

Front Porch

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

DENVER, COLORADO

STAPLETON

JULY 2009

Summer Takes Center Stage



Slow Food Stapleton

By Jon Meredith

I walked into my buddy's apartment on a recent Sunday and unexpectedly found fresh vegetables on his kitchen counter. I had never seen him eat a vegetable, let alone

Hailey Green, 2, and her mother Melanie find the perfect tomato at the Colorado Fresh Market stand at the Stapleton Farmer's Market held every Sunday on Founders Green in the 29th Ave Town Center. More photos of summer activities at Stapleton are on page 23.

buy one on purpose. It did help that the Stapleton Farmers Market is right outside his window and he was much closer to a fresh red pepper than a slice of pizza. Other than eating right, he is a fitness fanatic. I have often asked him how a fitness freak and yogi can possibly eat off the dollar menu at

local quick-food concerns. For some reason that cannot be explained to me, he does not understand the correlation between good health and the food that you consume.

"Look at me," he says "I have six-pack abs and I've been eating Big Macs since I was three. (continued on page 22)



Artist Gerald Heffernon and Stapleton public art consultant Barbara Neal view Heffernon's sculpture, "The Picnic," which is getting the final patina applied by Martha Sulfridge at Fedde Bronze Works in Park Hill. The sculpture will be located at 35th and Xenia in Stapleton.

New Public Art at Stapleton

Denver Language School Charter Approved

City's First Mandarin/Spanish Immersion Public School to Open in NE Denver in 2010

By Brian Weber

The Denver Language School was approved June 18 to become Denver's first language-immersion public school. The Denver Public Schools board voted unanimously for the Mandarin Chinese/Spanish-immersion charter school to locate in central northeast Denver. No location has been chosen. DLS and DPS will now evaluate DPS facilities; DLS is also researching commercial (continued on page 22)

By Nancy Burkhart

The appreciation of art is a personal thing. However, when the artwork is Public Art, it has to appeal to a high percentage of the people who live and work in the area.

"There's added responsibility to selecting artwork for a place like Stapleton because it's primarily residential, and we're looking at identifying artwork that will be appropriate within a residential area," Barbara (continued on page 8)



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

4

Annual
Stapleton
Garage
Sale

A Harp
in a
Hearse

5

Walk
With
a Doc

6

S.U.N.

20

Manny Lorenzo holds his daughter Clara, 6, as she hangs from a tree near the fountain in the 29th Ave. Town Center in Stapleton.



CALENDAR

Events in or near Stapleton that are free and open to the public or are charitable fundraisers.

JULY

Every Saturday thru Oct.

Northfield Farmers Market 9am - 2pm
Between Bass Pro and Target

Every Sunday thru Oct. 11

Stapleton Farmers Market 8:30am - 12:30pm
Founders Green

Every Saturday

Walk With a Doc, 8am
Central Park (see page 6)

Friday, July 3

Northfield Concert - Opie Gone Bad, 6-8pm

Saturday, July 4

Pancake breakfast 8:30 - 10:30am
Fountain Pavilion, Central Park
\$5 adults, \$3 kids, tickets at event
Parade starts 10:30 in Central Park

Saturday, July 4

SCFD Free Day Denver Art Museum

Tuesday, July 7

Target Tuesday - Children's Museum Free
4pm-8pm (recurs first Tuesday of the month)

Friday, July 10

Summer Movie Night, Mama Mia
Founders Green, dusk

Monday, July 13

SCFD Free Day
Denver Museum of Nature and Science

Monday, July 13

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

Tuesday, July 14

Active Minds - Coffee: A Brief History
Tattered Cover, 2526 E Colfax, 12:30-1:30 pm

Friday, July 17

Northfield Concert - Nacho Men 6-8pm

Friday, July 17

Denver Parks & Rec, Movies in the Parks, 8:45pm
Fred Thomas Park, Madagascar: Escape 2 Africa

Saturday, July 18

29th Ave Town Center COP Shop Open House
Kids fingerprinting, bike registration, bike safety
for kids, Neighborhood Watch info, 9am-1pm
amy.esten@denvergov.org

JULY

Saturday, July 18

Stapleton Community Garage Sale 8am - 1pm
www.BuildingStapleton.com/garagesale (see p.4)

Saturday, July 18

Summer Concert Series, Soul School
Founders Green, 6 - 8:30

Saturday, July 18

Mamma Mania: Managing the Craze
of 0-5 Year Olds. Book signing
by Montclair resident Amy Sampson (see p.10)
Borders, Northfield Stapleton 2-4pm

Wednesday, July 22

Active Minds - The Legacy of World War I
Generations at Lowry, 8505 Lowry Blvd, 1-2pm
RSVP 303-364-8500

Friday, July 24

Summer Movie Night
Journey to the Center of the Earth, 3-D
Founders Green, dusk

Saturday, July 25

Sweet William Market 9am - 2pm
Founders Green (last Sat. of month thru Sep.)

Tuesday, July 28

Active Minds - Ukraine at a Tipping Point
Tattered Cover, 2526 E Colfax, 5:30 - 6:30pm

AUGUST

Saturday, August 1

Film, Food & Music for Adults
Filing 15 pool; \$25 per person, buy tickets
online at stapletoncommunity.com (see p. 21)

Saturday, August 1

SCFD Free Day Denver Art Museum

Monday, August 3

Stapleton Sustainability Camp
Grades 1 - 3 in fall '09 (see p. 21)

Tuesday, August 4

Target Tuesday - Children's Museum Free
4pm-8pm (recurs first Tuesday of the month)

Wednesday, August 5

DPS meeting with Stapleton community
about the need for more space in schools
Bill Roberts School, 6:45pm

Friday, August 7

Summer Movie Night
Kung Fu Panda
Founders Green, dusk

Friday, August 7

Northfield Concert, Dotsero 6 - 8pm

Saturday, August 15

Stapleton Rocks...A Concert for a Cause
Featuring local bands, 10am - 10pm (see p. 21)

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

(See page 9 for recurring monthly events and meetings)

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Front Porch

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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.

Stapleton Engineer Helps Bring Safe Water to Haitian Village

By Nancy Burkhart

From 2005 through 2007, Josh Carroll, a project engineer for M.A. Mortenson Co., worked with the Denver Water and Denver Wastewater departments to coordinate services for all the homes being built in Stapleton.

Today, Carroll continues to work for Mortenson, but in his free time volunteers to work on water distribution projects in Haiti and other third world countries as a member of the Climbing for Christ organization. Climbing for Christ is a national non-profit organization that is funded by private donations that are put into overseas charitable works, such as the project in Haiti. The president, Gary Fallesen, is the only paid staff member, according to Carroll.

Two Haitian villages have water that is 100 percent contaminated, Carroll said. The island falls victim to tropical storms and hurricanes every year. Organization volunteers have had to backpack cement to the mountain villages in order to build structures to withstand the storms.

Carroll became involved in the Haitian project in 2007. "I was attempting to write a book about the importance of mountains in world religion, specifically about Christian religion," he said. "Most big events happened on a mountain. I Googled and found Climbing for Christ. They asked me to go to Haiti and work on a water issue."

Carroll's project is to get clean water transported up the mountain to two villages, Gentilhomme and Malasi. A 450-foot steep ravine has caused Gentilhomme villagers to lose their lives bringing water home. The village, like Malasi, also needs to filter its water in order to overcome the contamination



Josh Carroll in Haiti

tion which causes villagers to suffer from e-coli and fecal choloform.

Carroll's project has two mission objectives: 1) To purchase and install two pedal-powered filtration units – one for each village. They cost about \$2,900 each. 2) To purchase and install manual pumps in Gentilhomme that will lift water. Two pumps are needed to lift the water the needed 400 feet. When a villager hops on the attached bicycle, a pump is activated to send water through six filters and filter the water to the level of drinking water in the United States.

"Once we get this purchased, we have to backpack it into

Photo courtesy of Josh Carroll



Drawing courtesy of World Wide Water

Pedal powered water filtration units cost \$2,900 each, and can be set up and running in a day. This unit filters up to eight liters of water per minute with little effort, and can provide 5 liters of water per day for 1,500–1,800 people. They will operate for 6–8 months before needing service and filter replacement.

the mountains," Carroll explained. "I've never wanted a helicopter so bad as when we had to backpack cement into the mountains."

Donations have totaled \$1,400, so more is needed. They can be made by going to the website: www.climbing-forchrist.org and paying through Paypal, or by mailing donations to: Climbing for Christ at P.O. Box 16290, Rochester, N.Y. 14616.

"These people have no clothes, no home, and are starving to death, yet they offer you everything when you're there," Carroll said. "I hope some day my work will be done in Haiti, but I hope to go back there as a friend and visitor. With Climbing for Christ, I probably will go on some other missions. We have a project in Nepal and other places."

Josh Carroll will answer questions about Climbing for Christ and the Haiti project. E-mail him at: frontrange4c@hotmail.com.

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AVEDA

Northfield Shopping Center

Stapleton's 4th Annual

By Diana and Michael Kearns

One Family's Trash Is Another's Treasure – and it is once again time to clean out your garage, basement, and closets and reap the hidden rewards of selling your extra “stuff” – and then buying more from your friends and neighbors!

The Fourth Annual Stapleton Community Garage Sale will be held on Saturday, July 18, from 8am to 1pm. More information is available online at www.BuildingStapleton.com/garage-sale. As we get closer to the sale date, you'll also be able to download a map and list of homes participating.

As Stapleton has grown, so has the Garage Sale. In its first year, the sale included 109

Photo courtesy of Michael Kearns



2008 garage sale

homes, 170 in 2007, and over 230 in 2008. Once again the sale is organized and sponsored by Diana

To Have a Successful Garage Sale...

By Meighan Meeker

There is no better time than the present to prepare for the upcoming Stapleton Garage Sale to be held on July 18 from 8 am to 1 pm. If you are like most people, your basement and/or garage is filled with bins and boxes that have been with you since graduating from college. Here are some tips to motivate you to de-clutter your space and make some money in the process.

