survivor: Thrive in Any Economy, Colorado Convention Center. Educational and business workshops, info on business opportunities available through the American Recovery and Reinvestment Act (Stimulus Package). Keynote speaker is Dr. Randal Pinkett, the season four winner of NBC-TV's The Apprentice. One-on-one business, career and financial counseling sessions for registrants. Online Registration April 16th through June 4th is \$75.00. On-site Registration is \$90.00. 303-400-5928, email info@mrbes.com or www.mrbes.com.

6/06 Saturday and 6/07 Sunday - CHUN Capitol Hill People's Fair. A celebration of the diverse Denver urban community and its residents. Great family fun, culinary delights, entertainment and the commitment 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.chun-denver.org.

6/06 Saturday and 6/07 Sunday - 5th Annual La Piazza on Larimer Square. Professional, amateur and student artists will transform Larimer Square into a beautiful street museum of bright and colorful chalk art images. Also music, Italian food, and beverages. Sat 10-10, Sunday 10-7, larimer-arts.org

6/27 Saturday - 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, multiple rest stops, and full support are provided. Limited registration, spots remain, so register today. Virtual participant option also available this year. Ride begins from 6-8 a. m., Saturday, June 27 www.bikeMScolorado.org for more information (continued on page 12)

Events are subject to change. Please check that information is

Splash

into Aquatics at the
JCC Sports & Fitness Center

**Special Summer Memberships
Available Starting at \$299**

Sign Up Now for Summer Swim Lessons
Featuring the award-winning Aquatic Concepts program
Ages 6 months - 12 years
Outdoor pool opens on May 9th and lessons begin June 7th

(303) 316-6308
sfmembership@jccdenver.org

Join us on June 14th for Waterfest: A Family Day at the Pool!

JCC Sports & Fitness Center
350 S. Dahlia St., Denver CO 80246 • (303) 316-6308 • www.jccdenver.org



FEAST ON THE FAX RESTAURANTS



Quebec St.



Poplar St.



Krameria St.



(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. DicksSportingGoodsPark.com for more information.

5/30 Sunday - Colorado Walk Now 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! DicksSportingGoodsPark.com for more information.

KIDS AND FAMILIES

5/16 Saturday - Denver Montclair International School's annual International Bash festival and street fair. 11am-5pm. International food, entertainment, and culture. Denver Montclair International School campus in Lowry, 206 Red Cross Way, Denver, Colorado 80230. Bungee jumping, inflatable castles, tattoos, hairstyling, arts and crafts, food, music and entertainment from Europe, Latin America and Asia. Free admission, open to all! www.DISchool.org or www.InternationalBash.com.

5/30 Saturday - Spring Fling: A Celebration of Cultures! 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 trainride, 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 influenced 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. 12950 E Montview Blvd in Aurora. Call 303.724.2129 or www.hsclibrary.uchsc.edu

5/13 Wednesday - Theatre Rising presents, A Lady Alone, 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, 14949 E. Alameda 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, meet some of the people who have successfully protected Colorado's special places. Bring a lunch. \$4 (\$3 Aurora residents). Noon to 1 p.m. Aurora History Museum, 15051 E. Alameda Parkway 303-739-6666 or auroramuseum.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://summerofreading.org/> or at any Denver Public Library location.

MUSEUMS

5/23 Saturday - Never Never Day. 10am - 5pm. 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, miming, and costumes for all. Free with admission to the Children's Museum. cm-denver.org or 303.733.7444 2121. Childrens Museum Drive

PARKS

5/02 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 5/05, First Tuesday of the month - Tuesday Tots, Slithering Snakes and Slimy Salamanders. 10-11am. Bull and tiger? What do these names have to do with reptiles and amphibians? Learn about the unique creatures that live at the Rocky Mountain Arsenal National Wildlife Refuge and experience a close encounter with a few of them! For ages 2 to 5 years. Parent or guardian must accompany children. Reservations required. The Refuge is at 56th and Havana. Hours are 6am - 6pm Tues, Wed, Sat and Sun. Visitors Center hours: 7:30am - 4pm. 303.289.0903 www.fws.gov/rockymountainarsenal

5/09 Saturday - Full Moon Hayride, 6-8pm. Enjoy the sights and sounds of the Rocky Mountain Arsenal 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

Starting 5/14 - Fireside Chat at Bluff Lake 6pm. The May 14 presentation will be in Spanish, future Fireside 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.blufflakenaturecenter.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. 10am -12:00pm. Whether you are an experienced artist or have never drawn before, come learn this simple method of sketching and writing to awaken your senses of wonder. Morrison Nature Center is located at 16002 E. Smith Road in Aurora. Hours are 12pm to 4:30pm Wednesday through Friday and 9am to 4:30pm Saturday and Sunday. Reservations recommended, 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! Discover interesting facts about North America's largest land mammal and how they survive on the prairie. Reservations required. 56th

(continued on page 15)

Give you and your family the gift of a beautiful, healthy smile!

“beautiful smiles begin here”

Lowry Family Dentistry
303.366.3000
MAKALA HUBBELL, D.D.S.
Voted Top Dentist in 2008 and 2009 **5280**
Dentist's Magazine

• ADULTS • CHILDREN • INSURANCE ACCEPTED • FINANCING AVAILABLE • CONVENIENT EVENING HOURS •

www.lowryfamilydentistry.com

We're always on the move...

ON OR NEAR EAST COLFAX AVE.



Ivy St.



Elm St.

Cherry St.

June 13 & 14, Central Park A Taste of Puerto Rico Comes to Stapleton



Photo by Colorado Contact Zone

Musicians at A Taste of Puerto Rico Festival in 2007
at Cuenevaca Park

By Nancy Burkhart

Stapleton's outdoor space for large events and its community of cultural diversity are reasons for *A Taste of Puerto Rico Festival* to move from its downtown location for the past three years to Stapleton Central Park on Martin Luther King Boulevard for its fourth year June 13 and 14.

"That 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 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.atasteofpuertoricofestival.com.

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



June 9th
4th Annual

Feast on the Fax



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 help advance the mission of these six great neighborhood associations.

Restaurants that have signed up this year include: Solera, Senor Rita's Cantina, The Cork House, Mataam Fez, Phoenixian Kabob, Krameria Cafe, Senor Pepe's, Habesha, Mozart Lounge & Piano Bar, The Elm, Queen of Sheba, and Africana Café.

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.

PRESIDENTIAL LIMOUSINE Luxury Ground Transportation



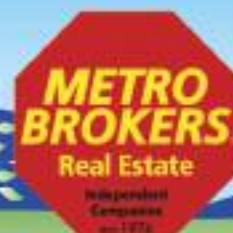
Over 24 years of Experience – The Best Way to See Colorado in Style.
Specializing in Airport Transfers, Nights on the Town, Sporting Events,
Weddings, & any Special Occasions.

Relax in our Expertly Driven Fleet of Luxury Vehicles.

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.4denverrealestate.com



WE BUILD MARVELS OF ENERGY EFFICIENCY CLEVERLY DISGUISED AS BEAUTIFUL OLD HOMES.

New Town leads the way in new urbanist home design, construction materials and energy innovations, providing you with the best in conservation and healthy living environments. And now we've added the leading name in solar systems SunPower Solar. By pairing our uniquely efficient homes with a solar power plant we will cut your energy expenses by as much as 80%. And as always, our homes are filled with the things you've always wanted, like great great rooms, breathtaking kitchens, high end fixtures, alley entry detached garages and livable people sized porches. The best part, they look just like the classic Denver homes you love. So, when you visit one of these marvels of energy, look close to appreciate it's efficiency, because it's neatly tucked inside a beautiful New Town home!

