

Front Porch

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

DENVER, COLORADO

STAPLETON

MARCH 2010

Commuter Rail on Track for Stapleton by 2016

*Construction To Begin
This Summer on East
Corridor Rail and Central
Park Boulevard Bridges*

By Carol Roberts

Stapleton seems to have hit the transportation jackpot. This summer, construction is expected to start on three separate projects at almost the same time: the East Corridor commuter rail line to DIA; the Central Park Boulevard bridge over Sand Creek; and the new bridge over I-70 with entrance and exit ramps connecting to Central Park Boulevard. And by the end of the year, as part of the commuter rail project, the Stapleton Park-N-Ride station

(continued on page 26)



The three primary partners for Stapleton's commuter rail station on the East Corridor (which will run from Union Station to DIA) have been planning for the station since 2003. Representatives of those three partners are pictured holding an artist's preliminary rendering of the station that will be built along Smith Road, just west of Central Park Boulevard: (left) Jim Chrisman, Senior Vice President, Forest City Stapleton, Inc.; Michael Hancock, City Councilman, representing the City of Denver; and Carol Duecker, East Corridor Project Manager, representing RTD FasTracks. The parcel of land designated for the station, parking and possible future Transit Oriented Development (TOD) will extend from just east of Wal-Mart (shown above at left) to Central Park Boulevard. FasTracks will purchase land from Union Pacific, just south of their tracks, for the East Corridor's right-of-way. (Photo was taken on Union Pacific's property with their permission and under their supervision to ensure safety.)



The rendering above shows Stapleton's third school as viewed from the northwest. The school buses will have access on Syracuse Street, as shown above. The cross street, 35th Avenue is just south of Sam's Club. Across Syracuse is the United Airlines Training Center.

Architects Share Their Vision of Stapleton's 3rd School

By Carol Roberts, with project information provided by Rebecca Brown, Denver Public Schools

The new third school at Stapleton has moved from a concept to a picture that resembles real life (above). At a lightly attended community meeting hosted by

S.U.N. on February 4, architects presented their idea for the new school—a three-story area for elementary and middle school students on the west and a one-story area for Early Childhood Education (ECE) and Kindergarten on the east. That concept has been fleshed out (continued on page 4)

Front Porch 2010 Summer Camp Guide

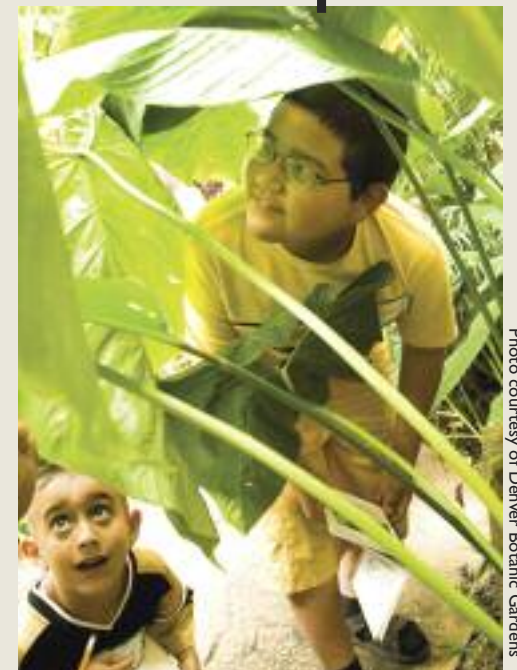


Photo courtesy of Denver Botanic Gardens

Above: Children explore among the leaves at a Denver Botanic Gardens summer camp.

The Front Porch annual summer camp guide starts on page 21.

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

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2008 Democratic Caucus at Westerly Creek School.
See information listed below on March 16.



CALENDAR

Events in or near Stapleton that are free and open to the public or are nonprofit events.

MARCH

Monday, March 1

Denver Museum of Nature and Science
SCFD Free Day
303-322-7009 www.dmns.org/

Tuesday, March 2

Children's Museum, Target Tuesday Night
Free Play 4-8pm. 2121 Children's Museum Drive
www.mychildsmuseum.org

Wednesday, March 3

1st Wednesday, Home Based Business Group.
Lunch with other NE Denver residents
11:45am-1:00pm
Udi's Cafe-Town Center, 7357 E 29th Ave
Location changes monthly. tbrislina@gmail.com

Saturday, March 6

Colorado Rapids Junior Academy Youth
Soccer League Parent Orientation 9:00-11:00am
rapidsacademy@dsgpark.com

Saturday, March 6

Adult CPR/FA/AED 8:00am-3:00pm
MCA Community Room
2823 Roslyn St. www.stapletoncommunity.com

Saturday, March 6

Denver Art Museum - SCFD Free Day
720-865-5000 www.denverartmuseum.org/

Wednesday, March 10

New Resident Reception 6:30-7:30pm
MCA Community Room
2823 Roslyn St. 303-888-0724

Friday, March 12

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

Saturday, March 13

Westerly Creek Elementary Auction
7pm - midnight. "Decades: In Denim and Diamonds" Summit Conference & Event Center,
Aurora \$20 includes transportation, food, drinks,
dancing. www.westerlycreekpta.com

Saturday, March 13

Odyssey Fundraiser—Back to the FOO-ture
Kamsy Event Center,
10190 E. Montview Blvd., \$15

Saturday, March 13

Babysitter's Training 8:00am-3:00pm
MCA Community Room
2823 Roslyn St. www.stapletoncommunity.com

MARCH

Saturday, March 13

Free women's self defense course at Mike Giles
Family Karate, 1-2pm
7506 E. 36th Ave. #480 (Quebec Square).
303-377-KICK (5425)

Tuesday, March 16

Democratic and Republican Caucuses
Participants can influence who the candidates for
elective office will be. To find your caucus loca-
tion check www.denvergop.org (Republicans) or
www.denverdems.org (Democrats).

Wednesday, March 17

Adult CPR/FA/AED 6:00-10:30pm
MCA Community Room
2823 Roslyn St. www.stapletoncommunity.com

Thursday, March 18

Adult CPR/FA/AED 6:00-10:30pm
MCA Community Room
2823 Roslyn St. www.stapletoncommunity.com

Saturday, March 20

Free Public Skate at Big Bear Ice Arena
Spring Spree Skate, 2:15 - 3:15
Registration required at www.bigbearice.com
Events/Public Skate
First come, first served, space is limited

Saturday, March 20

Bill Roberts 4th Annual Auction, 6pm
The Sky's the Limit! Wings Over the Rockies
Museum, Lowry. hafshary03@yahoo.com,
ali_smits@yahoo.com

Wednesday, March 24

Stapleton Library—Community Meeting #3
Bill Roberts School Cafeteria, 6:30pm
(Tentative date—Check SUN website
for confirmation)
www.StapletonUnitedNeighbors.com

Saturday, March 27

Babysitter's Training 8:00am-3:00pm
MCA Community Room
2823 Roslyn St. www.stapletoncommunity.com

Sunday, March 28

Try Hockey for Free!
Registration required at www.bigbearice.com
Events/Hockey
Boys & Girls ages 4 - 10, Helmets required.