Start by organizing what you own. Open each box and bin and put like items together by category. The key is to plan your time so you don't get overwhelmed. If you have time to carve out a full day to get it done, great; otherwise, dedicate 30 to 60 minutes a day until you have uncovered every box. Sort items in large, clear plastic containers by theme such as: clothing, electronics, books, housewares, toys, etc. After they are sorted, take a second pass at what you have. If you have duplicates, only keep one. Make separate piles of the items you plan to Keep, Toss, Sell, and Donate. Put the items you are keeping back in the bin, label it, and place it on a 5-tier shelving unit against the wall. The items should be stored in “zones” such as gardening, sports, clothing, memorabilia, decorations, and housewares. Placing bins on shelving makes

them easy to access and minimizes the space you use for storage while maximizing the space available for other activities that you enjoy.

Many people feel guilty getting rid of family heirlooms and memorabilia. However, keeping these items in boxes for generations to come does not honor these things. Just because you inherited them from a relative does not mean you need to keep them. Did you ever wonder if maybe these items were never used by the previous owner either because they thought they were ugly too? It is ideal to keep a few things of sentimental value and find a place in your home to honor them. The rest should be offered to other family members, and finally donated if no one else wants them. Do not let the emotional attachment or value of an item stand in your way of getting rid of it.

If you do plan to sell items in a garage sale, group them on tables by theme and price. Display your most expensive items up front. Place items that are less desirable, or in need of repair, in a box labeled “Free Stuff.” Generally, items should be priced at 10%–25% of the original value. Be prepared to negotiate, especially toward the end of the day when you should be more willing to sell remaining stuff for a discounted price.

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Garage Sale

and Michael Kearns of RE/MAX Alliance, and there is no cost to you to participate.

The last day to register for the sale, and be included on the map, is Saturday, July 11. To register, please send an email to GarageSale@BuildingStapleton.com, and include the following info: (1) Contact name, phone number, and email address (these are for use in communicating only, and will not be shared); (2) street address; (3) Where you will have your sale (alley or front); and (4) The two or three main things you will have for sale – examples: "furniture and lawn equipment," "baby clothes, toys, and computers." So we don't have to do too much editing, please limit your description to about 10 words or less.

Have more questions? Check the FAQ page on the Garage Sale website (www.BuildingStapleton.com/garagesale) for answers to commonly asked questions, or email GarageSale@BuildingStapleton.com.

Get Organized

Donate any items that do not sell immediately. Remember to ask for an itemized receipt for your taxes.

Moving forward, do not allow your basement or garage to be a dumping ground for items that you do not want to deal with. It is often too easy to forget about these things taking up valuable space in your home.

Meighan Meeker is a Stapleton resident and the owner of Simply Put Organizational Solutions for the Home, LLC. For more information: email meighanm@aim.com, or call 303-321-2692.



James Whitman, Wheatridge, Lisa Graziano, Stapleton, and Robert Dean of the Phantom Coaches Club of Los Angeles California, gather at Riverside Cemetery for a picnic at the end of this year's Hearse Convention. Lisa's silver and black hearse, nicknamed "The Beast" is visible at left.

Lisa Graziano worked for 10 years as a professional harpist in Los Angeles and, with some difficulty, hauled her harp around in a station wagon. After the station wagon got in an accident, she relied on friends with SUVs to help her transport the harp. Then, at a Halloween event at Fairmount Cemetery, she looked at a row of hearses and hatched a new plan for hauling her harp and, as it turned out, a whole new dimension in her life as well. After a two-year search, and with the help of a member of the Denver Hearse Association, she found a 1973

silver and black hearse for \$2,500. She's now semi-retired from performing and uses her hearse as much for fun as for hauling her harp. She drives her hearse in the Frozen Dead Guy parade in Nederland, and participates in Halloween activities like the Emma Crawford coffin race in Manitou Springs. In early June, a 3-day "HearseCon" event in Denver attracted hearse owners from all over the U.S. and Canada. Lisa has rented out "The Beast" as a prop for a Halloween party and even driven kids to a prom in it. "I love that car," she says. It has more personality than a lot of people I know."

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Condo/Townhome	81	21	7	24

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“Walk With a Doc” Saturdays at 8am in Central Park



Dr. Michael Meeuwsen (right), with his daughter Cameron, I, walks with Jason Jozsa (and his dog Cooper) on a Saturday morning in Central Park in the “Walk with a Doc” program to encourage regular exercise.

Dr. Anna Marie and Michael Meeuwsen, who practice at the AF Williams Family Medicine Clinic at Stapleton, are starting a “Walk With A Doc” program, modeled after a popular program in Ohio started by Dr. David Sabgir. The WalkWithADoc.org website states that walking makes you feel less tired, decreases stress, aids in weight loss and weight con-

trol, improves circulation, and lowers blood pressure and cholesterol levels. All ages are welcome (including children and dogs on leashes). Join the doctors by the kids’ play area in Stapleton’s Central Park at 8am every Saturday morning through mid-October. The walk will last approximately 45 minutes. For more information email annamarie.meeuwsen@ucdenver.edu.

Since You’ve Asked...

Q. I am wondering about the lack of landscaping and sidewalks surrounding the Police Academy across from Bill Roberts School. I'd like to find out when if there will ever be sidewalks put in as there is so much foot and bike traffic in the area and children walking around.

A. Curb, gutter, sidewalk and landscaping will be done over the next two months at the Denver Police Academy. Landscaping around the Academy was delayed by discussions exploring the feasibility of creating a new, regional training facility, but it has been determined that is not feasible at this time. As a result, the existing police academy will remain in place for several more years. (Response provided by Bar Chadwick, Special Project Coordinator, City of Denver).

Q. Would you be so kind as to help me understand current plans for the swimming pool planned for the Central Park North neighborhood around Alton/36th?

A. The design for the pool in the park bounded by Alton Street on the west, Beeler Street on the East, 36th Ave on the north and 35th Place on the south is currently planned to be very similar to that of

Aviator Pool on 28th Avenue and open for the summer of 2011. When the project is ready to move forward, the design team will review the current plan and determine if it is still the appropriate design for the community’s needs.

Q. What is the latest on the Eastbridge Town Center?

A. Jim Chrisman, senior vice president for Forest City, told the spring Public Forum at Stapleton that a contract has not yet been signed with a grocery store that will serve as the anchor tenant for the town center. Construction of the center will not take place until a grocery story is signed and at least half of the retail space is pre-leased.

Q. When and where is the Stapleton library being built?

A. Officials from the Denver Public Library are in the final stages of purchasing a site at the southwest corner of E. 29th Drive and Roslyn in the E. 29th Avenue Town Center.

Editor’s Note: Unless indicated otherwise, responses are provided by Tom Gleason, vice president-public relations, Forest City Stapleton, Inc. Please send questions to tgleason@stapletondenver.com.



Come Get Involved!

Sports Leagues

- Jr. Nuggets Basketball (3rd-8th grade, boys and girls divisions)
- Jr. Nuggets High School Basketball
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Registration Deadline is July 24!
Season will run August 24, 2009 through October 10, 2009

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- Flag Football
(1st-4th grades coed)

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By Kathy Epperson

The Colorado Film School is a big hit for the city of Denver. Part of the Community College of Aurora, the school offers impressive educational opportunities in film and media at a time when original media production is a burgeoning industry in the Denver area. With state-of-the-industry equipment, respected programs, and a highly talented staff, this film school is making a name for itself among film schools nationwide.

Located on the Community College of Aurora's Lowry campus, the Colorado Film School now offers agreements for transfer to full bachelor's degrees with both Metro State University and Regis University. The recently launched partnership with Regis University allows students to take the first three years of study at the very economical community college tuition rate and enjoy the convenience of remaining on the Colorado Film School campus for full access to top equipment, resources, and interaction with staff and other film students.

In step with the times, the Colorado Film School offers a variety of programming choices to meet the needs of a wide range of students. In addition to the full-degree programs, there is an Advanced Immersion Program that can be completed in 11 months, plus associates of applied science degrees and certificate programs. Areas of study include Writing and Directing, Writing and Producing, Post Production, Cinematography, or

Colorado Film School at Lowry "Media is the Language of the Global Economy"



Frederic Lahey, Founding Director of the Colorado Film School, holds a Masters of Fine Arts degree from Columbia University Film School and spent nearly a decade in New York writing, directing and producing films.

Acting for the Screen.

Leading the school is Founding Director Frederic Lahey, who received his masters of fine arts from the Columbia University Film School and spent nearly a decade in New York writing, directing and producing independent film and video projects. He then took a position with Orion Films in Los Angeles until it went bankrupt. Lahey and his wife and new baby moved to the Denver area in the early 1990s after visiting family

in Boulder; only later discovering there was no real film industry in the region. A request by the Colorado Film Commission to train local crews is what kept Lahey and his family here, and he went on to create and build the Colorado Film School into what it is today.

"While traditionally there's been a stranglehold on distribution through specialized distributors doing theatrical releases and then phased re-releases and then phased re-release to cable and mainstream broadcast,"

says Lahey, "we've got a whole new paradigm now. Because broadband has now reached a critical mass, there is a huge demand for content that cannot be met through the traditional content providers. That's why you're seeing companies like Starz step into the fray – and lots of others – and approach us for content, because that's what we've got."

An article in the May 18 edition of the Denver Post bears this out, with news of companies such as Comcast, Starz, DirecTV, Dish Network, Liberty Media, HDNet, and High Noon Entertainment, among others, all moving forward with plans to expand their original content production efforts in the Denver area. Lahey goes on to say that the Colorado Film School is in close contact with these local media companies and that many of their students go on to work for them.