NOW EMPOWERED WITH SOLAR!

Stapleton ~ Mike Carey
720-441-0269 • Staging in the high 300's
mike_carey@newtownbuilders.com
Location in Stapleton - 29th & Alton

Bradburn ~ Jill Price
303-465-0005 • Staging in the mid 300's
jill.price@newtownbuilders.com
Location in Bradburn - 29th & Alton

newtownbuilders.com
Helping you build a beautiful home that's smart, efficient and green.

New Town BUILDING OUTSIDE THE BOX

NEW TOWN

Little Feet

Your kids - our shoes - a perfect fit

Step into Spring with new styles from Twig

The Jason

The Beth

twig

“...and the green grass grew all around”

Cherry Creek North
201 University Blvd. #103 • Denver
303-388-9535 • Hours: Mon-Sat 10am-6pm

Helping Businesses Start, Grow, & Prosper

*Need help starting or growing your business? Then you need to visit the **Denver Metro Small Business Development Center** at Johnson and Wales University.*

We offer professional business consulting and education for small business owners.

We can assist you with:

- Business Planning
- Marketing
- Management
- Finance
- ... and more

To meet with a business consultant, call
303-256-9786.

Colorado SBDC NETWORK
at JOHNSON & WELLES UNIVERSITY

Sweet
Life

nail bar lounge

- mani/pedi (\$40)
- facials and waxing
- gift certificates
- groups and parties

- wines by the glass
- trollbeads jewelry
- on-line booking
- now available

MAKE ANY MOM HAPPY!

2373 Central Park Boulevard Ste 105
Denver, CO 720-496-4565
www.sweetlifemilbar.com

(continued from page 12)

and Havana. 6am - 6pm Tuesday, Wednesday, Saturday and Sunday. Visitors Center hours: 7:30am - 4pm. 303.289.0903 www.fws.gov/rockymountainarsenal

5/28 Thursday - Fireside Chat, Living with Urban Wildlife. 6:00pm, Bluff Lake. Denver Parks and Recreation Naturalist Ashley DeLaup will discuss 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

6/02 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

THEATRE

Through 5/09 - Incorruptible at the John Hand Theatre in Lowry. The river flooded again last week. The chandler's shop just burned to the ground. And Ste. 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 make the trek and restore the abbey to its former glory. All seems lost until the destitute monks take a lesson from a larcenous one-eyed minstrel, who teaches them an outrageous new way to pay old debts. \$17 Fri/Sat; \$2 discount for students with ID and seniors 62 and over; \$14 Sun (No Discounts). www.johnhandtheater.com/

4/10 through 5/10 - Aurora Fox Theatre, The Skin of Our Teeth by Thornton Wilder. The Antrabus Family has seen it all: war plague, ice age, flood

and even more war. The Skin of Our Teeth, the Pulitzer Prize winning absurdist comedy about the end of the world, is a tribute to the indomitable human will not just to survive, but to persevere until we triumph over natural and man-made disasters alike - if only by the skin of our teeth. Tickets online at www.aurorafox.org. 9900 East Colfax, 5 blocks west of Havana

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

5/14 through 6/14 - Oscar and Felix, by Neil Simon at the Shadow 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-\$26 phone 720.857.8000 or www.shadowtheatre.com for tickets and additional information. 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 accidentally 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 unscratched. But of course, nothing goes according to plan in this zany, madcap comedy! www.johnhandtheater.com/

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. 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 Kenyan

lands, empower women with new work, provide new sources of food and income for Kenyans, and defend democracy. To RSVP for the film e-mail Amy Masching at amasching@denverzoo.org or call 303-376-4935. (See also 5/30 volunteer project to restore habitat.)

5/30 Saturday - Zoo Habitat Restoration Project. Register 8:30am; Volunteer project 9am-1pm. Admission free. Advance registration required - space is limited. Must be 10 years or over; Chil-

dren under 16 must be accompanied by an adult. Participants are asked to attend the screening of the film Taking Root: The Vision of Wangari Maathai (see 5/28 zoo event), then plant trees and restore habitat for wildlife along the Westerly Creek area in Denver (near Martin Luther King Blvd and N Beeler St). To register e-mail Amy Masching at amasching@denverzoo.org or call 303-376-4935.

Casey's

BISTRO & PUB

Happy Hours 3-7 & 10-midnight 7 Days a Week
Featuring \$3 Domestic Drafts, Well Wines,
Well Drinks and a Great Tapas Menu.

Nightly Dinner Specials and Kids Eat FREE
All Day Sunday

FREE Appetizer

**Bring in Mom on Mother's Day and
Receive a Free Appetizer**

Only one coupon and one appetizer per table. Only good on Mother's Day and not good with any other promotions, coupons or specials. Select appetizers only.

7301 E. 29th Ave., Denver • 720.974.7350

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

We accept all major PPO insurance programs. We also offer flexible hours for appointments

Stapleton Children's Dentistry

Alfaiyaz Ibrahim, DDS
2373 Central Park Blvd., Suite 305
Denver, CO 80238

Child exam, x-ray, and fluoride only \$49.00 for new patients (a \$100 savings)

FREE
for all new patients a personalized Mouth Guard or an electric musical tooth brush

Did you know the American Academy of Pediatrics recommends that children see a dentist by 12 months of age?

303.399.KIDS (5437) www.stapletonkids.com

Now offering free pregnancy tests!

WELCOME TO STAPLETON OB-GYN

At Stapleton OB-GYN we offer a full range of women's health care options. From teenagers to mothers to grandmothers, we provide obstetrical and gynecological services for women at every stage of life. Your health and well-being as a woman is the focus of our care.

We offer advanced medicine in the following areas:

- Obstetrics
- Infertility
- Menopausal Counseling
- Contraceptive Counseling
- Free pregnancy tests
- Gynecology
- Gynecological Surgery
- Incontinence
- Postpartum Care and Support

Please call 303-403-6333 today to schedule your appointment or a FREE 10-minute Meet and Greet with Dr. Ginsburg.



Valerie B. Ginsburg, MD



Stapleton OB-GYN
PHYSICIAN NETWORK

2807 Roslyn Street
(Near the Stapleton Town Center behind King Soopers)
303-403-6333

LEADING BY EXAMPLE

©2008 Example Healthcare

Real Estate Corner

Information of interest from local real estate professionals

Stapleton Sales Recap – And What’s Happening Now?



Rhett Adams

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 stabilizing in the market. Homes priced between \$300,000 and \$500,000 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.

	Jan-June '08	July-Dec '08	Jan-Mar '08	Jan-Mar'09
Lowest price paid	\$192,243	\$226,000	\$192,243	\$264,900
Highest price paid	\$1,313,000	\$1,000,000	\$825,000	\$1,200,382
Homes Sold Under \$300,000	13	9	7	3
Homes Sold \$300,000-\$400,000	44	26	15	12
Homes Sold \$400,000-\$500,000	44	29	18	13
Homes Sold \$500,000-\$700,000	43	27	19	9
Homes Sold \$700,000-\$900,000	7	4	4	2
Homes Sold Over \$900,000	3	3	0	3

Rhett Adams is a fourth-generation Coloradoan who works extensively with buyers throughout the Denver Area. She is a broker with Metro Brokers – Dardano & Associates in Stapleton's E. 29th Avenue Town Center and can be reached at RAdams@Dardanorealty.com or (303) 478-2232. Please email Rhett for free Stapleton information. (Information here on single family home sales was compiled using Metrolist, Inc. statistics and may not reflect all real estate activity on the market.)

Premium Fishwrap*



Jon Meredith

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 gets himself a Miller High Life 40 ounce bottle.