APRIL

Saturday, April 3

Egg Scramble 10:00-11:30am
Founders' Green www.stapletoncommunity.com

Saturday, April 3

Denver Art Museum - SCFD Free Day
720-865-5000 www.denverartmuseum.org/

Tuesday, April 3

Children's Museum, Target Tuesdays
1st Tuesday nights free 4-8pm

(See page 18 for recurring monthly events and meetings)



Online Resident Membership Renewal

We have been busy refining the renewal process. You should receive an email reminder 30 days prior to your membership card's expiration (one year from the date of purchase). You must renew your card prior to the expiration date. You may do this online for a cost of only \$5 by going to the Stapleton website at www.stapletoncommunity.com. Scroll down to "Member Tools," go to "Membership Card Renewals" and click on "Renew-Register-Reserve" and follow the instructions.

To find out when your card expires, please log into your account by going to the "Renew-Register-Reserve" button on the Stapleton website and your membership information will appear on the screen. If you do not see your membership information, it's possible your card has expired and you will need to purchase a new replacement card. You will be able to purchase a new replacement card online for a fee of \$10. Go to the Stapleton website under "Member Tools" and click on "Replacement Card." This online form is only for members who have all their information updated, are in good standing with the association, and have a credit card and photo on file.

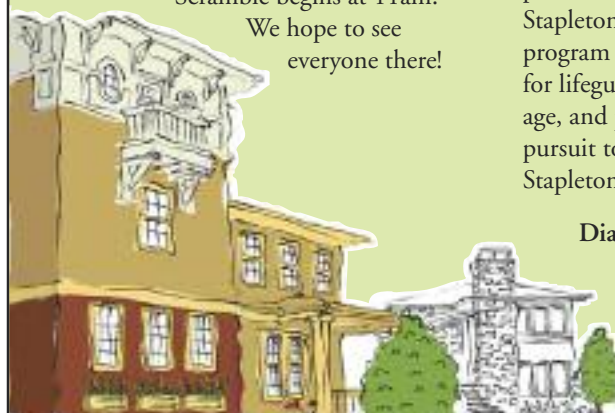
To register for a new account, go to the Stapleton website under "Member Tools" and click on "Setup New Account." Complete your information online. You will then need to go to the MCA office at 2823 Roslyn Street or one of the pools (after Memorial Day) with your driver's license and have your photo taken. The fee for a new membership card is \$10. If you have any questions, please call us at 303-388-0724.

The Egg Scramble

The Green will be filled with eggs on Saturday morning, April 3. This annual event began as an egg hunt. However, if you have not seen it, the event looks more like a scramble. We have ordered more than 8,000 eggs from Sunny Bunny. They are a charitable organization that employs over 240 people with disabilities.

The Easter Bunny will be available for photos beginning at 10am. The Egg Scramble begins at 11am.

We hope to see everyone there!



Diane Deeter
Director of
Programming and Events

Sponsored by Stapleton MCA

The Front Porch
welcomes submissions of
upcoming local events (deadline
is the 15th) and story ideas
for future issues.

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Front Porch

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★ YOUR NEIGHBORHOOD COLORADO RAPIDS KICK OFF THEIR 2010 SEASON THIS MONTH!



2010 RAPIDS HOME GAMES

| DAY | DATE | OPPONENT | TIME |
|-----------|--------------|----------------------------------|--------|
| Friday | March 19 | Rapids Charity Shield v. Seattle | 7:00pm |
| Saturday | April 3 | Chicago Fire | 2:00pm |
| Sunday | April 18 | Toronto FC | 3:00pm |
| Wednesday | May 5 | Los Angeles Galaxy | 7:30pm |
| Saturday | May 29 | Seattle Sounders | 7:00pm |
| Saturday | June 5 | Columbus Crew | 7:00pm |
| Sunday | July 4 | New York Red Bulls | 7:00pm |
| Saturday | July 17 | Kansas City Wizards | 7:00pm |
| Wednesday | July 21 | Philadelphia Union | 7:30pm |
| Saturday | July 31 | FC Dallas | 2:00pm |
| Saturday | August 7 | San Jose Earthquakes | 7:00pm |
| Saturday | August 28 | Houston Dynamo | 7:30pm |
| Saturday | September 4 | Chivas USA | 7:00pm |
| Saturday | September 18 | New England Revolution | 7:00pm |
| Saturday | October 2 | D.C. United | 3:00pm |
| Saturday | October 23 | Real Salt Lake | 3:00pm |

All times are Mountain and subject to change.

THE COLORADO RAPIDS PLAY ALL OF THEIR HOME GAMES AT DICK'S SPORTING GOODS PARK
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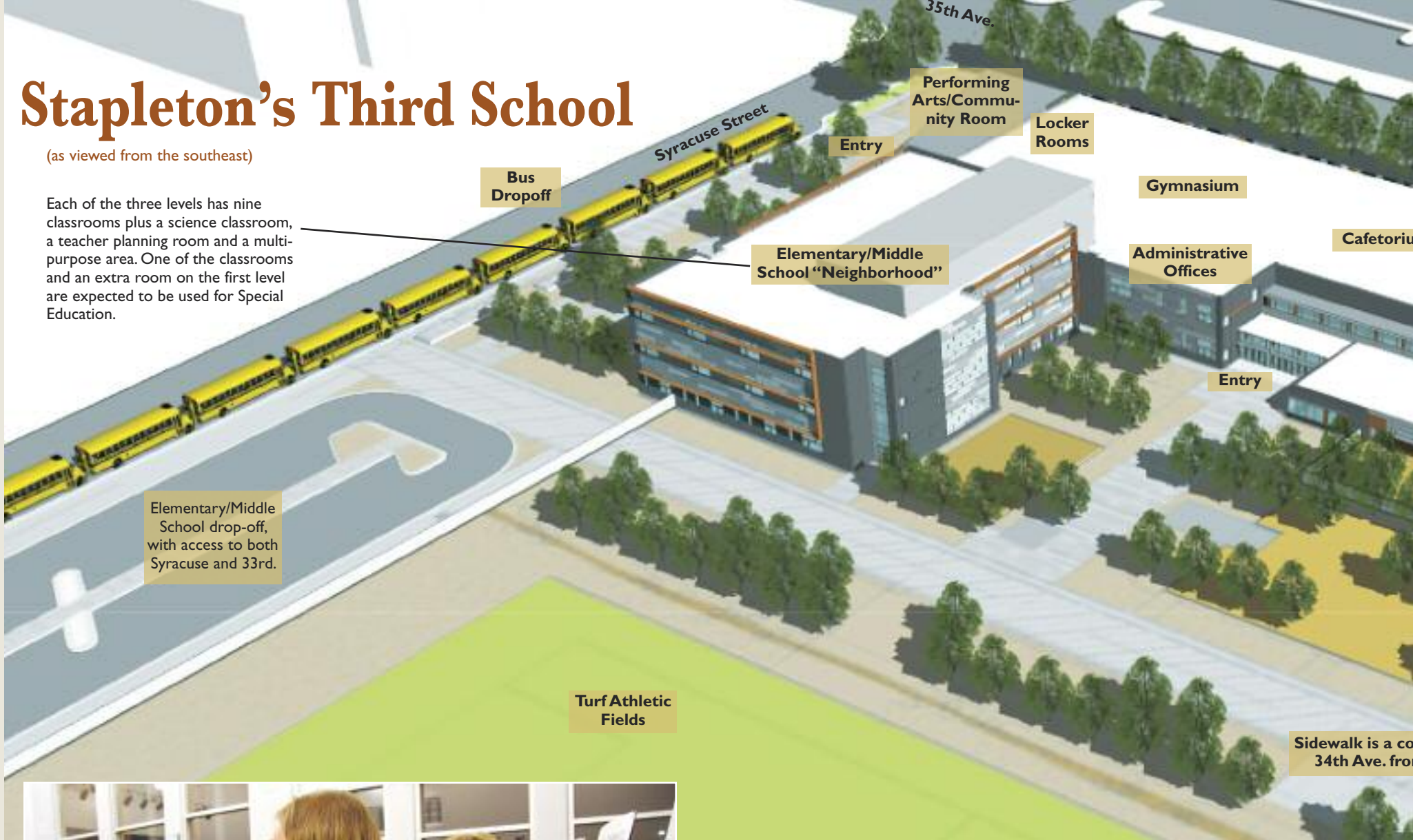