The school attracts students from all over the world and includes those just entering college as well as professionals changing careers. "Media is the language of the global economy," says Lahey, "and everyone needs their stories told. From cinema to websites, this is traditional story telling with new tools—at a time when there is a revolution in distribution."

For more information about the full range of educational options at the Colorado Film School, as well as a link to the school's own YouTube channel, visit www.coloradofilm-school.net.



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New Public Art at Stapleton

(continued from page 1) Neal explained. Neal is a public art consultant for Stapleton via a contract with Park Creek Metropolitan District. She wrote the Stapleton Public Art Master Plan in 2004 and has been working since then with committees to implement the plan, in the Stapleton neighborhood south of Interstate 70. The rest of the plan north of Interstate 70 will be implemented as development there continues.

The Stapleton Public Art Master Plan has goals to address children's educational development and must "complement the master plans already created for education, parks and open space, and sustainability." Committees that include artists and Stapleton residents selected art that was purchased with Denver Urban Renewal Authority funding. An example of appropriate art for Staple-



Lars Stanley with his "Garden Stories" sculpture at the Stapleton Community Garden at 23rd and Spruce.

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ton neighborhoods is The Picnic, a sculpture by Gerald Heffernon, which is located at East 35th Avenue and Xenia Street. An inappropriate piece of art at that location might be something like a statue of Napoleon, Neal said.

There are pieces of public art in Denver that have been termed controversial. The rearing horse statue at Denver International Airport is one example. Another is the sculpture of Martin Luther King that was formerly placed in Denver's City Park.

"It was not a very well-crafted piece," Neal said. "The scale was off, and it was a very clumsy looking piece. It was controversial because it didn't do justice to the subject. The current piece, also of Martin Luther King, is a wonderful, wonderful piece."

"I think public art is composed of two words – public and art," said Barbara Neal. "It's funded with public money and it's selected by the public for the public. We want to include a diverse assortment of different types of sculpture by different artists and have them placed in various suitable locations around Stapleton."

Eight pieces of public art are located in Stapleton, including "The Picnic" and "Garden Stories," which were installed

last month.

The "Garden Stories" sculpture is located in the Community Garden. It was created by Lars A. Stanley and his wife, Lauren Woodward Stanley, of Austin, Texas. The Stanleys won the commission for public art based on their previous work. They spent time in Stapleton to get a feel for the area and develop their artwork.

"I'm trained as an architect and an artist," Lars explained. "The artwork and the architecture and whatever else we design we see as related, whether it's a piece of art, a building or a doorknob. So many times the architecture work will integrate the art or sculpture or craft. It's designed as an integral whole, including the site, the surroundings and the neighborhood. The public artworks we're doing tend to involve the community."

In "Garden Stories," each assembly is a story pole which refers to these objects that are made in certain cultures," Lars said. "The pole records certain symbols and shapes. A story pole represents something meaningful to the community. The poles were inspired by the garden and the plant processes in the garden. Each one is based on a certain vegetable, and the idea is to create these shapes so that people walking by will have their interest piqued and get them to think about what's going on there."

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The artwork was made by forging steel using blacksmith techniques.

“The story of making it is right there embedded in it,” Lars said. “That hammer makes a texture and I’ll use that. I use the hammer marks or the weld marks to express. I like to be involved in that. I don’t like to do artwork design and then send it to a welding shop to be made.”

Gerald Heffernon sculpted “The Picnic” based on 19th century picture paintings, he said. The Winters, California, artist sculpted the bronze work as a sculptural tableau with four “hounds” lying around with a basket of food, a blanket and another dog in the background on a granite boulder.

“I want people to feel good when they look at it,” Heffernon said. “I’d like them to find beauty in it and a little bit of irony. Mostly it should just be a pleasure to look at on many levels.

“There is some irony in the fact that this is like some people who think of their dogs as people,” he said. “The dogs, themselves, are just having a picnic and possibly in their dream world they would have a picnic where they would have all this people food. It’s a pretty luxurious spread – French bread, a wheel of cheese, grapes, wine and fish. If you’re a dog, it would be picnic heaven.

“My theory of public art is that I don’t want to shove something in someone’s face. If people are forced to see it, it shouldn’t be something that is troubling to people. When something’s out in public, they can’t avoid it. I think you have to take that into consideration,” he explained.

For information about the Stapleton Public Master Art Plan and future public art involvement, email Barbara Neal at barbneal@mindspring.com.

To see more artwork by Lars A. Stanley and Lauren Woodward Stanley, go to www.larsstanley.com or email lars@larsstanley.com.

To see more of Gerald Heffernon’s artwork, go to www.geraldheffernon.com or email dogman@dcn.org.

Angela Williams Announces Candidacy for State House

Editor’s note: The Front Porch will run announcements of candidates representing NE Denver.

Angela Williams, a resident and small-business owner in Stapleton, has announced her candidacy for the Colorado House of Representatives District 7 seat being vacated next year by State Representative and Speaker of the House, Terrance Carroll.

Ms. Williams told a crowd gathered in Founders’ Green that she decided to kick off her campaign by speaking about children and education after spending the past



Angela Williams

six months visiting people throughout the district. She said she is running for the legislature to support education K thru 12 and beyond, and promised to collaborate and fight for funding for schools while also being an advocate for innovation and reform. She called for schools to include after-school programs for art, music, clubs and athletics, and pledged in the coming months to address other topics such as health care and economic development.

To learn more about Angela Williams’ campaign for the legislature, visit www.angela4colo.com.

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RECURRING EVENTS

- 4th Monday**
SUN Board Mtg 7:30pm, MCA Comm Rm, 2823 Roslyn St
stapletonunitedneighbors@gmail.com

Every Tuesday
Stapleton Rotary Club – 12pm
Stapleton Radisson Plaza Hotel
3333 Quebec St
Michael@KearnsTeam.com

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

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

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

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

1st Wednesday
“1st Wednesdays” Home-based businesses. Location at Stapleton-Life.com Most mtgs 11:30am–1pm

2nd Wed. (Odd-numbered months)
SUN Transportation Committee 6:30pm MCA Conference Rm, 2823 Roslyn St.
stapletonneighbors@msn.com
- Every Thursday**
(when school's in session)
Bill Roberts Elementary School Tour, 10am., 2100 Akron Way, 720-424-2640

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

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

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

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

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

Periodically
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Oh, Poo!

• Thursday, July 23

Learn how to outsmart your toddler during the trying and challenging time of potty training. Get tips to make the process easier for you and your child.

Talking About Toddlers

• Tuesday, July 28

Do you wonder if your family can survive the terrible twos. Learn how you can manage the toddler years.

Tumultuous Teen Years

• Thursday, July 30

A how-to in surviving your child's adolescence. Make these years more harmonious for your family.

All seminars are from 7 p.m. to 8:30 p.m. held at **The Children's Hospital** 2nd Floor Conference Center 13123 E. 16th Avenue, Aurora

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Book Was Inspired by Becoming a Mom of Three in Less than Two Years

By Nancy Burkhart

Amy Jewett Sampson is an intelligent woman with outstanding organizational skills. She was a spokesperson and senior policy advisor to then-Governor Bill Owens from 1998 to 2004. But when she had three children in about three years, life quickly turned into “Mamma Mania,” she said.

Amy and her husband, Laurence, who are residents of the Montclair neighborhood, had tried to have children, but when it seemed like it wouldn't happen naturally, they arranged to adopt a baby in China.

In the meantime, Amy became pregnant, but because her pregnancy was high-risk, she was unable to travel to China to pick up their adopted daughter as originally scheduled.

Six months after their daughter Lauren was born, the Sampsons traveled to China to bring Audra into their family. Then, exactly a year after they returned home, Joshua was born.

“My job (with the governor) was crisis communications,” Amy said. “I transitioned from doing crisis communications for the governor to doing crisis communications for my family. As a mom you still have a 24/7 job, but it's different.”

Today, Audra is 6 years old and getting ready to start 1st grade in the fall. Lauren is 5 and will go to kindergarten. Four-year-old Joshua will attend pre-school. The girls are about 5 1/2 months apart in age.

Raising three tiny tots so close in age became an experience that called for innovative ideas and organizational skills and led Amy

to write a book, *Mamma Mania*. “It's about helping mothers who have multiple kids fairly close in age and helping them maneuver through the craziness,” Amy explained. “The book came about because

I found nothing in the marketplace for a mother with small children.

“I was trying to figure it out on my own. How do I go to the grocery store with three kids who aren't walking yet? How do I get time for myself with three babies who are dependent on me? It's about the day-to-day struggles that

mothers with babies and toddlers have. You lose your independence, and it's about regaining some of that,” she said.

In the book, Amy advises moms on situations such as when twins are screaming in public. She gives advice on what to do to keep tots occupied while waiting in line, while sitting in a restaurant and while traveling.

Each chapter of the book has a “Mamma Mania” tip such as designing a child's special place where they can have down time while Mom has

down time. There are tips on how to enforce quiet time and get the kids to sleep and the ever-popular chapter on potty training.

Today, Amy says she is able to do media relations consulting during the childrens' designated naptime. She isn't sure what she will do during the day when all three children will be in school.

Email Amy Jewett Sampson at amy@mammamania.org.



Amy Sampson, with her three children (left to right), Audra, 6, Joshua, 4, and Lauren, 5. The girls are 5 1/2 months apart.

Photo courtesy of Amy Sampson

Mamma Mania: Managing the Craze of 0-5-year-olds

Book signing with author Amy Sampson
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Now Enrolling 18 Months - 6th Grade

by Kathy Epperson

Beer lovers unite! Stapleton resident Snow Hudgins is taking the concept of the wine-tasting club and turning it on its... um, head. Not content to let highbrow types have all the fun, Snow indulges in some tongue-in-cheek humor to explain what SLOB (Stapleton Lovers of Beer) is all about. Lest you wonder what he does for a day job, Snow is a web designer and developer and founder of a new lacrosse league and team for kids in the area. He and his wife, Laura, are proud founding memBEERs of SLOB. “We have three boys,” says Snow, “and a refrigerator.”