"I've been signing here a long time
and the money used to be much bet-

“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 '30s and refers to the transient value of yesterday's newspaper.*

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

- Personal Style Consultants
- Thousands of samples from the best brands
- “Expert Fit” measuring and installation
- Over 1,100 consultants

FREE In-Home Consultation & Estimate

30% OFF

All Home or Office Window Treatments

Call today for details!

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

Budget
Blinds
a style for every point of view

Some Restrictions Apply. Offer Good At Time of Initial Estimate Only. Lifetime Limited Warranties.
Not Valid With Any Other Offers.

BLUEPRINT

Stapleton's "Basement Finish Leader"

303-467-9400

130+ Basements Sold • 97% Customer Satisfaction
Best Warranty in Business • Budget-Minded Designer
Project Manager On Site Daily



Gold Star BBB Member • Visa & MasterCard
Licensed & Insured

Dedicated Volunteers Make Jazz Concerts Happen

By Nancy Burkhart

Jazz music has been filling City Park with starlit 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 10 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-raising 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



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.

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 – Teresa 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 – Funkiphino

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 Udi's Bread Cafe, All Things Renewable, Cold Stone Creamery, Amore Fiori, U-Shampooch and An's Lemongrass Grille.

CENTRAL PARK

PURCHASES | SALES | INVESTMENTS | PROPERTY MANAGEMENT

REALTY

Joe Slowey
720.232.0687

Nancy Brauer
Tina Turner
303.882.4499

John Carranza
303.489.6196

Available Properties

2900 Emporia Ct.
2255 Fairfax St.
2395 Xanthia Way
1032 E. 24th Ave.
166 N. 10th Ave
3638 Fillmore.
3686 South Depew St.
2543 Gentry Pl.
2360 S. Quail Hollow Rd.
10019 Hudson St.
2067 Indian Summer Dr.

< NEW PRICE

For Rent

2724 Willow St. –
John Laing Res. 3
Available July 1st. –
2724 Willow Street

Under Contract

7060 Vrain
~~2025 98th Pl.~~ SOLD
~~620 Leo St.~~ SOLD
~~2219 Uinta~~ SOLD

< TAKING BACK-UPS

Coming Soon

2329 Cherry St.
19536 E. Iowa Cr.
1977 S Ouray St

Buyers

We currently have a client looking to purchase in Stapleton under \$375K

Sales Statistics

Updated Stapleton Sales Statistics can be viewed on our website

DID YOU KNOW:

WE PROVIDE
INTERIOR
DESIGN
CONSULTATIONS
ON MOST
LISTINGS

WCEPTA Gold Sponsor

REALTOR

www.CentralParkRealtyllc.com

a Wild smile

PEDIATRIC DENTISTRY

Your child's passport to a great smile.

FUN, JUNGLE ATMOSPHERE
• Eliminates fear
• Treating infants thru teens

PHENOMENAL SMILE CARE
• Board Certified Pediatric Dentists: Jesse Witkeff, DDS
Julie Vuong, DDS

LATEST TECHNOLOGY
• Child size instruments & chairs
• Digital x-rays reduces radiation exposure, maximizes accuracy & comfort

DELTA PPO
• Welcoming new patients
• Most insurance accepted
• Payment plans available

2008 TOP DENTISTS 5280

Best Places for Families 2008 WINNER!
Kids' Pages Family Magazine

A WILD SMILE
2975 Roslyn St.
(Conveniently located in the Medical Office Bldg. off of 29th Place behind Wlagraens, next to Stapleton Pediatrics.)

720.945.1234

"Pediatric dentists are the pediatricians of dentistry"
Play games and learn more about us at awildsmile.com

DDC+ Denver Dermatology Consultants, P.C.

Hunter Sams, M.D.

Grace Badow, M.D.

Erin Welch, M.D.

Skin Care Specialists • Mohs Micrographic Surgery • Skin Cancer Treatment
Physician Administered Cosmetic Injections • Laser Hair Removal • Acne Treatment • Cosmetic Excisions & Repair
Sclerotherapy • Microdermabrasion • Laser Treatments Chemical Peels • Phototherapy • Botox®

www.denverderm.com • 303-426-4525
2970 Quebec St Suite 200 - above Bank of the West

Smiling at Stapleton

by Preet Clair, D.D.S.



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. Like any material there are advantages and disadvantages in its use. Silver amalgam is comprised of tin, silver, copper, zinc and trace amounts of mercury. When amalgam is placed the belief is that the mercury escapes as vapor when the filling is packed into the tooth thus reducing the mercury content. Most of the evidence is anecdotal and almost all the major health organizations do not see a detriment to placing silver fillings.

However, there are reasons why most dentists are not recommending the use 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.qsfamilydentistry.com.

Now Welcoming New Patients!

We've designed an orthodontic office with you and your sense of style and fun in mind. Let our team provide distinctly excellent orthodontic care for you and your family in an upbeat Stapleton environment.

- Now accepting Delta Dental and other insurances
- State of the art digital equipment
- Digitally secured patient information
- Ample convenient parking
- Financial options available

Karen Franz D.D.S., M.S.

Call 303.31.ORTHO

2373 Central Park Boulevard,
Suite 302. Denver, CO 80238
www.StapletonOrthodontics.com

STAPLETON ORTHODONTICS

Presented by **Wolfe & Epperson** **RE/MAX**

<p>2829 Syracuse Cir. #139 \$134,900 • OWN instead of renting • Crisp Contemporary Town-home • 2 Bdrms • 1 Bath Great quiet mid-block location Contact for income restrictions</p>	<p>27th & Gaylord Duplex \$475,000/\$485,000 City Living w/ Downtown Views • 4 Bdr Study • 4 Bath • Great Location • Space • Hi Ceilings 11'00" Sq. Ft. w/ Fin Stone Terrific Fireplace • Hi Effc HVAC, Tankless H2O, Security System</p>	<p>2537 Birch St \$464,950 1 1/2 story Craftsman • 4 bed above ground • 2 bath • 1873 Sq Ft • Full basement • Beamed ceilings and built-ins • Loaded glass windows • Wood burning fireplace • Beautiful yard w/ water feature</p>	<p>8031 E 29th Ave \$550,000 Exceptionally priced Sky Terrace w/ custom finishes • Gourmet Kitchen • Master Suite w/ deck Private Courtyard-Rooftop Terrace w/ FP and views</p>
--	---	---	---

1st Time Buyer?
Make a move today!

Selling Stapleton Since Take-off
Jay Epperson & Judy Wolfe
303.886.6606 | www.stapletonhomes.net

Jonathan Zonca, MD, "Top Doc 5280"

Peak family medicine

Leslie McKenna, NP • Emily Shupe Talley PAC
Same day and evening appointments.
High Quality Care for your entire family
Including kids!

303-322-PEAK (7325) – www.peakfamilymed.com - 4500 E. 9th Ave #320

Casey's Construction LLC

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

10% OFF Project when you mention this ad at your **FREE Consultation**

westerra CREDIT UNION

I LOVE MY CREDIT UNION

Receive a FREE GPS with Better Than Free Checking!*

- Free VISA® Debit Card with Rewards
- No minimum balance requirements or monthly fees
- 160 Colorado Service Center locations
- Free Annual Credit Report Review
- 800 Free ATMs in Colorado, plus ATM Rebates**
- Free Online Banking, Bill Pay and Electronic Statements

Conveniently located in Stapleton at 3700 North Quebec—behind Panera Bread!
www.westerracu.com/checking 303-321-4209

160 Locations. 800 Free ATMs.
Locally owned by our members since 1934

Subject to application and approval. Offer valid for new checking accounts only. Direct Deposit of payroll or other recurring deposit required. GPS will be awarded after the first direct deposit is received in the account. Stop by any branch or call 303-321-4209 to obtain GPS. Garmin Nuvi 380W GPS System, while supplies last, or comparable value may be substituted. GPS value will be reported to IRS as income as required by law. Limited time offer. **Original ATM receipts must be turned into Westerra with a completed request form within 90 days of the transaction date for reimbursement. Request form is found online at www.westerracu.com.