Season tickets are on sale now!
For all the latest news, schedule and ticket information on your Rapids,
visit ColoradoRapids.com!

Stapleton's Third School

(as viewed from the southeast)

Each of the three levels has nine classrooms plus a science classroom, a teacher planning room and a multi-purpose area. One of the classrooms and an extra room on the first level are expected to be used for Special Education.



Ethan Tregellas, 10 months, with his mom Hope Tregellas, seems to have mixed feelings about the new school he may attend. Parents are getting their first look at the proposed plans for the third school at the February 4 presentation by one of the architects.

(continued from page 1) and the current drawings give the community a clearer picture of the final building that will sit on the 10-acre site at 35th and Syracuse. The building is oriented toward the south and east, where the new Central Park neighborhood of Stapleton will be under development in the first quarter of 2011.

The school is being designed to accommodate 900 - 950 students in grades ECE-8 and features a gymnasium, a media center/community room/performing arts venue, a cafetorium and a commercial grade kitchen. Smaller multipurpose areas within the classroom zones provide added space for instruction

and group activities. The distinct areas for the younger and older students, called "neighborhoods," allow for separation of younger and older students while the building design offers access to the shared facilities located between the neighborhoods.

At the meeting a concern was expressed about the need for student drop-off areas that won't get badly congested, which has been a problem at other neighborhood schools. To address that issue, the third school plan includes separate parking and drop off areas for the two "neighborhoods," with traffic in each area flowing through a loop. Parents of younger children will be able to park and walk in with their children

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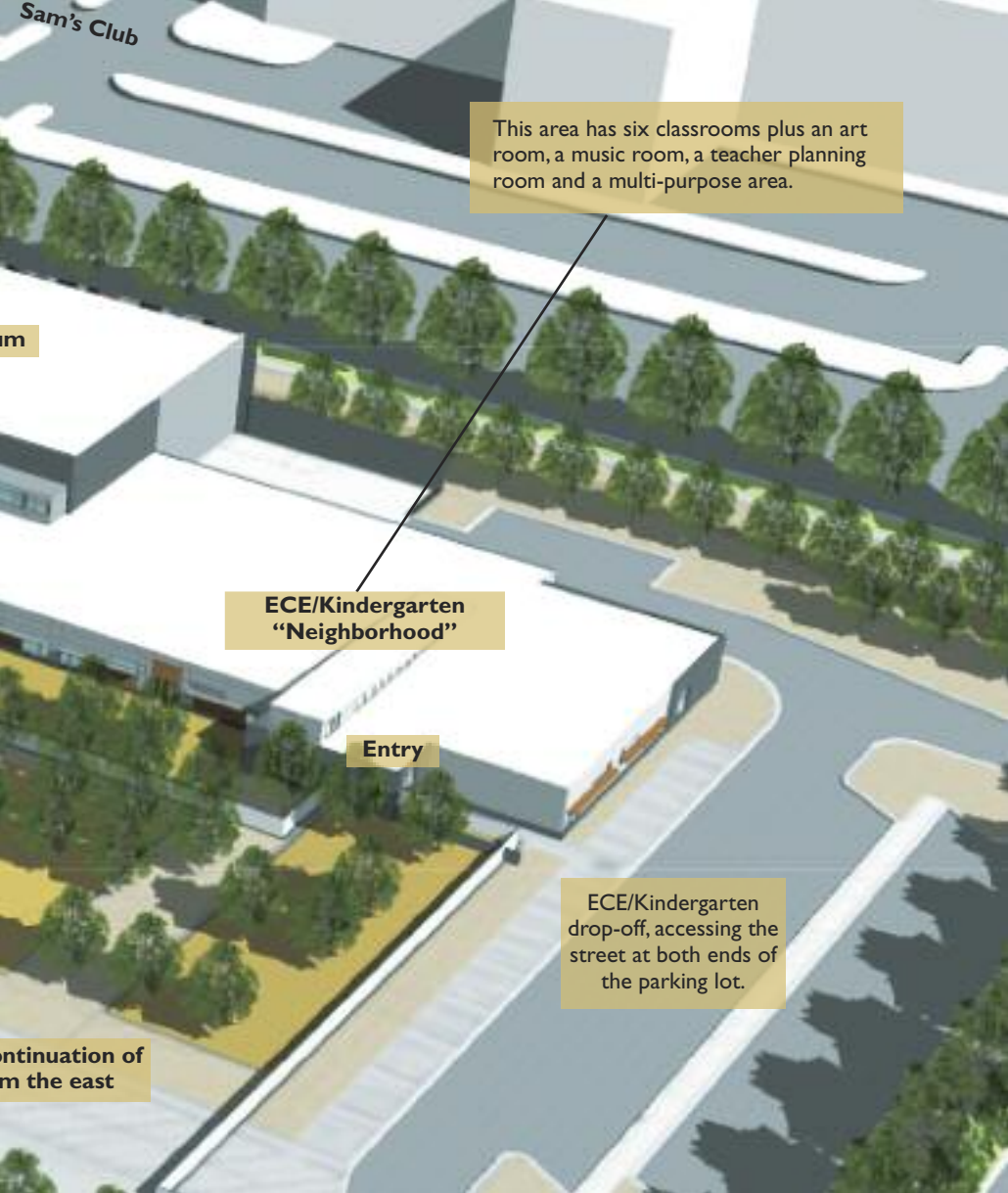
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without disrupting traffic flow for older students.

Some parents at the February 4 meeting commented that they were surprised to see a three-story building for elementary students. The use of a three-story building for the elementary and middle school students helps keep the building north of the 34th Avenue extension through the site, which is consistent with Stapleton development guidelines on use of the Denver street grid. In addition, the design allows the 34th Avenue extension to serve as a fire access lane for the school, and creates a hardscape surface for painted graphics to be used by outdoor programs.

DPS also points out that the design team has experience building three-story elementary schools in metro districts and those schools have functioned very successfully.

Denver Public Schools, through a competitive solicitation process, selected the design/build team of GE Johnson Construction Company and Anderson Mason Dale Architects to construct the new Stapleton 3 School, with a total budget of \$17.4 million. Groundbreaking is planned for June 2010 and the project should be substantially completed in June 2011.



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Theater Class Helps Kids Develop Life Skills

By Nancy Burkhardt

Life skills can be hard to learn for first- through fourth-graders, but the use of theater education can make learning easier.