How did the idea for SLOB first come to you, and was it modeled after anything else?

Well, we caught wind of some wine group in the neighborhood...SNAG or CRAG or something. I was like, “Wine group? What do THEY do?” I think they get all gussied up and drink wine and talk about politics and classical composers and stuff. So I started thinking there should be a BEER group in the neighborhood. At our BEERlucks and BEER-b-ques people will be encouraged to wear whatever clothing they feel most comfortable in so they can just concentrate on enjoying their BEER. If it's sweatpants and flip flops, that's great. If a memBEER has been skiing all day and their head is greasy with ski hair, that's okay too... come on in. We'll probably make fun of it though.

S.L.O.B. (Stapleton Lovers of Beer)



Snow Hudgins and wife, Laura, founders of SLOB—Stapleton Lovers of Beer—pose in their back yard.

Are you an actual beer connoisseur or just looking to have fun?

I'm not sure what a connoisseur is, but I like BEER. I first started enjoying BEER when I was... let's just say 18. It was generic. You could go into King Soopers and, in the generic aisle, get a six-pack of BEER, some potato chips, some onion dip. I think a study just came out about how a good diet affects cognitive skills... What was the question? Oh yeah, the BEER was sold in a white can with “BEER” in

big black letters across the front. I'd mow a few lawns in the neighborhood, then hit up the generic aisle. What was the question? Oh yeah, so the idea behind SLOB is just to get together with other SLOB memBEERs and have fun...and BEER.

When is this first SLOB conference, and what do you plan to do?

We're launching SLOB sometime this summer. It will be our first organizing conference. We haven't nailed down a date, but we plan to offer all attendees lots of BEER. Oh, and wings...and probably some Ruffles and stuff. Seven-layer dip. Have you ever had those Totino's pizza rolls? We might even try to put together a mission statement. The company I work for has one of those. Sort of tells what the mission of the company is. Like, if you work at a clothes company it might say something like “Our mission is to sell lots of really good clothes to our customers.” Oh! Horseshoes! We'll play horseshoes!

Will memBEERs get a card and any other perks?

Yeah, memBEERs will get some sort of mem-BEERship card. We're still working out the details on that front. They'll come in handy when all of the pubs around here start offering SLOB discounts on their cold BEERs. I'm pretty sure that will happen very soon. Casey's...you reading this? (continued on p. 15)

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4TH OF JULY

7/04 Saturday— Wild Walk, Rocky Mountain Arsenal National Wildlife Refuge (8:00 a.m. to 12:00 p.m.). Reservations required 303-289-0930. See Rocky Mountain Arsenal listings later in this section.

7/03 Friday and 7/04 Saturday- Rockies Fireworks game vs the Arizona Diamondbacks. Games start at 6:10pm both nights, fireworks immediately following games. Coors Field in LoDo. www.coloradorockies.com for ticketing and addl info.

7/03 Friday- City of Glendale Fireworks Display. Infinity Park at dusk. www.glendale.co.us for additional information. FREE.

7/04 Saturday - Fireworks at Invesco Field after the Outlaws Lacrosse game. Game starts at 7:00pm, Fireworks immediately following. www.denver-outlaws.com for game ticketing and additional information.

7/04 Saturday-Fireworks at Dicks Sporting Goods Park after the soccer game - Colorado Rapids vs The Chicago Fire, 7:00pm. Commerce City. www.dicksportinggoodspark.com for ticketing and additional info.

7/04 Saturday- Green Valley Ranch Independence Day Celebration at the Ampitheater and Plaza takes place inconjunction with their Summer Concert Series and concludes with a fabulous Fireworks display. 8:00pm. 4890 Argonne Way, Denver CO 80249. www.gvrco.com

7/04 Saturday- Aurora's Light Up the Night – Fourth of July Spectacular. Aurora's eighth annual Independence Day Celebration, features the largest fireworks display in the metro area and a performance by the Air Force Academy Jazz Band at 7:00pm followed by the Air Force Academy Concert Band prior to the Fireworks display. Limited seating is available on the Aurora Municipal Center lawn. Best viewing locations include east of Potomac Street, south of Sixth Avenue, north of Mississippi Avenue and west of Buckley Road. Aurora Municipal Center, 15151 Alameda Parkway, www.auroragov.org for additional information.

MUSEUM EVENTS

7/22 Wednesday, 2:00pm. - Aztec Masks, Make a colorful mask, presented by Museo de las Americas. Grades K - 5th. Free. Register online at auroralibrary.org or call 303-739-6626. Aurora Central Library, 14949 E. Alameda Parkway

CLASSES AND CAMPS

Performing arts camps at the Aurora Fox ages 5 and up. www.aurorafx.org for additional information and specific dates in July.

6/08 through 8/21- Childrens House of Stapleton Summer Camps- Three week sessions that focus on an exploration of the natural world through hands-on discovery and inspiration. Each program takes an element from nature and teaches how to translate the experience into an art form. Ages 3 to adult. www.childrenshouseofstapleton.com or beth@childrenshouseofstapleton.com or 303.379.9239 for additional information

8/10 through 8/14- Mile High Climbers Brain and Body Booster Class. Help your child develop pre reading/reading readiness skills and enter the school year knowing your child's strengths and what helps them feel confident in their literacy climb! Classes held at Baby Power in Quebec Square, 3:30-5:00pm. \$200 for the week. www.milehighclimbers.com

June and July. Summer art classes at the Art Students League of Denver for children and adults. View catalogs online at www.asld.org/downloadcatalogs.asp

Starting 7/6, Mondays, Try a Beginning Pilates Mat Class Free. No obligation to take further classes. 5:30 - 6:30pm University of Colorado Hospital/Stapleton Physical Therapy Clinic 3055 Roslyn St #110. Preregistration required: 720-848-9010. \$40 for 4 classes for those who choose to continue.

Starting 7/13, Baseball/Tee Ball 5-day camp. By Stapleton All Sports, at Westerly Creek School, 8 - 10am. \$100. Register at www.stapletonall sports.com or email info@stapletonallsports.com

Starting 7/27, Soccer 5-day camp. By Stapleton All Sports at Westerly Creek School, 8 - 10am. \$100. Register at www.stapletonall sports.com or email info@stapletonallsports.com

Starting 8/10, Football 5-day camp. By Stapleton All Sports at Westerly Creek School, 8 - 10am. \$100. Register at www.stapletonall sports.com or email info@stapletonallsports.com

8/3 - 8/7 Stapleton Sustainability Camp for grades 1 - 3 in fall '09. www.stapletoncom munity.com or call the MCA office at 303.388.0724. (see p. 21)

Summer History Day Camps at Four Mile Historic Park- spaces still available for children 6 to 11 years old. Camps run the weeks of July 13th, 20th, 27th and August 3rd. Four Mile Historic Park is located at 715 S. Forest St in Denver, visit the camp section at www.fourmilehistoricpark.org

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CONCERTS

July- Sundays- City Park Jazz summer concert series. July Artists are 7/5, Purnell Steen and Le Jazz Machine 7/12 Buckner Funken Jazz 7/19 The Wendy Fopeano Group 7/26 Chris Daniels and the Kings 8/2 Otone Brass Band 6 - 8pm, Bandstand by City Park Pavillion on Feril Lake in City Park. FREE. www.cityparkjazz.org

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.co

July- Confluence Concerts Thursdays in July. Listen to some of Denver's finest jazz ensembles on the banks of the South Platte. 7/2- Shuffletones, 7/9-Eric Trujillo and the Mambotet, 7/16- Curly Taylor and Zydeco Trouble, 7/23 Dotsero. 6:30-8:00pm. Confluence Park is located at 15th and Little Raven in Lodo accross the South Platte from REI. FREE. www.greenwayfoundation.org

Through Aug. 30, Acoustic Sundays - Live music by local artists, 3-6pm, Sundays, patio at the Lowry Tavern 7401 E. 1st Ave. 303-366-0007

DENVER EVENTS

Every Tuesday in July and August, 1-2pm. Free guided tour of the Governor's residence. coloradoshome.org

Every Saturday in July and August, 11-2pm. Free open house tour of the Governor's residence. coloradoshome.org

7/03 Friday through 7/06 Sunday- Cherry Creek Arts Festival. Visual, culinary and performing arts, and interactive activities for the whole family. Cherry Creek North Shopping District. www.cherryarts.org for more information.

7/10 Friday- 23rd Annual Denver Black Arts Festival City Park, through Sunday 712. www.denbaf.org for listing of festival events and more information. FREE.

7/11 - President Lincoln's Bicentennial, Free First Saturday Family Day at the Governor's Residence. One of greatest presidents visits the Governor's Residence along with soldiers and singers from the Civil War. 11am - 2pm. 400 E. 8th Ave. www.coloradoshome.org

7/11 Saturday- Drums Along the Rockies The Rocky Mountain region's premier drum corps competition combines heart pounding percussion, world class brass, competitive sport and musical theater in one package! Tickets \$15-\$80. 6:30pm, Invesco Field www.drumsalongtherockies.com for tickets & info.

7/11 Saturday - The Ballpark Market - 8 a.m. - 2 p.m. The Ballpark Market is an open-air, European style flea market with distinguishing urban flair. Larimer Street between 21st and 22nd streets. Ballparkmarket.com. 303-589-2800 Also 8/8, 9/12 and 10/10

7/13 - President Lincoln's Bicentennial. Second Monday, Historical and Cultural Series at the Governor's Residence, 5:30 - 7:00 p.m. Registration required through the Colorado Historical Society, call 303.866.4686. Admission \$15.

7/17 Friday- 39th Annual Cherry Creek North Sidewalk Sale. Through Sunday 7/19.