Westerra helps get you places!

By Sherry Liberato

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.

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.

Sherry Liberato works at the Northeast Denver Satellite Permitting office located at 23rd and Oneida.

[1] *Top Ten Mistakes of Do-It-Yourselfers* by Pat Curry of Bankrate.com, originally posted at realestate.msn.com

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, Havana and 31st Avenue. Mercy's first affordable rental housing development at Stapleton is the Parkside Apartments, located at 23rd and Syracuse.

By Tom Gleason

When Billy Brown heard that Forest City and Erico Motorsports were sponsoring a referral

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



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.

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 Erico Motorsports (a \$4,500 value). See the ad on page 28 for the entry form and the program rules.



Head & jaw aches?

Get back to life without the pain.

"My life has a calm and comfort now where the constant pain used to be. Dr. Brett explained that my face, jaw and neck pain was caused by a condition called TMJ. I had heard that before, but I had never met anyone who could truly help me. Now I tell everyone I know that Dr. Brett is my 'TMJ healer.'"

— **Wendy O'Donovan Phillips**, patient since 2005

- Functional Dentistry for Real Relief from Pain
- Cosmetic Dentistry and Orthodontics for A Truly Spectacular Smile
- General Dentistry for A Genuinely Healthy Life

Now accepting referrals and new patients.

2008
TOP
DENTISTS
5280

TC TOWNCENTER
DENTISTRY AND
ORTHODONTICS

Genuine Oral Care. Life-Changing Results.

303 321-4445

Located in the heart of Stapleton
www.makeyoursmilegreat.com



New to Denver!

What summer is all about!



We build community. We get kids into nature. We play!

Located in Cherry Creek State Park with pick-up and drop-off at the Anschutz Medical Campus.
 Discounts, flexible payment options and scholarships are available. For ages 7-12.

SAVE 10%



mountain day camp

www.mountaindaycamp.com 720.249.2997

DPS Bus Driver Recognition

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

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.

By Nancy Burkhardt

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 Portee, 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



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.

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."

Ardella 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 Portee.

"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."



Our Next Pig Roast is June 5


Come in for Mommy & Me Mondays

FREE glass of house wine for any moms that bring the family in!

"American Idol" Tuesdays


7352 E. 29th Ave. p: 303 321.4010

www.TheBerkshireRestaurant.com



Community Financial Peace Workshop
Sunday May 17th | 6:00 PM | Stapleton

100% FREE. No Selling. No Pressure. No MLM. No Kidding.
Just sound financial advice for you and your family.



You are not alone in your financial worries. Countless Americans are facing the stress of these tough economic times. Come connect with others who can relate and learn concepts to help bring stability back to your home.

For details and to register for this event visit www.stapletonchurch.com or call 303-321-1014.

StapletonChurch.com • 303.321.1014

IS YOUR AD ON THE COFFEE TABLE or in the recycling bin?



Advertise in a paper that people really read.

30-35,000 copies distributed free to NE Denver during the first week of each month. Email karissa@fineprintco.com

Visit FrontPorchStapleton.com.

or call Karissa at 303-333-0257 or 303-526-1969.

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 tableau 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 begun 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 early 2010.

A second public art commission for the East-bridge Town Center was recently awarded by the Park Creek Metropolitan District to the artist team of Lajos Heder and Mags 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 barbneal@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 email DenverRecycles@denvergov.org.

By Diane Deeter
Director of Programming
and Events

The MCA summer schedule offers tons of fun for everyone.

May 2, "Band, Bar-B-Que and Bungee" - Our first community event on the Green presents "Six Foot Joe and the Red Hot Rhinos" in concert from 5:00-7:30pm. Food and beverage will be available for purchase. This event is open to everyone.

May 29, "Battle of the Bands" - This event at Founders Green is open to any band in the greater Stapleton area. The winner will open for our August 1st concert. Check www.stapletoncommunity.com for final information. Interested bands should contact events@stapletoncommunity.com or call the MCA office at 303.388.0724.

Help us plan events - If you or someone you know has expertise in theater, music, art or dance, please email us at events@stapletoncommunity.com. We also encourage anyone who has an interest in planning or organizing community events to email us at events@stapletoncommunity.com. It is important to have input from the community when planning events for the community. If your time is already booked, but you have ideas, please feel free to send the ideas our way.

Pool Openings - Pools will open at noon on Saturday May 23. To avoid long lines or paying guest fees upon entering, please make sure all members of your household have a pool ID in hand prior to the Memorial Day weekend.



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

RPM IS AT BLADIUM!

And BodyPump tool

Unlimited classes for only \$30/month!

2400 Central Park Blvd www.bladium.com 303.320.3033

New Day Acupuncture Bruce Stoebner, L.Ac.



Specializing in treatment of:

- Pain
- Allergies
- Stress & emotional disorders
- Women's health issues
- Digestive complaints

Custom herbal in-house pharmacy

Discover what acupuncture can do for you...

2840 Xanthia Court, in Stapleton
Call 720-838-7918 for a free consultation
www.acupuncture-in-denver.com

APEX DERMATOLOGY GROUP

Specializing in Medical and Surgical Treatments for Skin Disorders and Cosmetic Needs by Our Board Certified Doctors

Dr. Theriault

Dr. Wallner

303-261-1525

Now Open Tuesday - Friday, 7am to 1pm
www.apexdermatology.com
130 Rampart Way, Suite 250

Auto. Home. Life. Commercial.

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

"Your Neighborhood Agent"

Allstate
You're in good hands.

Subject to availability and qualifications. Insurance offered only with select companies. Allstate Insurance Company, Allstate Indemnity Company, Allstate Property and Casualty Insurance Company, and Allstate Life Insurance Company, Northbrook, Illinois. © 2007 Allstate Insurance Company.

STAPLETON HOME SERVICES

A CLEAN YOU CAN TRUST

www.stapletonhomeservices.com

- Home Cleaning
- Carpet & Upholstery
- Windows & Exterior

ONE FREE HOUR!

• Flexible Child Care When YOU Need It! •
• Open Days, Nights & Late on Weekends! •
• Drop-In Anytime • Low Hourly Rates • Ages 1-13 •
Offer Valid For New Customers Only

303-825-1466
1305 Krameria Street, Unit D - Denver, CO 80202
(Mayfair Plaza-PW corner of Krameria & 13th Street)
www.kidstowntcenters.com

KidsTown
Drop-In Child Care Centers
DENVER AT MAYFAIR

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-

hood, and as such either lack common sense or have a complete disregard for others. What I suggest is that every time you walk your dog, and diligently pick up after them, pick up after someone else too. This way we can all do a little to maintain this wonderful resource, and hopefully the minority will see and realize it is not acceptable to be irresponsible and not pick up after their animals. –Gary Smy

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 PHPV 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 men and women 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-\$7,500) 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.

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 Troy 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 Blair-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, Ottawa 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 Blair-Caldwell Library. The festival included the Ken Walker Quintet, the Fred Hess Quartet, Joe Keel and His Action Orchestra, Jakarta, Revelation

Quintet, Wende Harston with A Touch of Blue, and the Tom Tilton 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, Blackberries, the KUVU performance studio and at the Rossonian Hotel. Cleo Parker Robinson's dance studio also participated with open dance lessons. Tribute honorees were Harriet 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 Holliday, Purnell Steen and Billy Tolles.