The Montview Art Stage for Kids (MASKs) offers local elementary students dance and theater classes.

“MASKs is a series of process-based theater sessions,” explained Patrick Elkins-Zeglarski, a Stapleton resident who is the MASKs instructor. He holds a master’s degree in theater for young audiences and a bachelor’s degree in theater education.

“We don’t produce a play. Each of our sessions focuses on a life skill as well as elements of core curriculum. We explore life skills and core curriculums through theater ac-

Visit the “video features” link at FrontPorchStapleton.com to view the MASKs class in action. One of the class activities in the video shows the participants using their inference skills to make a chandelier using their bodies, and then move together as the chandelier swings.



tivities,” he said.

The study of theater helps children to deal with their struggle to infer meaning when they are presented with limited information.

“If I read a paragraph, chances are you’d be able to create a

MASKs instructor Patrick Elkins-Zeglarski (at back) with class participants, left to right, Abby Harder, Carrie Ellsworth, Jeremy Schrieber (rear), Malia Ross, Jaden Huddleston, Alex Bland (front), and Isabel Kuhl. The class is held at Montview Presbyterian Church.



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picture of that information in your mind. But we’re finding in the field that children are struggling with that because they are not afforded the opportunity on a regular basis for imaginative play. They lose the ability to create their own pictures. Theater is different because children are ‘in the moment.’ They are creating it—it’s not being created for them. Theater skills help children develop inference skills, which they can take with them to the classroom,” Elkins-Zeglarski said. “Both inference and the ability to create pictures in your mind are at the core of theater and dance work. There is a natural fit for theater to step in and help develop those skills.

“All of the performing arts, regardless of the discipline, require the ability to wait and be actively engaged in supporting others by waiting and watching—and then you get your turn. It’s about providing an opportunity for patience, showing students that they all will get their turn and don’t have to force their way in.”

Children in MASKs have an opportunity for expression and are able to create that expression dramatically. However, they are not memorizing parts or practicing lines. They are not training to produce a play or a dance.

Classes are capped at 26 students. Currently, students are in MASKs for only one semester, but another tier of classes is being developed.


For information on MASKs, call 303-355-1651, ext. 130. Prorated registration for the current session will be accepted until March 5.



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uncover the genius

Car Share Helps Kick the Need for Ownership



Karen Worminghaus, director of eGo CarShare, stands next to the Prius now available in the parking lot between the Cop Shop and King Soopers in the 29th Ave. Town Center.

By Nancy Burkhardt

The Stapleton resident who feels the need to leap into a car only on rare occasions now has a “green” alternative in eGo CarShare.

“The ‘e’ stands for easy, economical and eco-friendly,” explained eGo CarShare director Karen Worminghaus. “People can think of it as short-term neighborhood car rental.”

The car is a 2010 Toyota Prius, which easily addresses CarShare’s three e’s. The company’s mission is to reduce the environmental and social impacts of car usage. By using car sharing and bus choices, studies have shown that car usage will be reduced by 44 percent, according to Worminghaus.

The company has been operating in Boulder for nine years, and now has six cars in the Denver metro area.

“People become members. They don’t have to come to an office and fill out papers. They get a key fob that lets them into the car. They pay hourly and mileage charges that cover everything, including gas and insurance,” Worminghaus said.

Membership is a one-time \$25 charge. There is no annual fee. All that is needed is a two-year driving history and a fairly clean driving record. The company does a motor

vehicle background check to make sure insurance requirements are met.

“As long as they keep their account in good standing, they become a lifetime member,” Worminghaus said.

“This is for someone who doesn’t want the burden of owning a car,” she added. “We have two cars on Capitol Hill. The members are 20-somethings. This way they don’t have to have parking. It lets them do grocery shopping and hiking on weekends. In Stapleton, it will let two- or three-car households pare down. They can replace a car with CarShare. It’s that half a car when you need it. We take care of all the burdens of car ownership. People get freedom and convenience when they need it.”

Cars can be rented for 15 minutes or 48 hours. And, if a person rides a bike to King Soopers, but buys more groceries than the bike can handle, the CarShare ride is just north of the grocery store. And a quick call to the automated phone line for CarShare will get the groceries home safely.

A CarShare member can use a car at any location, but the car must be returned to that location.

For more information about eGo CarShare, go to www.carshare.org or email info@carshare.org. Call 303.720.1185.



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New Entry Plaza for EHS Needs Community Support

By Nancy Burkhart

In these difficult economic times, schools have enough trouble funding education. Finding money for physical renovation on a school building or grounds has become extremely difficult, if not impossible.

However, East High School has a group of volunteers in Project Angel Pride who have taken on the task of fundraising, planning and producing school improvements. Most of them are East High alums or have children who either attend or attended East High.

“We formed the group six years ago to deal with buildings and grounds-related issues, master planning and specific improvement projects,” said Mark Hoskin, an architect who is one of Angel Pride’s founders. His two adult children are East High School alums.

“We’ve been very fortunate to have very, very dedicated volunteers who come from all walks of life—Realtors, attorneys, stay-at-home parents, landscape architects,” he said. “We take our direction from the principal and vice principal. The project we’re working on now is significant.”

The current project is the \$250,000 renovation of the school’s entry plaza. Angel Pride oversees the design and construction, as well as the fundraising. To date, more than \$50,000 has been raised.

Donors may buy bricks with personal inscriptions for \$100 or a larger cornerstone, capstone or keystone paver with an inscription for \$1,000, \$5,000 or \$25,000. If the project’s funds are raised by April 1, the project will be under construction in the summer.

Previous projects have included bleacher construction, field lighting, an outdoor score board, the reconstruction of the Esplanade parkway that connects Colfax Avenue and City Park, and the creation and tending of gardens, trees and lawns.

For information about Project Angel Pride and to volunteer or donate, go to www.eastangels.org.

Library Plans Move Forward

By Carol Roberts, with information provided by OZ Architecture and Denver Public Library

If the first community meeting about the new Stapleton library was all about dreams, the second meeting, held on February 10, was all about reality. The challenges facing the architects include the budget, the size of the site, and the requirements for running a library (especially in lean times). Even the shadow of the Crescent Flats building to the south imposes restraints on the dreams that were talked about at the first meeting.

An L-shaped building that wraps around the corner of Roslyn and 29th Drive provides a presence on both streets; and keeping the existing parking area saves the cost of digging it up and rebuilding it. For security purposes there can only be one entrance into the main library, so although users will be able to enter the building both from the street and from the parking lot, all must go through a single secure entry to the main library.

The pros and cons of two possible entry options were the main subject for discussion and comments by participants. The upcoming meeting on Wednesday, March 10, will be the last opportunity for the community to meet with the design team before near-final plans are presented in May.

Pros and Cons of a “Standard” L-Shaped Building

The “standard” L-shaped building plan had an entry plaza at the south end of the building. Drawings that showed the shade from the Crescent Flats building raised concerns that the plaza would not be usable year round. Attendees also pointed out that the lobby had a bad view, facing the back of an apartment building, the shape of the library building seemed

boring, and the main part of the library had no connection to the plaza.

The advantages to this “standard” L-shaped plan included a single, big entry plaza that could accommodate a lot of people, it provided more separation between the library and Crescent Flats, construction was more economical, and wall between the community room and the library could potentially be movable for more flexible use.