7/17 Friday through 7/19- Worldwide Antique Show. The largest antique show in Colorado! Denver Merchandise Mart, 451 E. 58th Ave (I25 and 58th Ave) admission: \$8.00, tickets good for all 3 days. Fri and Sat 10-6pm, Sun 11-5pm. www.antiqueshow.com for additional info and discount coupon.

7/18 Saturday- Moonlight Classic bike ride. Bike the deserted streets of Denver by the light of the moon on 15 mile and 8 mile courses to benefit Seniors Inc. 303.282.9020 or moonlight-classic.com for additional information and to register.

7/25 Saturday and 7/26 Sunday- 9th Annual Dragon Boat Festival Colorful dragon boats race in an exciting pan-Asian sport with an Asian marketplace, stage performances, Japanese Taiko drum groups and martial arts. 10-6 Saturday, 10-5 Sunday. Sloan's Lake Park. www.cdbf.org for more information. FREE.

July and August- Films on Fillmore Family films Thursday evenings, outdoors on Fillmore Plaza in Cherry Creek North. FREE. www.cherrycreeknorth.com for movies and start times.

GALLERIES

7/03 Friday- Art District on Santa Fe 1st Friday Art Walk Enjoy over 30 participating galleries and artist studios. The Santa Fe Art District extends along Santa Fe From 5th to 10th Avenues. 6-9 pm. FREE. www.artdistrictonsantafe.com for more info.

7/03 Friday- Cherry Creek North First Friday Gallery Walk 5:00pm. www.cherrycreeknorth.com to download a gallery map.

7/03 Friday- Tennyson Street First Friday Artwalk Tennyson Street between 38th and 44th, 6-10 pm. Come enjoy this family friendly evening in one of Denver's hippest neighborhoods! FREE. www.denverartwalk.squarespace.com for map & info.

7/16 Thursday- 3rd Thursdays in Highlands Square Enjoy live music, art, shop specials and trunk shows along the shops of 32nd Avenue in Denver's Highlands Neighborhood. 32nd and Lowell, 5-8pm. FREE. www.highlands-square.com for more info.

KIDS AND FAMILIES

6/01 Monday through September 7- Junior Jobsite exhibit at the Children's Museum. Hard hats, blueprints, a real conveyor belt, plumbing and the basics of electricity. 2121 Children's Museum Drive, off of I25 and 23rd Ave. www.mychildsmuseum.org

7/11 Saturday- Mighty Machines on the Plaza- At the Childrens Museum; Climb on and explore monstrous (continued on page 14)

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(continued from page 13)

KIDS AND FAMILIES

construction equipment! Kids can check out jobsite vehicles like a skid steer, backhoe, and forklift. FREE, 10am-2pm. www.mychildsmuseum.org 2121 Children's Museum Dr. off I-25 & 23rd Ave.

7/18 Saturday and 7/19 Sunday- KidsSpree. Colorado's largest outdoor festival for children features dozens of hands on activities and entertainers, including life size board games, a musical petting zoo, balloon artists, face painting, inflatable art activities and much more. 10am-5pm at Aurora's Bicentennial Park, East Alameda and Potomac St just west of I 225. 303.326.8FUN or visit auroragov.org/kidspree.

7/30 Thursday- The Wiggles, Go Bananas, LIVE! Two shows at 3:00pm and 6:30pm, Broomfield Event Center. www.thewiggles.com for ticketing and additional information.

8/23, Sunday. FREE ice skating at Big Bear Ice in Lowry from 2:30 - 4pm. Free skate rental. Skating coaches will be on hand to assist or answer questions about ice skating. Visit www.bigbearice.com for details and to register for the free skating session. Preregistration is required.

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. Plant

fossils and a dinosaur dig site for kids. www.botanicgardens.org for more info

7/29 Wednesday- Walking with Dinosaurs Dinosaurs come to life in this stunning theatrical event! Pepsi Center, through 8/2. For additional information visit www.dinosaurlive.com, tickets available at www.ticketmaster.com.

HEALTH & WELLNESS

The following informational presentations are FREE at Natural Balance Integrative Health, 3055 Roslyn Street, Suite 120. Call to RSVP at (303) 355-0363.

7/9 Thursday - Perinatal Talk, 9am and 6pm (1 hour each).

7/16 Thursday - Depression & Anxiety with Acupuncture Talk, 12pm

7/23 Thursday - Allergy Elimination Talk, 6pm

7/30 Thursday - Stop Smoking with Acupuncture Talk, 6pm.

SPORTS FOR ADULTS

7/25 Adult Co-ed Volleyball tournament at F-15 Park in Stapleton. \$25/player. Register online at www.stapletonallsports.com or email gabehurley@gmail.com

DENVER CENTRAL LIBRARY EVENTS

Denver's Central Library offers the following FREE family programs on Tuesdays and Thurs-

days at 2:00pm. Registration is not required, unless otherwise noted, the programs are held in the B2 Conference room. 14th and Broadway. www.denverlibrary.org

7/07 Tuesday, Captain Vic presents the Colors of Science Everybody can be a Picasso when they use science to create art. All the kids will make fantastic, professional looking art.

7/09 Thursday- Eric West presents Music for Kids. Eric West presents a fun musical show with lots of audience participation, puppets and unusual instruments.

7/14 Tuesday- Butterfly Pavilion presents Bug Safari Get up close and personal with wild, live bugs from the Butterfly Pavilion!

7/21 Tuesday- Rock -n- Read with Mr. Shine. Join Mr. Shine for a fun-filled, action-packed musical adventure. Be ready for music, movement, puppets, and a little magic!

7/23 Thursday- Great American Street Organ Jubilee Magic Show. Using a genuine street grinder organ, Mark Strivings will mesmerize you with music, a bit of history, magic, balloons and even some juggling! The whole audience gets to get in on the act.

7/28 Tuesday- Magic Rob's Magic Mania Show. Join us for hilarious comedy and amazing magic! Magic Rob uses real rabbits and doves in this show that's fun for the whole family!

7/30 Thursday- Justin Miera presents All That Jazz Take a musical journey with Justin as he explores the history of jazz music. Registration is not required. Program will be presented in the Children's Pavilion.

BLUFF LAKE NATURE CENTER

Bluff Lake is located off of Havana on the eastern edge of the Stapleton development along Sand Creek. www.blufflakenaturecenter.org for info.

7/09 Thursday- Fireside Chat - Clever Canines Coyotes are smart, adaptable and beneficial to our ecosystem. Learn more about coyotes and their canine relatives, then enjoy a campfire and marshmallow roast. 6:00pm, \$1.00 per person for non members.

7/11 Saturday- Nature Detectives 9am-12pm. Bluff Lake Forensic Scientists examine evidence, discover hidden signs, question suspects and solve the great mystery of nature. Ages 5-12, \$30 members, \$40 non members. www.blufflakenaturecenter.org for more info and to register.

7/23 Thursday- Fireside Chat. History Comes Alive Aurora History Museum's Curator of Education will show-and-tell about the lives of Aurora/Denver homesteaders.

MORRISON NATURE CENTER

7/17 Friday- Nature At Night 7:45 pm. Explore nature after the sun goes down at the Morrison Nature Center. July's program looks at Beavers. Free. Located at 16002 E. Smith Road in Aurora. The Nature Center's regular hours are 12 - 4:30pm Wednesday through Friday and 9:00 am - 4:30 pm Saturday and Sunday. Reservations are recommended for programs, call 303.739.2428.

7/18 Saturday- Live Arthropods from the Butterfly Pavilion at the Morrison Nature Center. Explore the wonderful world of arthropods with live critters from the Butterfly Pavilion at the Morrison Nature Center. 10:00am FREE. Located at 16002 E Smith Road in Aurora. 303.739.2428

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

Reservations are required for these popular programs. Call 303-289-0930 to register. To get to the Refuge, take I-70 and exit north on Havana St. The public entrance is at 56th and Havana.

7/04 Saturday- Wild Walk, Rocky Mountain Arsenal National Wildlife Refuge (8:00 a.m. to 12:00 p.m.) Get outdoors this holiday and get healthy! Celebrate the Fourth of July on this 6-K walk through the Refuge. Sponsored by Commerce City, Bass Pro Shops, Shamrock Foods and the U.S. Fish and Wildlife Service who will host a walk through the Refuge to jump start the holiday. Don't forget your sunscreen and water! Strollers are welcome. FREE. Reservations required 303-289-0930. 56th and Havana.

7/07 and 7/28 Tuesday - Tuesday Tots: Burly Bison Fun facts about North America's largest mammal. Toddlers ages 3-5 will be introduced to many exciting outdoor inhabitants and experiences in their own backyard. Free.

7/11 Saturday - Friends of a Feather 8:00 to 11:00am. Birders unite. Get a birds-eye view on this program. You just might see an American white pelican or a Swainson's hawk and our colorful summer migrants on this morning birding expedition. Recommended for adults. Free.

7/14 Tuesday - Disappearing Treasures 10am to 12pm. Tour the only National Eagle and Wildlife Property Repository and see first-hand wildlife items that have been confiscated from our borders & learn about illegal trade. Families welcome. Free.

7/15 Wednesday - Bike the Refuge 6:30-8:30pm. Leisurely, guided bike tour that meanders through prairie dog towns and woodlands and along lake edges. Stops will be made along the way to see and learn about the Refuge's amazing wildlife. Puncture-proof tires recommended. Helmets required.

7/18 Saturday- Early Risers Hike (8:00 to 10:00 a.m.) Catch a glimpse of Refuge wildlife just starting their day. Water, sunscreen and sturdy shoes recommended, reservations required. FREE.

7/21 Tuesday - Photo Tour 8-11am. Explore the Refuge with your camera. Capture photos of remarkable summer wildlife and breathtaking views. Bring your camera, zoom lenses, water and sunscreen. FREE.

7/25 Saturday - Froggy Night Out 7-9pm. Listen to the jug-a-rum of bull frogs and whining of chorus frogs on this adventurous night hike around our Refuge wetland. Flashlights and bug spray recommended. FREE.