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

Wallace Yvonne Tollette, a resident of northeast Denver, is the author of "Colorado Black Leadership Profiles," which tells the stories of over 700 notable African Americans from Colorado. She can be reached at westernimages@juno.com or by phone at 303-830-1691.

RECURRING STAPLETON EVENTS

4th Monday SUN Board Mtg – 7:30pm MCA Community Room, 2823 Roslyn St [stapletonunitedneighbors@gmail.com]	Every Wednesday Weekly Weeders, Bluff Lake Nature Center 9am-12pm, 303.945.6717	Stapleton Development Corp (SDC) 7350 E. 29th Ave. 7:30 – 9am 303.393.7700
Every Tuesday Stapleton Rotary Club – 12pm Stapleton Radisson Plaza Hotel 3333 Quebec St [Michael@KearnsTeam.com]	1st Wednesday "1st Wednesdays" Home-based businesses. Location listed at StapletonLife.com Most mtgs 11:30am - 1pm	2nd Friday Story time & craft for young children & caregiver Westerly Creek Elementary library 9:15 - 9:45am. 303-322-5877
Every Tuesday AA Open Discussion Mtg 7:30pm MCA Community Room, 2823 Roslyn Street [Joe 303.912.7075]	2nd Wednesday Odd numbered months SUN Transportation Committee 6:30pm MCA Conference Rm, 2823 Roslyn St. [stapletonneighbors@msn.com]	1st Saturday Bluff Lake Birders , Nature Center 7-9am [BluffLakeNatureCenter.org]
1st Tuesday Breast Cancer Support Group 5 - 6:30pm AF Williams Family Medicine Clinic, Conference Rm (west entrance) 3055 Roslyn (at MLK) 720-848-9000	Every Thursday (when school is in session) Bill Roberts Elementary School Tour , 10am 2100 Akron Way, 720-424-2640	2nd Saturday NE Denver/Park Hill MS Self-Help & Support Group , Dist. 2 Police Station 10:15-11:45am 3821 Holly St. [Lillie 303-329-0619]
3rd Tuesday Greater Stapleton Business Assoc. 8am MCA Community Room, 2823 Roslyn Street 303.393.7700	First Thursday Bill Roberts Middle School Tour , 10am 2100 Akron Way, 720-424-2640	Periodically Stapleton Wine Appreciation Group If interested in upcoming events email meighanm@aim.com
	3rd Thursday Stapleton Citizens Advisory Board Mtg ,	

LOL!

Orthodontics for truly spectacular smiles.

"Braces were actually a fantastic experience with Dr. Gina. She listened to my needs and helped me feel calm. She always made me feel right at home."
— Michelle Waggoner, patient since 2005

Improve your oral health and boost your self-image. Please call today for your free orthodontics consultation.

Gina G. Kessler, DCS, MS
Orthodontics for Truly Spectacular Smiles
Children and Adult Patients Accepted

TOWNCENTER
DENTISTRY AND
ORTHODONTICS
Genuine Oral Care. Life-Changing Results.

Orthodontics • Cosmetic Dentistry
Functional Dentistry • General Dentistry
303 321-4445
Located in the heart of Stapleton • www.makeyoursmilegreat.com

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

Edward Jones
MAKING SENSE OF INVESTING

The SUN Spot

The *independent* voice of Stapleton

Brought to you by Stapleton United Neighbors

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



Stapleton Block Party Day

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

Spring Stapleton Public Forum

On May 7th at 7pm at Denver School of Science and Technology, 2000 Valentia St., SUN, in conjunction with the Citizens 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, Library 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 the neighborhood, 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 attendance 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 receiving one vote.

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

SUN Board Candidate Statements of Interest



Caroline Batorowicz

I am interested in serving as SUN board member 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 community and I want to be a part of making an impact and providing 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 I want to make sure that we plan for their future and success. As an Architectural Designer I am very interested in the impact we are making on the built environment in Stapleton.

One of my concerns is further development of our neighborhood. I am interested in the Stapleton Development Corporation (SDC) Committee as well as the Design Review Committees. Currently, I am on the Design Review 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 Briegleb

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 neighborhood. The more we looked into other areas, the more we realized that this was the place we wanted to stay permanently. Stapleton is the exact type of neighborhood that we want to live in, with its strong sense of community, wonderful parks and pools, walkability, sustainability, "greenness", and amazing neighbors. We are committed to staying here, and now I would like to get more involved to ensure that Stapleton continues to be a place where we all want to live. Having been a Stapleton resident for five years, I really know this neighborhood and am eager to contribute to SUN. I am currently a stay-at-home-mom to two boys, and have a strong passion for health, the environment, and living as green a life as possible. I am looking forward to being involved in many of the upcoming changes to Stapleton, including the addition of the library, rec center, and hopefully a natural grocery store. I have the time, strong sense of commitment, and enthusiasm necessary to be an effective SUN board member.



Donna Davis

I am a resident at Parkside Apartments. I would love to have the opportunity to serve you as a member. I currently serve as the Executive Director of two Non-Profit organizations and have many years of civic service in my respective communities. I am proud to have had several opportunities to represent Parkside Apartments and its residents at Public Events and will continue to do so as Mercy Housing continues to expand its mission. I have had the opportunity to serve on a presidential campaign and to act as a Regional Director with Moveon.org. It is my pleasure to organize in my neighborhood and I hope you will attend the next SUN Election and forum to cast your vote for solid and proven representation.



John Christbens

As the co-owner of Metro Brokers Cherry Creek my background is squarely in sales and marketing, with over 16 years of experience. Prior to entering into real estate I was the Director of Sales and Brand Development at Colorado Ski Country USA (CSCUSA). Previous to CSCUSA I was the Director 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 business management and psychology.

I am a five year resident of Stapleton, along with my wife Janet, 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 maintaining 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 program to fruition I would appreciate the opportunity to continue my tenure on the board.



Chris Herndon

I'm 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 time with Save Our Youth as a mentor for struggling high school students and helping facilitate "Financial Peace University" classes through my church. I am a 2008 alumni of the Center for Progressive Leadership as well as the Colorado Institute 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 involvement 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 Stapleton, I have a vested interest in seeing the community 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 commitment 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

Steve works for the U.S. Department of Commerce as a Field Operations Quality Control Supervisor for the 2010 Census. He has been a community activist and successful I.T. business executive. With his wife Irene Ledesma, he moved to Stapleton's Eastbridge in 2007. Steve has a Masters Degree in Public Administration and Local Government Man-

COME & ENJOY THE CULTURE & JOY OF PUERTO RICO

A TASTE OF PUERTO RICO FESTIVAL

Sat., June 13 • NOON-7PM & Sun., June 14 • 10AM-7PM
at Stapleton Central Park, Denver, Colorado
www.atasteofpuertoricofestival.com

NEW THIS YEAR

CAR SHOW!
ALL DAY
Saturday, June 13

Featuring: Live Music, Dance Contest,
Authentic Puerto Rican Food,
Activities For Kids, Lots of Fun!!