Pros and Cons of a “Modified” L-Shaped Building

The “modified” L-shaped building had a separate building with the community room, restrooms and stroller parking at the far south end of the site, with a breezeway or atrium type entry connecting it to the main library. People liked that this option was more interesting architecturally and that the entry had moved out of the shadow of Crescent Flats and was more separated from the apartment building. They also thought that having the community room in a separate building was a good configuration for after-hours use and noise would be less intrusive in the library.

A disadvantage was that the three outdoor areas were too broken up and small. The design team also pointed out that it would be more expensive to supervise and operate the two separate areas.

For both options there was some discussion that the outdoor plazas didn’t offer the kind of year-round use the participants had hoped for.



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Library Features

The library will have a large community room accommodating 50-100 people that will be reserved on a first-come, first-served basis and users will be charged a fee. No commercial kitchen facilities will be available.

The library will have study rooms that will be available on a first-come, first-served basis with no fee.

Vending machines will be available with hot/cold beverages and healthy snacks, and food and covered beverages will be allowed within the Library.

Wi-fi will be available in the library and the outdoor plazas.

Interior Space Configuration

A color coded plan was used to show how the differ-

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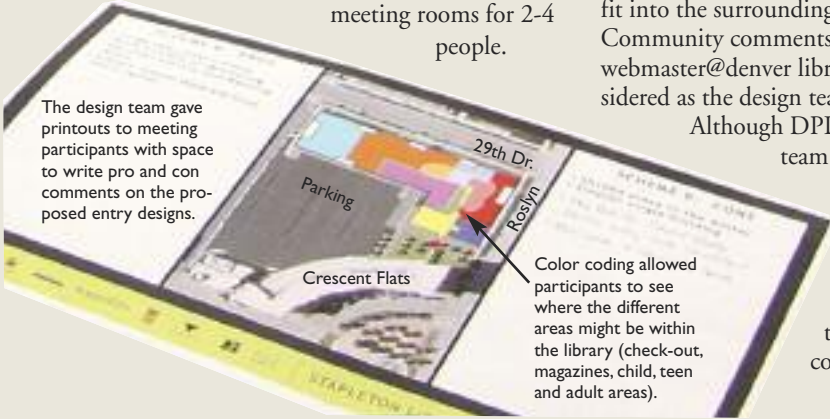
Stapleton resident Tiffany Stephens gives a report on the reaction of her group to the plans for the new Stapleton library presented at the second community meeting with the library design team.

ent areas in the library might fit together. The staff will need to have a work area close to the entry, with a door to the outside for book delivery, and the computers will likely be grouped so they are easily visible and accessible by staff. Other areas within the library will include: Popular materials (books, music and movies; magazines, newspapers) • A teen/tween space with young adult fiction and magazines that is flexible for social gathering and homework • A children's area with picture books and easy readers, a craft/activity area, discovery pods for active learning and a family restroom • An adult space with fiction and non-fiction; comfy furniture for reading; tables and study/small meeting rooms for 2-4 people.

Community Meeting #3
Tentatively Wed., Mar. 24, 6:30pm
Bill Roberts School Cafeteria
Check SUN website for confirmation
www.StapletonUnitedNeighbors.com

The March Meeting
The project team has been using the pros and cons received to date from the community to inform the design of the library moving forward. A new design that merges the community input with the expertise of the DPL staff and project team will be presented. A revised building layout, feature elements and overall building imagery will be presented. The discussion will focus on the overall building appearance and how it will fit into the surrounding neighborhood. Community comments sent to webmaster@denverlibrary.org will be considered as the design team moves forward.

Although DPL and the project team will review all comments, they do not have the capacity to respond to them or enter into discourse about them except at the community meeting.



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Midwifery Offers Natural Childbirth With Physicians Close By

By Nancy Burkhardt

Birth with a midwife in attendance was usual in historic eras. And a trend toward natural living brought it back to the forefront in the mid-20th century.

Today, midwives often deliver babies in hospital settings where their patients can experience a natural childbirth in close proximity to physicians' intervention, if it becomes necessary.

Katie Wagner is a Certified Nurse Midwife with a bachelor's degree in nursing and a master's degree in nurse midwifery. She works at the Rose Women's Center – Rose Midwifery, located at 2975 Roslyn St. in Stapleton.

"Our practice doesn't offer going to a woman's home," Wagner said. "There is only one center in the state that does. I'm not aware of any midwives who do home delivery in the Denver area, but there are some in the mountains. Now most deliveries are in a hospital."

Nurse-midwives do about 11 percent of the baby deliveries annually nationally. About 97 percent of these deliveries are done in a hospital setting.

"Personally, I like being in a hospital because in that very, very small chance of a medical emergency, I like having the bells and whistles close by" Wagner said. "The chance is less than 1/100th percent of something going wrong."

"We're trained to take care of low-risk pregnancies," Wagner explained. "In appointments, we do a lot more teaching, a lot more education and working with the patient about what their goals are, as opposed to talking at the patient. We want



First-time parents Cavan and Amanda Moon show off their new baby, 8-day-old Connor, who was born in this maternity suite at Rose Memorial Hospital with the help of midwife Katie Wagner. Amanda used the ball for relaxation during labor. A jacuzzi (visible in the bathroom) is also available.

patients to have the birth they want. We are big supporters of natural childbirth. We will really work with patients to help them achieve an unmedicated childbirth. But they can have an epidural if they choose."

Women without high-risk pregnancies who don't want the higher level of intervention during childbirth that often accompanies delivery by an obstetrician may choose to give birth with a midwife's help.

Adrienne Stohr Lewis gave birth to her baby boy, Mead, on November 2 in an unmedicated, natural birth with the help of a midwife from Rose Women's Center.

"I started out thinking I wanted to go to the hospital, have an epidural and go home," she said.

Then Stohr Lewis began talking to a friend with whom she had served in the Peace Corps in Zambia. There, many women have natural childbirth.

"It was the message of what our bodies are capable of and the levels of intervention we need," Stohr Lewis said. "Our bodies are designed to do this. It led us to midwifery."

"The experience was wonderful. They are a great group of women. Their perspectives and insights helped us learn more about

pregnancy."

Women might first meet with a midwife before they become pregnant.

"Ideally, we would like to see people before their pregnancy in a pre-conception visit to talk about nutrition, exercise and the timing of intercourse," Wagner said. "If they are on medications or have any medical issues, they can decide on what's safe for their pregnancy. If they have asthma, we would prefer to get the asthma under control before she gets pregnant."

The midwives will start prenatal care at any point in the pregnancy. If there is a question about the woman's health at any point, a consulting physician is called in.

"Almost all the time the nurse-midwife does the prenatal care exclusively," Wagner said. "As far as delivery, the physician comes in if the patient needs forceps, a vacuum-assisted delivery or a C-section."

For information about Rose Women's Center – Rose Midwifery, call 303.320.2944 or email gailwullenschneider@healthonecares.com.

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March is Colon Cancer Awareness Month

Local Doctor Focuses on Care for Women



Lowry resident Dr. Jennifer Moss, a gastroenterologist, performs a colonoscopy at Rose Memorial Hospital.