7/26 Sunday- Ranger Read Along: A Salamander's Life 2-2:30pm. Join us under the big cottonwood for story time fun about animals that live at the Refuge. A different species will be highlighted every week. Recommended for families with young children, reservations not required. FREE.

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DENVER ZOO

ZOOmily supports Denver Zoo's Red Apple Scholarship Fund for life-long learning, which makes it possible for all individuals- no matter their economic circumstances- to discover the wonders of animals through participation in Denver Zoo education programs.



Zoo Hopes to Breed New Tiger



Photo by Dave Parsons/Denver Zoo

A 3-year-old female Siberian tiger named Koshka (Koosh-kuh) arrived at Denver Zoo in December as part of a breeding exchange program. The standard quarantine period is now over and she is on public exhibit. Siberian tigers are critically endangered, and it is hoped that she will breed with Denver's 5-year-old resident male tiger, Waldemere. Siberian tigers can grow to nearly 4 feet tall and more than 7 feet long. Koshka weighs about 280 pounds and Waldemere weighs an estimated 340 pounds. Only about 400 Siberian tigers are believed to remain in the wild.

Adams County Fair Aug 5-9

The Adams County Fair will be held August 5th–9th at the Adams County Regional Park Complex. Free entertainment will be provided each day—check www.adamscountyfair.com for a complete schedule. Tickets for events (subject to availability) may be purchased on the day of the event or online at www.adamscountyfair.com

Special Days at the Fair

- Senior Day on Thursday, August 7th, 10 am until 3 pm.
- 9NEWS & MomsLikeMe.Com Kids Day on Friday, August 7th. From 10am until 3pm kids armbands for carnival rides will be sold for \$10 (good for rides until 5pm). Kids entertainment will be offered throughout the day, along with educational booths.

Parking is \$5.00 and grounds admission is free. The Adams County Fair is located 1 1/2 miles west of Highway 85 or .5 miles east of Riverdale Road on 124th Ave. The fairgrounds address is 9755 Henderson Road, Brighton. For more information visit www.adamscountyfair.com or call 303-637-8000.

“Sculpture on the Fax” Program to Install New Sculptures

The City of Aurora is mounting another year of “Sculpture on the Fax” in the East End Arts District on East Colfax Avenue from June 12, 2009 through May 2010.

Six Colorado artists were selected for the one-year-long exhibit, including Andy Liberton of Denver, David Mazza of Denver, Mark Castator of Boulder, John Ferguson of Denver, Sherrill Stone of Carbondale and Louis Deangelis of Fort Collins.

“Sculpture on the Fax” opened during the East End Arts District Summer Art Walk in June.

This exhibit is part of the ongoing collaboration between the City of Aurora Art in Public Places Program and the Urban Renewal Division to utilize public art as a tool to invigorate Aurora’s Original Downtown.

All of the sculptures are available for purchase. Funding for this exhibit is made possible by the Aurora Urban Renewal Division.

Sculpture Locations:

- Red Delicious Press, 9901 E. 16th Ave. – “Vincent’s Dream” by Mark Castator
- Florence Square, 9801 E. Colfax Ave. – “Love of a Child” by Sherrill Stone
- The Other Side Arts, 1400 Dallas St. – “Upper Deco” by Andy Liberton
- Arc Thrift Store, 10000 E. Colfax Ave. – “Passages” by John Ferguson
- Aurora Fox Arts Center, 9900 E. Colfax Ave. – “Gestation” by Louis Deangelis
- La Cueva, 9742 E. Colfax Ave. – “Anat” by David Mazza

THEATRE

07/14 Tuesday through July 30- The Hobbit at The Aurora Fox. Tickets are \$4.50 to \$7. 303.739.1970 or www.aurorafox.org for ticketing and additional info. The Aurora Fox is located at 9900 E Colfax Ave in Aurora.

7/09 Thursday The Woman Show at the Avenue Theatre. An evening of laughter and a night out with the girls through August, Thursdays at 7:30pm and Saturdays at 6:00pm. 303.321.5925 or www.avenuetheater.com for ticketing info and additional shows 417 E. 17th Avenue in Denver.

(continued from p.11)
Is this the recession-oriented answer to high-brow wine tastings?

I’m not really sure what that means. But when you say “highbrow,” that reminds me of Meister Brau. More expensive than Generic, so I didn’t drink it much.

How many memBEERs do you have so far?
Are there other founders besides yourself?

So far there are just over 60 SLOB memBEERs. Each one is a founding memBEER who signed up to raise money for Bill Roberts. We’re thinking annual dues of \$25, with all of the money going to the local schools. Our goal is to one day win a plaque or certificate or something that says “Thank you, SLOB, for your contribution to our school.

What’s your vision for SLOB?

My vision? Right now, it’s not great. We spent the afternoon at a BEER festival

S.L.O.B.

downtown. Our pedicab driver made some serious coin. Larimer Square to

Stapleton. He enjoyed a couple of cold BEERs with us on our porch before he headed back downtown. We might have a new memBEER.

What else should readers know about SLOB?

SLOB does not discriminate on the basis of what kind of BEER you enjoy. If you like Blatz, that’s cool. If you prefer micro-brews, that’s good too. Everyone is welcome. We’ll probably have quarterly meetings at various chapter houses throughout the neighborhood, and maybe some field trips (brewery tour?), BEERlucks and BEER-b-ques thrown in for good measure.

For more information or to become a memBEER of SLOB, contact Snow Hudgins at stapletonloversofbeer@gmail.com.

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Good Food for Good Health

by Susan Gamble

Make a Dinner Salad in the Morning, Relax in the Evening

It's hot. You could fry an egg on the sidewalk if you were so inclined, but you're not. You want nothing to do with frying, baking, broiling, or any other word that implies inviting heat into your home. You have a busy day that will end somewhere around 7:15pm with your family coming into the house hot, tired, and hungry. What to do about dinner?

One of my favorite tricks in the summer is to put together a main-course salad in the morning and leave it to chill in the refrigerator all day. By the time dinner rolls around, and you feel like this morning was yesterday, it feels like a gift from above to be able to open your refrigerator and produce dinner in minutes.

If you stroll through your cookbooks, you can probably find many recipes along these lines in the pasta section. Following is one I like. It has a minimal amount of prep work, a refreshing flavor, and is open to interpretation. Feel free to substitute with what you have in the pantry.

Szechwan Pasta Salad Serves 4-6

16 oz penne pasta
¼ lb snow peas
¼ lb cooked turkey, diced
½ bunch green onions, chopped
1 carrot, diced
½ cup water chestnuts, drained and sliced
1 yellow bell pepper, diced
1 can (15 oz) whole baby ears of corn, drained
½ bunch cilantro leaves, chopped
2 tablespoons sesame seeds, toasted

Dressing

1 cup mayonnaise
1/3 cup soy sauce
1 tablespoon hot chili oil
2 tablespoons sesame oil
1 ½ tsp. Dijon mustard
1 clove minced garlic

Whisk together dressing ingredients. Cook pasta, al dente, in boiling salted water. Drain, rinse with cold water, and drain again. Stem and string snow peas. Cut diagonally into bite-size strips.

Combine all the salad ingredients in a large bowl and stir. Add dressing and toss to coat well. Refrigerate several hours before serving. Serve with sliced oranges and iced tea with mint. Enjoy, and stay cool!

Susan Gamble describes herself as an enthusiastic amateur who has cooked tasty and nutritious meals for her family every day for many years. She is a Park Hill resident who has children ages 3 and 5. She can be reached at susanandpark@mac.com.

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Keeping Kids Occupied and Educated during the Summer

It's summertime and that can mean a lot of free time! Spending time as a family can be so rewarding, but it can get a little challenging trying to keep your kids entertained every day. Here are some ideas to stay occupied and educated with water play, reading, volunteering and picnics at the park.

Whether you're heading to the pool, breaking out the hose, or exploring a tub of bubbles, water is a summertime staple on hot, sunny days! Encourage your children to help water the lawn in their bathing suits. Help them make a huge tub of bubbles and search the house for unique bubble-making tools. Put a twist on the classic game of Duck Duck Goose and play Splish Splish Splash! Rather than saying duck, you drip a little water over each players' head and say "splish!" and when it's time to "goose" the next player, dump the rest of the cup of water and yell "SPLASH!" Just a precaution, this game is best played on the grass.

Pack a picnic, gather your favorite board games, Frisbees and cards and take your family game time outdoors. To get everyone moving, take old-fashioned games like tag and make it a little more interesting with animal tag. When the person who is "it" is about to tag you, just sit down and name an animal to save yourself. (Animals can only be named once.) This game can be played with colors, numbers, dinosaurs or any other category your child might be interested in.

Volunteering is a great way to keep your kids engaged and help others at the same time. Assisted-living homes are a great option. The residents adore the company and your kids will have a blast playing games and listening to their stories! You can also serve a meal at a local shelter. Many organizations like the Rescue Mission welcome family volunteering.

With school out for so long, reading is a great way to stay on top of a variety of skills. Encourage your kids to choose their own books and start a regular reading hour at home or stop by your local library. Most branches offer a variety of summer reading programs and story times for all ages.

There are hundreds of "teachable moment" opportunities every day! Some are obvious, and some take a bit of explanation. Now, thanks to incredible research and efforts by Civitas, the Ad Council and United Way of America, these Born Learning Techniques are available to parents in simple forms. Nationally, Born Learning is being promoted through public service announcements and a wonderful website, www.bornlearning.org. Here in Colorado, Mile High United Way, Anna Jo Haynes of Mile High Montessori, the Children's Museum of Denver and others have partnered to spread the Born Learning concept in our community.

Tom Downey is the Executive Director of the Children's Museum of Denver, tomd@cmdenver.org. He lives in Stapleton with his wife, Lori Fox, and daughters Cate and Ella.