VENDORS ARE NEEDED
(Food Vendors must be licensed and insured)

Please call or e-mail Alvin or Maria for Registration.
Alvin: 303-667-4031 or vdiazquez@comcast.net
Maria: 303-507-3010 or ccmac80017@aol.com

park hill tech

Computer Services

Home & Small Business
New Computer Setups
Software/Hardware Installs
Wireless Installation and Security
Data Backup/Transfer
In Home Service

ashton@parkhilltech.com
Call 720-351-1372

Ireland's Finest

Painting Company

• Complete Interior and Exterior Painting •
Quality Work by Trusted Craftsmen Since 1995

CALL (303) 512-8777

www.irelandsfinestinc.com

Thousands of Families Have Relied on Us Since 1981

Premier Nannies

Full-time
Part-time
Live-out

Rent a Mom

Babysitting Service
Daily/weekly
Evenings/overnights
Daycare Centers

303-322-1399

email: nanny@rentamom.com
website: www.premiernannies.com
210 St. Paul St., Suite 230 Denver, CO 80206

Friendly Neighborhood Church Seeks...YOU!

Montclair Community UMC • 1195 Newport St.
Traditional Worship 10:30am

The Open House

Sunday evenings at 5:05 pm.
Call 303-333-7352 or visit
<http://montclairumc.blogspot.com>
to learn more.

agement from CU Denver. He worked in the Colorado State Senate in 2006/2007.

Goals include integrating Stapleton's neighborhood with the surrounding communities, schools and businesses; promoting the efficient 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 Stapleton's Greenbuild commitment. Steve Lawrence continues his public service activities. He was elected as the Caucus Leader for Precinct 746, and is on the Democratic State Platform committee. Steve lead non-partisan voter registration drives and serves on community boards related to Healthcare and People with Disabilities.

Irene and Steve have 5 adult children and one grandchild. They share interest in Colorado's outdoors. Steve also is a certified Master Composter 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 community I live in the East Bridge Neighborhood with my partner Armando (who is also our Block Captain) for the past three years along with our Scottish Terrier, Dunollie. I was born and raised on the East Coast in both New York City and the small town of Stroudsburg Pennsylvania. I received my Bachelor of Architecture Degree from Cornell University, and received both a Master of Architecture in Urban Design and a Master of City Planning from the University of Pennsylvania. I entered the practice of Architecture in Philadelphia in 1987 and moved to Denver in the 1992 where I have continued to practice Architecture dealing with Master Planning and the design of


commercial office and retail, institutional and educational projects.

I founded my current firm, Locus Architects in 1999, and for the past ten years has served as the sole proprietor working on a large range of projects dealing with both renovation and new construction in the commercial, educational, hospitality, and multi-family sectors. I also currently serve as Vice President for the Jasmine Place Townhome HOA- my former residence in Mayfair.

I feel that my professional background would be helpful regarding issues that come up as Stapleton continues to grow in the years to come.



David Mueller
I moved to Stapleton a little over two years ago and have been involved in the community ever since. We moved to Stapleton because I truly believe that Stapleton is a close nit neighborhood that showcases Green Building, Open Spaces, great architecture, long term viability and most important fosters neighbor interaction and community involvement. I currently sit on the Garden Courts 4 HOA board, having been re-elected recently after serving for a year and a half. In my capacity as a GC4 Board member I spearheaded many projects to benefit our homeowners. I also have experience with the many budgetary concerns involved with community associations and projects. I have been very grateful to serve my community in my current capacity. I am a small business owner and have had the pleasure of working with several homeowners in Stapleton to design projects in their homes. I believe that we have a great community here and I look forward to seeing it grow in the future. I hope to bring my experience and enthusiasm to serve on the SUN Board.



Real. Community. Church.

Westerly Creek Elementary School
Sundays at 9:30 a.m.
720.985.6810
www.northfieldchurch.com
contact@northfieldchurch.com

FEELING LIKE YOU NEED MORE SPACE?

BASEMENT FINISHING



Best in quality & Design

Get the **BEST** design at **NO** cost. Attention to detail at truly low prices. You deserve nothing but the Best!



Call Jim @ 720-276-7704

CRiSP

Home Inspections



Professional Home Inspection Services
A 1 year Warranty Inspection will provide you with what may be your last chance to correct any defects at your builders expense!

Buyers • Sellers • Investors
Comprehensive Reports • Radon Testing

Call today 303-316-3333
www.CRiSPinspections.com

DART auto

PORSCHE Volkswagen Audi

Full Service Repair

Dealer Quality Service for Less

4801 Monaco ST 303-296-1188

Free Shuttle to Stapleton & Park Hill
Mention this ad for a free preventive maintenance & safety inspection.



HOUSE CLEANING

Stapleton and Park Hill References

Detail Oriented • Ironing Included • Window Washing • Carpet Cleaning
12 Years in Business • Offices • Homes • Park Hill Resident
Paulina Leon 720-628-6690 • paulinaleon22@hotmail.com

CLASSIFIED ADS

EVENTS

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

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

SERVICES

CONSIDERING RENTING YOUR HOUSE/Townhouse? Full Service Property Management Company. Expert in extremely hot Stapleton market. Will get top \$\$\$\$. Call/email Tom Cummings for free consultation. 303.324.6988 TJCMGMT@msn.com. www.StapletonForRent.com

DENVER'S RESIDENTIAL PAINT SPECIALISTS Interior/Exterior. 12 years in Business! Neat, conscientious craftsmanship, color consultations, polite, respectful, & fully licensed/bonded/insured crew (same crew for 3 years) Impeccable local Stapleton references. Call John with Premier Paint Works, Inc. at 303-864-9247

HARDWOOD FLOORING - Installation, Finishing, Re-finishing. Call Seth Roland (720) 252-5847. 10 years Experience, References, Insured

HOUSE CLEANING – Mature, honest, friendly, dependable. 303-671-9065

HOUSECLEANING-EXCELLENT LOCAL REFERENCES - 12 years in business, Park Hill resident. Homes, offices. Paulina 720.628.6690 PaulinaLeon22@hotmail.com

HOUSECLEANING SERVICES – Professional, detailed residence cleaning for a good price. Call Lourdes Mendoza at 720.404.9375. We're negotiable to fit our customer's needs.

HOUSEKEEPING WITH 15 years of experience - affordable rates, free estimates and many references. For more info, please contact Juana Ramos at 720.371.3290

LAW FIRM - Stapleton mom-owned law firm providing affordable estate planning services: wills, trusts, guardianships, etc. Flexible day or evening appointments, at your home or our office. 10% discount for Stapleton residents. ARAG insurance accepted. 303-974-5617 or yvonneolive@oandmlaw.com.

LAWN CARE SERVICES - Santo's Garden - Responsible man offers the following: Planting of grass and plants, Sprinklers system install, Cutting lawn, Cleaning yard, Landscaping, Wood fence install, 14 years experience with magnificent references. Santos: 720.628.6690 (Cell)

MACINTOSH ON-SITE SUPPORT. Troubleshooting & repairs. Network/Internet Setup. Al - 303 470-1933.

MEGA DECK, FENCE and Pergola staining and designing in beautiful redwood, fir or cedar. Please call Norman at 720.270.5101

MILE HIGH CLIMBERS, LLC is offering a Brain and Body Booster Class for 4-6 year olds August 10th - 14th pleasantly scheduled from 3:30 to 5:00pm at Baby Power in Quebec Square. For more information please go to www.milehighclimbers.com. Happy climbing

MOUNTAIN HIGH LANDSCAPE - It's not too early for spring clean-up. Trim Trees and shrubs, Clean-up leafs and trash, weekly mowing starting at \$20. For all your lawn care, landscape, or Irrigation needs. Call 303.915.4962

NEED TO MAKE A CHANGE??? If you need to make a change in your life but don't know how to make it, consider a life coach. I'm a reputable coach whose goal is to step you through this change. Free consultation. Tia Goldschlag. 303.333.0340. Mind-Shifts.com

SERVICES

PERSONAL CHEF - all of the flavor, none of the guilt! Services include luscious desserts, romantic meals, parties and more. Call Donna @ 303.250.2021 or email GuiltlessGourmet@Q.com.