By Nancy Burkhart

Studies have shown women to be hesitant to have colon cancer screening done in the presence of men. In fact, a study at the University of Michigan says that 43 percent of women preferred a female endoscopist and nearly 90 percent of these women polled said they were willing to put off their colorectal cancer screening for a month just to have a woman do the colonoscopy, according to Dr. Jennifer Moss.

Moss is a physician with Rocky Mountain Gastroenterology Associates. She conducts colorectal cancer screening at Rose Medical Center in a program called Women Caring for Women Colonoscopy.

“We offer an all-female team for colorectal cancer screening,” Moss explained. “There is a female nurse, female physician and entire female staff, so there is no embarrassment at all regarding the procedure. They can feel more at ease and more comfortable.”

Moss encourages all men and women over 50 years and older to have a colonoscopy, and since March is Colon Cancer Awareness Month, it would be a good

time to make an appointment.

“For the average person, the lifetime risk of colorectal cancer is 1 in 19,” she said. “About 146,000 cases of colorectal cancer were found in 2009. It’s the third most common cancer in men and women, and it’s the second leading cause of death. Probably about 60 percent of colorectal cancer deaths could be prevented just by adhering to guidelines for colorectal screening.

“A colonoscopy makes absolute sense,” Moss said. “It’s a very easy test. A lot of people have misgivings about the test, but they shouldn’t.”

Moss explained the test. The day before the test, the patient is on a clear liquid diet. In the afternoon, the patient takes medicine to empty the colon and enable the doctor to see the walls of the colon.

“We have people take Dulcolax tablets and Miralax mixed with Gatorade. It’s palatable and there’s not a massive amount of liquid to drink,” Moss said.

The procedure is done with an IV and sedating medicine, rather than a general anesthesia. It takes about 10 to 25 minutes for the physician to examine the colon.

“If you have any polyps, we take them out. If anything else is abnormal, we take biopsies,” Moss said. “During that session we can diagnose.”

The patient recovers in approximately 30 minutes, but is unable to return to work that day, she said.

People with a mother, father or sibling who have had colorectal cancer or an advanced precancerous polyp before age 60 should have colorectal screening at 40 years of age or when they are 10 years younger than the person who was diagnosed, according to Moss.

If three people in two generations of your family have a history of colon, ovarian, or endometrium (uteran) cancer, and one of those people was diagnosed before the age of 50, you should have a talk with your physician, she advised.

The Undy 5000, June 26, City Park

A Brief Run to Fight Colon Cancer

Stapleton resident Serena Sampat is a marketing manager for Rocky Mountain Gastroenterology Associates – and a fan of running.

In 2008, Sampat found that events for other cancers were going on in Denver, but nothing that touted awareness for colon cancer. Thus, she began a “nagging” campaign.

The Colon Cancer Alliance had been doing a race, called the Undy 5000, in Dallas, Philadelphia and Phoenix.



Serena Sampat's efforts first brought the UNDY 5000 race to Denver in 2009 to increase awareness about colon cancer.

“I kept calling them over the course of three months,” Sampat said. “I kept trying to convince them that we have local sponsors and that I would handle it locally.”

The result is that on Saturday, June 26, the Undy 5000 will have its second year in Denver at City Park.

The race will feature a one-mile kids’ fun run and a 5k course through City Park. The course is USATF certified, with prizes and awards. It will be a family fun day with a band, food and educational booths.

For information and to register for the race, go to: www.undy5000.org.

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DNA Doctors: The Role of Geneticists in Pediatrics

By Nancy Burkhart

“A geneticist diagnoses a child with a disorder that comes from mutations in genes,” explained Dr. Gary Bellus, a geneticist in The Children’s Hospital Genetics Division and Stapleton resident.

“The genes are the blueprint for our bodies and those have to get processed every time we make a child,” Bellus explained. “Genes are like a computer code,” he said. “It’s like a language—if you drop a letter or insert a group of letters, it can change the meaning of the text, just as a misspelling would change the meaning of a paragraph or a text.”

A geneticist is called in when symptoms suggest something is going on that a regular pediatrician doesn’t understand the reason for, Bellus said. While the geneticist may be able to provide answers to why the disease has occurred and what can be expected in the future, other physicians will be the ones to treat the resulting problems.

“We don’t really have the technology to fix a gene,” Bellus said. “When we identify a genetic condition, first, an appropriate doctor is called in to treat it. We try to be as proactive as possible so that problems are



Dr. Gary Bellus from the Children’s Hospital Genetics Department goes over a diagnostic manual with the parents of three-year-old Shira Merenstein, who was diagnosed with mild Pfeiffer syndrome. The parents are Ray Merenstein and Illana Steinberg.

picked up early and can be treated before they cause bigger problems.

“When you’re treating somebody, it’s important to sort out whether a condition is due to some transient event like an infection, rather than an ongoing problem like a genetic problem. By understanding a disease, one can develop a better treatment strategy.”

Three-year-old Lowry resident Shira Merenstein and her parents have learned the

benefits of having a geneticist on her team. She was less than a month old when she was diagnosed with Pfeiffer Syndrome, a genetic disorder with premature fusions in the skull and narrowed nasal passageways. She also was diagnosed with hydrocephalus and had a shunt placed in her brain.

“When she was born, she was sent to the Neonatal Intensive Care Unit at The Children’s Hospital,” said Shira’s mother, Ilana Steinberg. “They called a geneticist, Dr.

David Manchester, to see her because they suspected that she might have some sort of genetic abnormality. In a matter of minutes, he had asked us questions, and when he left us, he had two different things he wanted to test for. It turned out that one of them was it.

“What he did for us was to help us to be aware of things we might be facing down the line,” Steinberg said. “When she was diagnosed with hydrocephalus at the age of 11 months, we didn’t see it coming. But, Dr. Manchester had told us there might be things unexpected down the road. He has heightened our awareness of what we might have to deal with. He never treated her; he just made us aware.”

Today little Shira is thriving.

“She’s amazing,” said her mother. “She’s a very, very active, a very typical three-year-old. She talks a mile-a-minute. She has a hearing aid, and she hears within the normal range with it. Her speech development is on track. And, she doesn’t have a stomach tube now.

“They were pretty much able to assure us that she wouldn’t have any cognitive difficulties. To know that early on is such a great blessing. They were so helpful to us. Dr. Manchester was fabulous, so helpful for us and so compassionate and understanding that this was so overwhelming for us. He gave us ideas about how this gene was passed on.”

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Quality of Teachers and Principals Most Important Factors in Educational Success

By State Senator Michael Johnston

The two most important school-based variables in the academic success of a child are 1) the quality of his/her teacher and 2) the quality of his/her principal. As a former teacher and principal, I witnessed this daily in my work and many of us know this intuitively to be true. Thus, the most important place to direct our educational reform efforts is toward figuring out how Colorado can recruit, retain and reward the very best teachers and principals. As an example, the fastest way to close the achievement gap is to place our students who struggle most in the hands of our most talented teachers. A highly skilled teacher can close the achievement gap for those children in three years, while a low performing teacher can dramatically and sometimes irreversibly expand that achievement gap.