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In-Home Montessori Setting Makes Transition to School Easy



By Nancy Burkhart

Beth Van De Water is a single mother with an eight-year-old daughter and training as a Montessori teacher. That combination made the start of a Montessori school for children ages 2 ½ to 6 years old sensible, and The Children’s House of Stapleton was born in 2005.

“The beauty of Montessori is that the child at the age of 2 ½ is really looking at their environment and being more skilled at being independent. In a Montessori classroom everything is child-size and geared toward encouraging that independence.”

The Children’s House of Stapleton has two teachers and an assistant to educate 12 students.

“Pouring water, grooming, preparing their own snacks, feeding birds, fish and dogs, doing flower arranging and making the environment beautiful – the mastery of these skills allows the child a sense of confidence. And with that confidence comes tons

Beth Van de Water renovated her garage and created a home-like setting for the Children’s House of Stapleton. Above, some of her former students make pottery as part of her summer art program.

of self-discipline. It encourages a very strong love of self that feeds into their community and their peer group. They want to share and help their friend master that skill. The children really start to teach each other.”

Van De Water believes that the home setting for a Montessori school is valuable for children. Her own daughter, Alexandra, went through her mother’s school.

“My Montessori is an in-home setting so the transition from home into school is easy. It’s very loving,” Van De Water said.

The Children’s House of Stapleton offers formal art classes throughout the year, according to Van De Water.

“In addition to the Montessori curriculum, they work with clay and with paints and have time to explore their world. My background is in environmental education, so I hope we will take some nature walks, look at the garden and be able to express that through their art,” she said. Van De Water is offering art programs throughout the summer.

For more information call 303-379-9239, email www.thechildrenshouseofstapleton.com. E-mail Beth Van De Water at: beth@childrenshouseofstapleton.com.

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Front Range Community College
Classes Offered at New
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Front Range Community College will offer classes at the new Adams City High School in the fall, and special “one stop” registration workshops in June, July, and August will give students an easy way to register.

The fall term classes will be Computer-Aided Drafting, English Composition, Humanities: Early Civilizations, General Psychology, and Basic Composition. All are three-credit classes. The term begins Aug. 24. Spring classes will also be offered, with spring course selection to be based on demand shown during the fall term.

“These classes give students options to explore a new career, earn credits that will transfer to Colorado four-year institutions, or brush up on writing skills,” said Renee Tastad McDonald, an instructional coordinator for FRCC. “The classes, which are taught by qualified college faculty, meet in the late afternoon or early evening, so you can work and take a class.”

On the following dates, students can apply to FRCC, take the free assessment, meet with an advisor, sign up for the College Opportunity Fund, and register:

- July 17, 3-7 p.m., current Adams City High School, 4625 E. 68th Ave.
- Aug. 15, 10 a.m.-2 p.m., new Adams City High School, 7200 Quebec Parkway

A high school diploma is not required, but students must meet the specific requirements for each class, determined by a test that assesses reading, math and English skills. The test, which will be offered at the registration workshop, has no official time limit (and students can return to complete it in future sessions within two weeks), but it is recommended that students allow up to two hours for taking the test at the registration session. Applicants with ACT or SAT scores that meet FRCC’s requirements are not required to take the placement test.

All Colorado residents are eligible to sign up for the College Opportunity Fund, which can be done at the registration session (a Social Security number is required). For those who are registered with the College Opportunity Fund, tuition is \$88.30 per credit. (The price per credit is \$156.30 for those not signed up for the College Opportunity fund.)

For more information, visit www.frontrange.edu/adamscity or www.adams14.org/community-college. Renee McDonald can be contacted at 303-404-5212 or renee.mcdonald@frontrange.edu.

FRCC offers nearly 100 degree and certificate programs from locations in Boulder County, Larimer County, Westminster, and Brighton, and online. FRCC’s Web site is <http://www.frontrange.edu>.



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Kids Prizes for Solar Projects Benefit Non-Profits



Aidan and Ella Noble show their solar science projects. Ella's project was the grand prize winner.

Youngsters from various parts of the Denver area assembled to compete in the recent New Town Builders Summer Solstice Science Fair in the Stapleton neighborhood in June, and the grand prize went to Ella Noble, 8. Each winner designated a non-

profit organization of his or her choice to receive first, second and third-place checks of \$200, \$100 and \$50. First-place winners were Jack London of Denver in the 9-and-under category and Greg Henneken of Denver in the 10-and-up category. Projects included a rocket ignited by solar power, solar powered cars, a solar powered crane and solar ovens designed to bake cookies and brownies. Organizations chosen to receive the checks included Bill Roberts

School, DSST Middle School, the Logan School and Children's Hospital. The event was designed to celebrate New Town Builders' commitment to incorporate solar power systems as a standard feature in all of their single-family homes.

Donation to Children's Hospital for Cancer Research

Garrison Hayes, age 10, was diagnosed with osteo sarcoma in his left leg at age 6 and had to have part of his leg amputated to remove the cancer. He is now cancer free, but says of Children's Hospital, "When I come here I feel like I'm coming home, even though it was four years ago that I was a patient here. They treat me so nice." Garrison's mom points out that the 7th floor is full of kids with cancer. "We need to find a cure for childhood cancer," she says.

Garrison and his mom returned to Children's Hospital recently for the presentation of a check for \$14,000 from Expression Analysis, a small bio-tech research firm in Raleigh, North Carolina. The company became aware of "Cure Kids Cancer Coalition" and started a program in which their company donates to kids' cancer research. They take blank canvases to trade shows and have participants draw flowers. The company then donates a set dollar amount per flower to a designated children's hospital, and also donates the mural. At a recent conference of the American Assoc. of Cancer Research in Denver, over 400 participants painted flowers on 5 panels. Other companies (Illumina in San Diego develops tools and technology used by cancer researchers and Raindance, Mass, a biotech start-up) heard of their



Garrison Hayes, 10, paints a flower on a mural at Children's Hospital as part of a fundraiser for children's cancer research.

project and added to the donation, which came to \$30 a flower, for a total donation of \$14,000. Pediatric oncologist Kelly Maloney said, "Our vision is that one day we will be able to say to everyone who walks through the door, 'We can cure you.'" (Currently, the cure rate for childhood cancer is 70%). Children's Hospital, one of the top 20 hospitals in the US, sees 240 kids each year with cancer.

Jim 'N Nicks Invited to Big Apple BBQ Party



Left to right, Nick Pihakis ("Nick" in Jim 'N Nick's Bar-B-Q), Drew Robinson, and Dan Latham chop pimentos at the Snapple Big Apple Barbecue Block Party at Washington Square in New York.

Fourteen of the nation's top barbecue restaurants were invited to showcase their talents on a world stage in New York City at the Snapple Big Apple Barbecue Block Party. The locally owned Jim 'N Nick's Bar-B-Q, located in Northfield, was part of this select group. Held June 13 and 14, the event attracted more than 120,000 barbecue aficionados to New York's Madison Square Park. Jim 'N Nick's showcased their smoked pork hot links paired with fresh-made pimento cheese. Jim 'N Nick's began as a father and son restaurant in Birmingham, Alabama 24 years ago and has resisted the temptation to franchise. The Jim 'N Nick's Bar-B-Q in Denver is locally owned by Paul Bestafka, who greets customers daily, sharing his passion for slow-smoked barbecue. "I believe our customers are the ones who helped us earn a respected spot in the block party and I am honored to represent our guests there," says Paul. Contact Jim 'N Nick's Bar-B-Q at the Northfield Shopping Center by calling 720-934-5400 or emailing LSMnorthfield@jimnicks.com.



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

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



Stapleton Block Party Day – Fun for All Ages

By Amanda Baldwin
Stapleton Block Party day was held on Saturday, May 16th and with over 2500 residents partying on that day, it was a huge success. This tradition started 5 years ago with just a couple of blocks getting together to get to know their neighbors better. At the 2009 block party day, there were more than 30 block parties taking place around Stapleton. Some consisted of one block and others were as large as a 12-block party. It did not matter the size; what was important is that neighbors were out getting to know one another. There were parties in alleys, courtyards, green spaces, parks, etc.

Many thanks to our local fire department for coming out and visiting many of the parties. The kids loved getting to climb all over the fire trucks! With so many parties, there was no way the fire trucks could make it to all of them. However, they did a great job of visiting as many as they could.

Jim 'N Nick's BBQ of Northfield fed over 500 people on block party day! Many other blocks enjoyed potluck dishes or fired up their own grills. We love to support our local restaurants. Noodles, Wahoo's Fish Taco, and Jim 'N Nick's BBQ all offered us special block party rates.

With everything from relay games to jumpy castles, there was entertainment provided at the numerous parties that was fun for all ages. Riding around Stapleton, you could hear the music of local bands like the Humfuckers or the tunes of local DJ Ed Villacres being played.

We currently have around 160 block captains in Stapleton, many of whom were responsible for planning their own block parties. While it is typically the block captain who does the majority of



Photos by Amanda Baldwin



Eastbridge block party (top) and firetrucks on Block Party day.

the party planning, it does not have to be. Neighbors love to get involved and help out. If you are interested in becoming a block captain or would like to know if your block has one, please contact Amanda Baldwin (SUN outreach chairperson) at jabaldwin@comcast.net. Also, go to the new SUN website, www.StapletonUnitedNeighbors.org, for more information.



Right:
Jim 'N Nicks BBQ

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Letter to the Editor

Pedestrian/Bike Path Courtesy

The trails and paths through Stapleton have become extremely popular, resulting in congested and potentially hazardous situations. I have recently witnessed two pedestrian/bicycle accidents that could have been avoided if all followed safety guidelines. When you are on the trails and paths, use the following guidelines to make your recreational experience safer and more enjoyable.

- **Be courteous** –All path/trail users, including bicyclists, joggers, walkers, wheelchairs, dog walkers, skateboarders and skaters, should be respectful of other users regardless of their mode, speed or skill level.
- **Be predictable** and always look behind before changing positions on the path/trail.
- **Don't block the path** – Use no more than half the path/trail.
- **Keep right** except when passing.