PIANO SERVICE - Tuning, repair, reconditioning. Registered Piano Technician with Piano Technicians Guild, 30 years experience serving metro Denver - close to Park Hill & Stapleton. David Nereson - 303.355.5770

PROFESSIONAL CLEANING SERVICES. - "Sizzling Special" Insured, Bonded, Worker's Comp. Affordable, Reliable, Individualized Service, Commercial/Residential, Member Denver BBB, Free Estimates, Credit Cards Accepted, Always Clean 303-431-9808 www.denverhousecleaning.com

QUALITY AFFORDABLE HANDYMAN! Insured Handyman Services include: baby proofing, ceiling fans/light fixtures, closet organizers, assembly, repairs, pictures hung, fence staining, etc. No Job Too Small! Bob 720-434-3649 besthandyman@comcast.net

READING / WRITING TUTOR - grades K-3. Retired public school reading specialist. Call Jan (303)394-3969

RENT A WIFE - No time or energy for everything on your "to do" list? I will do all the errands and lessen stress in your life. Let's get together and see what this "wife" can do for you. Call Joy at 303-331-0681.

TILE INSTALLATIONS – Floors, bathrooms, counters, backsplashes, fireplaces, reasonable rates. Stapleton references. Call Rick Straub, 303-548-8591

WELDING SERVICES - Any repair or custom fabrication. Steel, stainless, aluminum, titanium, copper. A.W.S. Certified and insured. Shop or onsite mobile. Flying M Welding. Scott - 720.363.5267 / FlyingM@mac.com / www.flyingmwelding.com

YOU DESERVE A MASSAGE!! Stapleton mom & CMT brings therapeutic hotstone, Swedish, deep tissue, sports recovery, Reiki, pain mgmt, & chair massage to the comfort of YOUR home or office! 9 years experienced. Gift certificates & same day appts available! call Denise Chew today 303.956.1912

FOR RENT

VINYL RECORD Collectors: Magnavox (Console) Player and Radio Audio System. Top condition. \$125. 970-726-1174

BEAUTIFUL CRESCENT FLATS Apartments. Contemporary urban flats, above E. 29th Town Center. 1 Bedrooms from \$939, 2 Bedrooms from \$1245. Floor-to-ceiling windows, in-suite washer/ dryer. Pet friendly. Immediate occupancy. Enjoy all Stapleton amenities. 1-877-768-2663. 2853 Roslyn St. EHO. Please call for specials.

FOR RENT

BOTANICA ON THE GREEN Apartments. Stylish condo-style apartments by Founders Green. 1 Bedrooms from \$965, 2 Bedrooms from \$1245, 3 Bedrooms from \$1599. Garage, private balcony. Pet friendly. Immediate occupancy. Enjoy all Stapleton amenities. 1-877-768-2663. 2853 Roslyn St. EHO. Please call for specials.

HOUSE FOR RENT - A cottage in the city, open floor plan, 2 BR, full bath, living & dining room, kitchen, rear breakfast rm w/ french doors leading to patio, fenced yard, laundry room, garage & vegetable garden. Lowry - \$875/plus utilities/deposit - Bruce (voicemail) - 303.399.7969

STAPLETON AND LOWRY TOWNHOMES Homes available for rent. Have 2, 3, 4, & 5 BR properties available both immediately and for future (30+ days) move-in. 303-324-6988 or TJCMGMT@msn.com. www.StapletonForRent.com

STAPLETON MILLION DOLLAR home with two million dollar views. Less than a year old, 4 bedroom, 4 bath, office, playroom/loft, breath taking gourmet kitchen, large yard, separate dog run, fully furnished. Short term or long term negotiable. A must-see at \$4800 monthly. 303-319-3206.

TOWNHOME IN THE PROMENADE at Lowry: for rent \$1295/mo; 2 bed, 2.5 bath, 2 car garage, private balcony. Dog ok. Immediate occupancy. 85 Units #405. 303-744-6831 for info.

VACATION RENTAL - Keystone Resort. Perfect for a family. 90.00 a night. Enjoy this privately owned fully equipped 2 bedroom condo. This is an exceptional vacation value. 303-748-4328

KIDS ADS

NIGHT OUT? Call Babysitter Shannon Wilson - 720-519-6129 in Stapleton. Red Cross certified, experienced Mother's Helper. Ages 6 mos - 6 years. References available.

RED CROSS CERTIFIED BABYSITTER - By puddle jumper pool. Age 11 1/2. Call Greg @ 303.841.9304

Starting with the June issue of the Front Porch, all classified ads must be entered and paid for online. Visit www.frontporchstapleton.com and choose Classifieds. Deadline is the 16th of the month at 11:59pm to get ads in the next month's issue. The new classified website will be ready May 6th.

Letters to the Editor –

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

Display Advertising

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

Emerald Isle Painting

Interior/Exterior • Residential/Commercial
Trained Professionals • Color Consulting
Thorough Surface Prep Services • Custom Finishes
Carpentry & Restoration • Licensed & Insured
First-rate References From Happy Clients

303.322.ISLE (4753)
Call For Your Free Estimate
www.emeraldislepainting.com
Over a Decade of Quality Craftsmanship



Make it happen.

Tia Goldschlag
intuitive LIFE COACH
303.333.0340
Mind-Shifts.com

MINDShifts

Stapleton Front Porch

25

May 2009

Alternative Medicine

(continued from page 1)

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.

"A landmark study by David Eisenberg had come out in 1996 showing that 50% of the population was using alternative medicine. So I said we're not training our residents to know how to talk intelligently to people about alternatives, yet half of their patients are using them. There is something missing here. So when I started my first job, I started an elective for the internal medicine residents to expose them to all these different therapies so that they could have intelligent conversations with their patients. We needed to be able to discourage patients from the harmful stuff, encourage the proven beneficial stuff and have open discussions about the safe and plausible ones. So that's how I got into it, and the more I learned about it, they more I realized it wasn't all bad. There were some things, chiropractic for certain conditions, acupuncture for certain conditions, that do have randomized



Dos & 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
Acupuncture
Massage
Chiropractic
Herbs and supplements that have been shown to be safe and effective

Harmful therapies to avoid

- Colonic enemas
- Chelation therapy
- IV therapies
- Ionic foot baths
- Restrictive diets
- Megavitamins
- Herbs/supplements that are toxic, interact with other drugs, stimulate tumor growth and/or affect the immune system
- **Anything used IN PLACE OF proven, curative, conventional treatments**

Specific Supplements to Avoid

- Vitamin E – no benefit, studies show toxicity at higher doses
- St. John's wort - Too many drug interactions, possible DNA damage
- Phytoestrogens in women with breast cancer risk - No evidence they are any safer

- Unlike prescription and over-the-counter medicines, supplements are not required to prove safety or efficacy, the burden of proof is on the FDA to show if they are unsafe

Supplements to Consider

- Multivitamin - But latest data doubts benefit; good diet likely better
- Calcium (women) - 1000 - 1500 mg / day total
- Vitamin D - Most Americans deficient; may help prevent cancer & muscle pain
- Fish oil (Omega 3 FA) – For heart disease, high blood pressure, headache, weight loss, depression, cancer prevention

Uses for Acupuncture

- Chronic pain of any etiology (Fibromyalgia / myofascial pain; Low back, neck pain; Headaches; Carpal tunnel; Osteoarthritis; Irritable bowel syndrome
- Depression / anxiety
- Fertility / menstrual irregularity
- Nausea (chemo, travel, post op)

Uses for Chiropractic

- Back pain
- Neck pain
- Headaches
- Other musculoskeletal problems
- There is no proof for "prevention" or maintenance

Tips for Living Healthier

FIT Exercise prescription

- **Frequency** - Exercise every day
- **Intensity** - Break a sweat; increase difficulty of exercise
- **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 deprived "normals" develop chronic pain
- Sleep deprivation is linked to breast cancer and weight gain

To sleep better

- Don't eat, drink, exercise just before bed
- Avoid late day caffeine, 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 tired
- 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
- Hypnosis

Drop off your stuff. We'll sell it on eBay.
You get a check.

iSOLD It.