While many of the hiring and promotion practices and work conditions are locally determined, the state legislature plays a key role by providing the parameters for how we define and evaluate teacher and principal effectiveness. I am proposing a bill in the state legislature that requires the Governor's Council on Educator Effectiveness, a coalition representing teachers, principals, superintendents, parents, students and policy makers, to define fair, merit-based measures to evaluate educator effectiveness. These parameters will ensure that definitions of effectiveness are based in significant part on the impact teachers and principals have on student performance, will include multiple measures of student performance, and will focus on student growth rather than just a single test score. The ability to measure the growth of a student is essential to ensure we do not penalize educators who work with students who start off many grade levels behind.

Similarly, principals should be evaluated based on student growth and on the effectiveness—or growth in effectiveness—of their teachers. This change is essential because it refocuses the core work of the principal to supporting teachers. By linking principal evaluations to their teachers' success, we create the best possible incentive for principals to do a better job recruiting and retaining great teachers, as well as supporting and developing novices.

Once we have collaboratively developed a credible system for evaluating and improving teacher and principal effectiveness, we should use these definitions to

"While many of the hiring and promotion practices and work conditions are locally determined, the state legislature plays a key role by providing the parameters for how we define and evaluate teacher and principal effectiveness."

identify and learn from our best educators. Strong performers should be rewarded with diverse and challenging career paths, like mentoring and supporting younger teachers, and provided the opportunity to earn increased pay for increased responsibility. These challenging career ladders will help retain our most talented educators and support them in improving the whole profession.

We should also use this evaluation system to inform important decisions like how and when to provide professional development, growth plans, and dismissal. We must change the tenure system so that tenure is an honor earned only when a teacher demonstrates strong and consistent performance, and a privilege that can be lost based on low performance. Under my proposal, a teacher would earn tenure only after three consecutive years of effective performance, and could lose tenure based on consecutive

"We must change the tenure system so that tenure is an honor earned only when a teacher demonstrates strong and consistent performance, and a privilege that can be lost based on low performance."

years of ineffective performance. This will prevent us from granting tenure to teachers who have not demonstrated outstanding performance. Additionally, teachers will benefit from continuous feedback that will show the specific areas where improvement is needed, increase the amount of support and direction they receive from their evaluators, and provide them with the opportunity to attain the honor of tenure on the basis of their merits.

Finally, if we expect principals to be held accountable for the effectiveness of the teachers in their schools, they must maintain the authority to hire teachers that fit the mission and values of their building. This means ending the current practice where teachers are forcibly placed into schools and establishing a hiring system based on mutual consent that respects both the principal and the teacher.

These important changes will make Colorado a national model for attracting and retaining the best educators.

Sen. Johnston can be reached at 303-866-4864 or Mike@MikeJohnston.org



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Participants will travel through the "Decades" to reach a fundraising goal of \$45,000. The event will include a silent auction, a live auction, delicious food and drink, and plenty of dancing to tunes from the '70s, '80s, '90s and 2000 on.

Every dollar will benefit Westerly Creek Elementary by funding additional staff support, books and other important items for the school.

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Tickets are on sale for \$20 at www.wceauction.com, at the school's front desk or at the event.

Update from Stapleton's District 7 State House Candidates



Mark Mehninger

By Mark Mehninger

As many of you may know, I want to be your next Colorado State Representative. For the past two years, I have served our community as

president of our neighborhood association, Stapleton United Neighbors. For the past 18 years, I have also served the Democratic Party as a dedicated volunteer, campaign professional and progressive political consultant.

Over the past few years, politics as usual has not moved our area forward. Now that I am a father, I have a renewed drive to see Northeast Denver thrive.

In a recent email to my supporters, I articulated my core reason for becoming a candidate: to bring new energy to Northeast Denver.

Rather than rely solely on mail, paid phone calls and other forms of impersonal advertising, I have been walking door to door, talking with voters personally and introducing myself. I want all voters in our district to have my phone number and email address so that I can ensure you have a voice: 720.840.8492, Mark@Mehninger2010.com.

Recently, I knocked on my 500th door, putting me well on my way to meeting my goal of reaching 6,000 or more doors by the August 10 primary election.

Earlier this year, my campaign also unveiled a new website. Mehninger is a tough name to spell, pronounce or remember, so you can now learn more about my campaign at www.VoteMark2010.com, read up on my personal positions on the top issues and watch our video updates. There is also information on our website regarding the March 16 caucuses.

I look forward to meeting you all personally in the coming months, and please do not hesitate to call or email me.



Jon Goldin-Dubois

By Kathy Epperson

Since entering the race to become the state representative in House District 7, Jon Goldin-Dubois has spent his

time reaching out to people throughout the district, discussing issues that Stapleton residents have identified and tying together common concerns in the several neighborhoods that make up the district.

"It's really been a great opportunity to talk with voters here in Stapleton and across the district about what they care about and what is important to them," says Jon. "Sometimes politics seems to be about who knows who, and who is connected to the right people. But I think politics is about identifying concerns in our communities, bringing people together, and working together to find solutions to problems that affect us all."

Goldin-Dubois is no stranger to this approach. He has worked with nonprofit organizations for 20 years on issues like cleaning up Denver's air, pushing for quality public schools, and working to make government more transparent and more accountable to citizens.

"Right now, our state and our district face some very serious challenges," he says. "As I've talked to people, I have heard that public education, and making sure that every child gets a good education, is a top concern. People are also very concerned about strengthening our economy, creating good jobs and access to affordable healthcare. I'm going to continue to reach out to people in our neighborhoods to develop concrete plans to address these issues here in our community and to build the support that it takes to win on these issues at the State Capitol."

Goldin-Dubois urges voters to contact him with their ideas and to attend precinct caucuses on March 16 at 6:30pm at Westerly Creek. Reach Jon at jon@goldindubois.com or at 720.203.2116.

Kathy Epperson is a supporter of Jon's campaign and frequently writes about people making a difference in the world through their work.



Angela Williams

By Kevin Flynn

Lawmakers are facing a perfect storm of challenges on major issues of education, economy, environment and health care, said Angela Williams, Demo-

cratic candidate for House District 7, who advocates new ideas and innovative solutions to solve them.

The fast-approaching storm is triggered by next year's expiration of the Referendum C "time out" from TABOR restrictions. The HD7 representative must be prepared to reform Colorado's fiscal policies to enable sustainable, reliable and appropriate funding.

Williams said reform must adhere to principles of solid public education, health care for all, green jobs and living wages.

"We need more schools and classroom space in our growing neighborhoods," said Williams. "I will work hand-in-hand with parents and the school district to ensure we are committing the resources we need to fund long-term solutions to overcrowding. We can no longer afford to revisit this issue every few years."

With HD7 in line for significant construction on the I-70 viaduct and rail transit, Williams advocates local hiring and job training for its residents.

"Rebuilding Colorado's infrastructure will create a potential job for every person standing in the unemployment line," Williams said.

Everyone deserves access to adequate health care, Williams adds. She supports a public option and "if special interest groups defeat that, Colorado must establish a state-based system and consider a multi-state compact to achieve this objective."

Williams, a single mom, business owner and Stapleton neighborhood resident, is endorsed by six Denver City Council members and six area legislators. Her civic involvement includes service on the board of Stapleton United Neighbors, the Colorado Black Chamber of Commerce, the Downtown Denver Partnership and the Governor's Small Business Advisory Board. She belongs to the Greater Park Hill Neighborhood Association and Greater Far Northeast Neighborhood Association.