- **Pass on the left** and yield to slower and oncoming traffic. Use hand signals to alert those behind you. Give audible warning before passing and don't wear headphones on the trail so you can hear.
- **Remember kids and pets can be unpredictable.**
- **When stopping, move off of the path/trail.**
- **Obey all traffic signs and signals.**
- **Use extra caution** where path/trails cross streets. Stop at all signs and intersections and be cautious when crossing driveways.
- **Use lights at night that are visible from both the front and rear.**
- **Don't use a path/trail under the influence** of alcohol or drugs. You may need all of your reflexes quickly.
- **Clean up litter.**

— Laura S. Beving

July 4th Activities

will begin at 8:00am with a Pancake Breakfast at the Fountain Pavilion in Central Park. Tickets will be available at the event.

Tickets will include pancakes, sausage, and coffee or juice and will be priced at \$5 for adults and \$3 for children. All donations will benefit the Community Enrichment Fund, which is used to help fund a variety of educational projects in the Stapleton Community.

Bring your bicycles, tricycles, wagons, or scooters decorated for the parade which will begin at 10:30am! We will line up along the promenade at the Fountain and head east toward the Lake, looping around back to the Fountain area.

It is a festive way to begin your 4th of July. Following the parade, the pools will be open as scheduled. PJ and F-15 pools will close early at 4:45pm. Aviator will remain open until 6:45pm. Music and water activities are planned throughout the day.

July 18th – Stapleton Community Garage Sale

For information about participating, please email GarageSale@BuildingStapleton.com.

August 3rd–7th – Stapleton Sustainability Camp

is a new program this summer for children that have completed Kinder-

garten, 1st or 2nd grades. It is a one week camp, that will feature a variety of sustainable elements. For registration information please go to www.stapletoncommunity.com or call the MCA office at 303.388.0724.

August 1st – Film, Food & Music!! We are excited about offering a new event for adults on August 1st at F-15 pool. We will be featuring a movie that will set the theme for the evening. The music, food and cocktails will reflect the theme. Tickets will include cocktails, dinner, and entertainment. The cost will be \$25 per person and will be available online by going to www.stapletoncommunity.com. Bring your spouse, friend or neighbor and join us for an evening that is sure to be a fantastic event!!

August 15th – “Stapleton Rocks...A Concert for a Cause” is a new event this year featuring local bands. The event is intended to showcase the local amateur talent. It is a full-day event on Saturday, August 15th on The Green from 10am -10pm. It will be a day filled with music and fun. For more information, please visit www.stapletoncommunity.com or call the MCA office at 303-388-0724.

Diane Deeter
Director of Programming and Events

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MISC.

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RED CROSS CERTIFIED BABYSITTER – By puddle jumper pool. Age 11 ½ - Call Greg @ 303.841.9304

BABYSITTER, DSST student, almost 18, local references, responsible. 303-526-9880.

To place a classified ad, please visit www.frontporchstapleton.com. Choose the link for Classifieds and follow the online instructions. The deadline is the 16th of the month at 11:59pm for an ad in the next issue.

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 9. Display ad reservations are due the 10th of the month.

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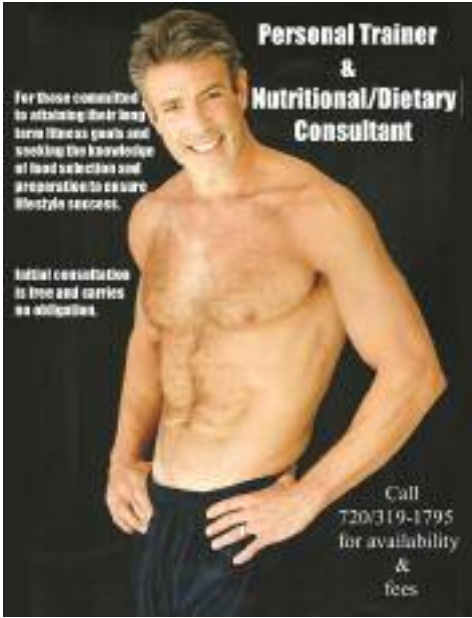
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Charter School Approved

(continued from page 1) sites. DLS is accepting intent to enroll forms (see contact information below).

The DLS leadership team – parent co-founders Kristy Fantz and Camilla Modesitt and Head of School Dr. Danielle Carrigo praised the district’s willingness to support a new type of program. DLS plans to open with 200 students in K-2 and grow a grade a year to K-8.

“We have been very impressed by their openness to innovation,” Ms. Fantz said. “It says promising things about the future and the district’s ability to meet the needs of all students and to create high-performing schools.”

Ms. Modesitt said DLS anticipates a productive future relationship with the district: “We look forward to working with DPS and sharing success in all our endeavors.”

Dr. Carrigo noted that while the DLS program is unique, its primary goal is the highest levels of student achievement through comprehensive language immersion. The program also gives DLS the opportunity to bring a new cadre of educators to Denver.

“DLS will hire native-speaking teachers—most of whom have experience teaching in the target language countries,” Dr. Carrigo said. “These teachers will bring a commitment to the academic rigor and discipline common in their countries and approaches to disciplines not often taught well in the U.S.”

DLS will serve students from all socioeconomic backgrounds. It will teach the core curriculum in a second language from kindergarten through second grade. Students will be taught English arts; progress on those skills will be a priority. In second through fifth, 80 percent of instruction will be in the second language, 20 percent in English; 50 percent-50 percent in grades 6-8.

Language-immersion public schools have existed in the United States since the 1970s. Research shows that students learning a second language from a young age perform better academically than their non-language learning peers, exhibit greater cultural appreciation and are able to learn additional languages with greater ease.

Charter schools are public schools developed and operated by parents, educators and community members. Charters are governed by a board of directors instead of a central district administration but they must meet the same state standards required of traditional public schools. They are held accountable by three- and five-year contracts with authorizing districts.

Charters typically offer a unique theme or program (i.e., expeditionary learning, science and technology, arts and science, strong focus on skill development and values-based, intentional culture of high expectations). They are free of many state and district policies particularly in such areas as hiring, curriculum, budgeting, length of school days and year. Charters receive the same per pupil funding as regular schools. There are 21 DPS charters serving approximately 8,000 of the district’s 75,000 students. There are 150 charters statewide with more than 62,000 students or almost 8 percent of public school enrollment.

Brian Weber is DLS project director and vice president of the Stapleton Foundation. For more information on DLS, contact him at bweber@stapletonfoundation.org; 303-468-3224.

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Slow Food Stapleton

(continued from page 1) Does it really matter whether I eat KFC or a salad?”

I am fairly certain that it does matter and I am backed up by countless studies. Many books have been published recently on the slow food transformation. Michael Pollen’s In Defense of Food and The Omnivore’s Dilemma as well as Barbara Kingsolver’s Animal, Vegetable, Miracle are very readable books on the subject of eating healthy and well from foods produced nearby. They encourage a change in the national consciousness by promoting the consumption of eating locally grown and raised foodstuffs. It is both good for you and the local economy.

I am somewhere in between my good friend and Barbara Kingsolver and I am sure you are too. My friend tries to feed his family as cheaply as possible through the drive-up window. The author tries to feed her family for a whole year out of their garden. I assume it gets pretty lean in the winter eating squash and gourds for months.

My favorite diversion is cooking and there are a few reasons why I endorse the slow food revolution. Food simply tastes better when it is not trucked thousands of miles, and now there is much more of it available, and unless you shop at Whole Foods, it is reasonably priced. Even Wal-Mart sells organic food nowadays. I watch what I eat by not overindulging in anything (except ice cream) and staying away from pop. I do notice that some foods taste much better when they come from nearby farms. Eggs are far better when they are raised cage free and I only eat tomatoes in the summer because winter tomatoes are grown inside and forced-ripened. I do not even think of eating corn on the cob until it comes out fresh in July and August.

That is why I was so pleasantly surprised when I went to the Stapleton Farmers Market on its first day this year. There is so much more there this year. For a few years it was in the parking lot behind Casey’s and now it surrounds Founders Green. The are several fresh and organic vegetable purveyors, fresh bread, pasta, breakfast and lunch are served, tamales, brats, a stand just for tomatoes, and a composting information booth. We are really fortunate to have this wonderful market in our neighborhood every Sunday from June through October. The more we take advantage of it, the better it will get.

Do you think my buddy will be back at the Farmers Market this weekend or will I go back to his apartment later this summer and find those same vegetables in the same place on the counter? I really believe taste and convenience will convert him to a regular at the Stapleton Farmers Market. Pass on the news to your friends who may also want to convert to the growing community of slow food lovers.

Jon Meredith lives in Stapleton. He can be reached at jon.meredith@q.com. His column, Premium Fish-wrap, appears periodically in the Front Porch.

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Summer Takes Center Stage



Kids play at Founder's Green while the crowd enjoys the music of Hazel Miller (right) in one of Stapleton's Summer Concerts on the Green. July concerts are listed in the calendar on page 2.



Manuel Caballero and Sandra Robnett celebrate Sandra's birthday by dancing to the Latin music of ,Conjunto Colores one of the Northfield summer concerts.The concerts will be held every 1st and 3rd Friday evening during July and August from 6 to 8pm.



No "Mo" Violence Cultural Dance Group performs at the Taste of Puerto Rico held in June at Stapleton's Central Park.

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The Northfield Farmers Market (above), located between Bass Pro and Target, is held every Saturday from 9am–2pm. Stapleton's 29th Ave. Town Center Farmers Market is held on Sundays from 8:30am–12:30pm.

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August 1: 10am-2pm

- Montclair Recreation Center – 729 Ulster Street
- Blackberries – 710 E. 26th Ave.
- Montbello Recreation Center – 15555 E. 53rd Avenue



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