Simply drop off any items you'd like to sell on eBay and we'll do the rest!

- Professional digital photography
- Expert copywriting and listing on eBay
- Payment processing from winning bidder
- Professional packing and shipping

Discount on Commission
With This Coupon

Free eBay Appraisals - No Upfront Fees
Hundreds of locations nationwide including:
7506 East 36th Avenue, Just East of Ross
Denver, Colorado 80238. 303-539-6915
Store Hours: Mon-Sat Noon-7pm, Closed Sunday.
Time to do some Spring Cleaning! Antiques and Collectibles, Designer Clothing, Shoes and Accessories, Cameras, Computers, PDAs, DVD Players, Cell Phones, Entertainment Memorabilia, Jewelry & Watches, Musical Instruments, Sports Equipment & Memorabilia, Vehicle Parts and Accessories.

#1
Selling more stuff on eBay

Trading partners with eBay

**Welcoming our latest addition,
Dr. Amy Nash**

Stapleton Pediatrics

Brandon Davison-Tracy, MD
C.U. Young Teacher of the Year

Noah Makovsky, MD
"Top Doctor" 5280 Magazine

2975 Roslyn Street, Suite 100 • Denver, CO 80238 • 303.399.7900
Located 1/2 block north of the 29th Street Town Center
www.stapletonpeds.com

GREAT NEWS!
State Farm® has reduced auto rates in
COLORADO

At State Farm, you'll get more than a great rate. You'll also get an agent dedicated to helping you get the right coverage backed by the nation's largest claims network. Call my office today and discover why State Farm is trusted by more drivers than any other car insurance company.

Jessika Aveni, Agent
QUEBEC SQUARE IN STAPLETON
7506 East 36th Avenue, Suite 282
Denver, CO 80238 (2490)
Fax: 303-371-5433
www.jessikaveni.com
See how fast we can get you!

LIKE A GOOD NEIGHBOR **STATE FARM IS THERE.®**

Providing Insurance and Financial Services

State Farm Mutual Automobile Insurance Company, one of 16 in U.S. • State Farm Indemnity Company, P.O. Box 118, Bloomington, IL 61820-0118

**FREE MAP
SEARCH - TRY IT NOW!**
WHAT'S FOR SALE IN YOUR
NEIGHBORHOOD?

REAL ESTATE & MORTGAGE
WESVALLEY.COM
720.422.3976

Mike Ciechanowicz
PAINTING

Meticulous
Interior &
Exterior
Painting
Faux Finishes
Free Estimates

"Every customer is a reference."
303.343.3704
Cell 303.324.1653

5th annual parent pathways
MILES FOR MOMS
5K
Celebrate Mom by
helping teen moms
Sat. May 9
9 a.m.
Central Park-
Stapleton
Info & sign-up at www.parentpathways.org

Comcast
1-TBANK

Acupuncture Chiropractic Massage

Natural Balance
Integrative Health

3055 Roslyn St. Suite 120
Denver, CO 80238

303.355.0363
www.nbihdenver.com

jkjlawnsprinkler.com
JKJ Lawn Sprinkler, Inc.
Celebrating 25 years of service to you

303-766-0775 **RAIN BIRD**
Install/Repair/Service • Complete Landscape Design/Build
Xeriscape/Drip Irrigation • Certified Irrigation Contractor



Brian Enebo, 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. Enebo 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 spends time 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. Enebo when they believe a chiropractic approach is indicated instead of surgery, and Dr. Enebo has access to all the surgeon's reports and xrays through shared electronic medical records.

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 fibromyalgia, 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 acupuncturist 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.uch.edu/conditions/integrative-medicine/index.aspx or call 720-848-1090.

controlled evidence, so I moved toward the middle.

"I sort of present our program as a necessary evil (to the doctors). Your patients are going to do it, so at least have them do it 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. Who should I be sending to you? 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've got something I don't know about.' I think more and more doctors are becoming open to it.

"You 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 he'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,

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 sun 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 sit 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 replanted 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 are 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.

Fitness & Fun, All in One:

Gymnastics!

Keeping Denver Fit for 25 years!

All Ages & Levels
Boys Program
Birthday Parties

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

One FREE Month or FREE Leotard

With Paid 4 Week Session. Good for One Session Only.

New customers only. Must present coupon. Not valid for Team Athletes. Not valid with any other offers. Expires 06/30/09

2722 Dallas Street, Stapleton

Spectacular, Infinity Built, Tuscan-style 3,262 sq ft 4BD/4BA home w/main floor study. Located on an 8,532 sq ft premium lot & across from a charming park. Beautiful finishes & upgrades. Walk to Central Park.

Marilyn Dana **303-378-1089**
Coldwell Banker Devonshire
MarilynDana.com
www.MarilynDana.com

Directions - From Quebec, go east on MLK Blvd. (cross the Westerly Bridge). Go South on Clinton St., east on 28th Ave., south on Clinton Way, left on Dallas to property.

FARMERS

Stapleton + Home + Children = Life Insurance

Call Me to Help You Solve This Problem

ktafoya@farmersagent.com • 303-955-0861
2332 Central Park Blvd., Denver, 80238

Kevin D. Tafoya

EcoImagine

Design & Painting

Inspirational, environmentally-conscious home finishes.

303-829-6012 contact@EcoImaginePainting.com

PLAYFUL POOCH

Daycare for as low as \$20 per day!
5 large play-grounds
Grooming services
Large kennels with pet cots
25% boarding discount for siblings
3 color cameras
Buy One Day of Daycare,

ON THE WAY TO DIA!
In The Stapleton/Park Hill Area
PlayfulPoochUSA.com • 720.941.7529
4000 Holly St., 4 blks South of I-70

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



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

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

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

Here's how it works.

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

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



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

FORESTCITY

Brought to you by Forest City Stapleton and Erico Motorsports.

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



Stapleton

Rules:

- The Referral must be hand written on this ad (see form above), and contain the name, address and phone number of both the Referral (your friend) and the Referrer (You). Referral must be accompanied by this ad and presented to a Stapleton Homebuilder sales representative on the FIRST visit to a Stapleton Homebuilder.
- No more than one Referral, per person in a calendar month without written permission from Forest City Stapleton, Inc.
- No Reseller Referrals are permitted for this Program.
- Forest City Stapleton will provide the \$500 cash within 45 days of the Referral home closing.
- Referral Program does not apply to resale homes. The Program only applies to new home sales with Stapleton Homebuilders.
- If multiple people refer a person, the ad/tyer with the earliest dated postmark (or earliest date received by Stapleton Homebuilder sales representative) will determine who receives the \$500 cash and who will be entered in the drawing for the free Vespa LX 150 Scooter from Erico Motorsports.
- In compliance with the IRS guidelines, any taxable income and sales tax is required to be paid under this Program and is the sole responsibility of the receiving party.
- Referral Program begins on January 1, 2009 and expires on June 30, 2009.
- Scooter winner will be announced on July 8, 2009.
- Scooter winner will be required to sign a release form with additional terms to claim the free Vespa LX 150 Scooter from Erico Motorsports.