To read Williams' platform on all of the issues, please go to www.angela4colo.com.

Former Rocky Mountain News journalist Kevin Flynn is media relations manager for the Angela Williams campaign.

East High School – Entry Plaza Renovation

The Project Angel Pride Commemorative Paver & Brick Program

Pave The Way to East's Continued Excellence!



The entry plaza renovation will recognize the importance of the historic entrance to East and reinforce its daily use as the "gateway to learning" when students arrive each day. The entry plaza project is designed to renovate and expand the existing plaza to provide a social gathering place and an inspiring first impression of East High School.

Your Entry Plaza Committee and East Principal John Youngquist invite you to become a lasting part of East by purchasing a paver or brick.

- 4" x 8" Brick with your personalized inscription – \$100
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"Prior to every nature walk that my Dad leads, he always announces to his students: 'Nature Rangers, now hear this, from here on out, all eyes on nature...and turn on your ears and nose too!'" —Marko Babiak

I find that most nature sightings do not start with our eyes, but often with a preceding scent or a sound. It may be the dense perfume of a defensive skunk or the anxious barking within a prairie dog colony that catches one's attention and lures us to that special sighting.

While on a recent hike along Westerly Creek with Marko, a distinct, dry rattling cry caught my ear, rickety, crick, crick, crick. I moved slowly toward the wild call and quickly scanned every shrub and treetop in search of the crier. There in the distance, announcing his presence to a rival, or perhaps to these rangers, was perched a handsome belted kingfisher—possibly the most charismatic yet solitary water bird found along the creek.

We gave this skittish creature ample room to conduct his morning routine.

Take a Hike by Marko and John Babiak

Westerly Creek's Chatty Katty, the Belted Kingfisher

In our stillness, we admired his burly body, slate blue plumage, white collar, spear-like bill and squat legs. I commented to Marko that his pronounced flaring crest looked like his morning bed hair. Patience soon paid us dividends. With a lunge and then a kamikaze-like plunge, the kingfisher dove headfirst from his near 20-foot outpost into the clear water shallows below. This fisherman was on the hunt.

As he pierced the waterline with his arrow-shaped body, I imagined his specially adapted eye lenses were now focusing in on an unsuspecting minnow or crayfish. Then, with two or three flaps of his wings, followed by an erratic flight path, he was gone heading downstream, perhaps to his nest?

Belted kingfishers make their year-round habitat along Westerly and Sand Creek. Near the confluence of the two creeks, you can find their unique burrow nests—tunnels, some as

deep as six feet that include an egg chamber at the end. Dozens of nests spot the tall, sandy cliffs found along the creek



This photo of a kingfisher was taken by Marko Babiak along Westerly Creek.

banks. During their breeding season, kingfishers team up and put their shovel-like feet and jackhammer beaks to work excavating nests for their pending brood.

Our rare sighting, the few moments of witnessing this chatty bird, were a generous reward for practicing what I preach to my students.

Marko and John Babiak are Stapleton residents. Marko, 9, is an avid wildlife photographer. John is an enrichment teacher in several Denver public schools. Weekly he teaches his popular Nature Rangers classes to students at Roberts, Westerly Creek and Odyssey. He also leads a summer-long nature appreciation program at the nearby Rocky Mt. Arsenal National Wildlife Refuge. He can be contacted at NatureRangerJohn@aol.com.

Farming Goes to Town

By Nancy Burkhart

Urbanization has kicked agriculture and farming projects farther away from the city, and gardens tilled in the backyard rarely focus on farming the way it originated or the way today's world conditions may need it.

Thus, Feed Denver Urban Farms & Markets was created by Lisa Rogers when she realized that the recession had dried up many jobs and most local farms in the community are producing all they can and it's not enough. The nonprofit organization is co-farming at Stapleton's Urban Farm.

"We are for adults creating an industry of agriculture in the city," said Lisa Rogers. "We're doing small-size farms that would fit into a city footprint. Part of our training is teaching adults that farming in the city is a viable business. You can support yourself and your family and other families."

Feed Denver is not a community garden project where neighbors get together with plots for hobby gardening.

"Feed Denver is farming as a productive model," Rogers said. "We are creating food in the city. There is a move happening in the United States. We have started realizing that the safety of our food is in a very challenging position right now. We create in the country less than 10 percent of the food we eat. The direction that conventional farming has gone in is less consumption of food for people and more for animals. We're not creating food anymore."

(continued on page 20)

npre

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ADULT CLASSES AND SEMINARS

3/11 Thursday- My Child Qualifies for Special Education—now what? Denver Public Schools will explain an Individual Education Plan and how the IEP team process works. Appropriate for parents of ages 2–7. No childcare available. 10am–noon. Lecture repeats Thursday 3/18, 5:30–7:30pm. Childcare available on 3/18. FREE. Anchor Center for Blind Children. Register with Max Winkler, 720.423.8292.

3/11 Thursday- Information Roundtable for Executive and Professional MBA programs. 5:30–6:30pm. For those who plan to work full time while pursuing your MBA. Sally Hutton at 303.871.3524 or Sally.Hutton@du.edu.

3/24 Wednesday- Discover Daniels Information Session. Learn more about MBA and MS degrees at the Daniels College of Business. For prospective graduate students. 5:30–7:30pm. Shannon Jahn at 303.871.4212 or shannon.jahn@du.edu, <http://www.daniels.du.edu/newsevents/events/admission/index.html>

Colorado Free University fee-based classes. More classes and info at www.freeu.com or 303.399.0093. Near 1st and Quebec in E Denver.

3/05 Friday- Adobe Photoshop Creative Suite 4, 9am–4pm.

3/08 Monday- Self-Defense for Real People. Six Mondays, 6:30–7:25pm.

3/09 Tuesday- The 8 Habits of a Successful Marriage. Four Tuesdays, 6:30–8:30pm

DENVER EVENTS

3/12 Friday- Lisabel Filiatrault Exhibition Opening with artist in attendance. 6–9pm. Ex-

hibition Dates: March 5–30. Translations Gallery, 1743 Wazee St, Denver 80202. 303.629.0713 or www.translationsgallery.com

3/12 Friday through 3/14 Sunday- Just Between Friends, Kids' gear and clothing sale. Over 70,000 kids items 50–90% below retail. National Western Complex, I-70 and Brighton Blvd. www.jbfsale.com/denver for times. Reduced parking \$5, includes free admission and return visits.

3/13 Saturday- Denver St. Patrick's Day Parade. Starts 10am at Coors Field and winds through downtown Denver. FREE. www.denverstpatrikssdayparade.org

3/23 Tuesday- Backyard Chicken Keeping. Join Sundari Kraft of Heirloom Gardens for an intro to raising backyard hens. 6–8pm. Denver Botanic Gardens, 1005 York St. \$25. www.botanicgardens.org

Through Friday 3/05- Denver Restaurant Week 2010. More than 200 restaurants offer multicourse meals for mile high price of \$52.80 for 2, tax and tip not included. www.denverrestaurantweek.com

HEALTH AND WELLNESS

3/18 Thursday- Love Wearing Your Baby. Learn benefits of carrying your baby. Try out our baby carriers while enjoying tasty treats, drinks and giveaways. Experts on hand to help. Real Baby, 3616 W 32nd Ave, Denver 80211. 303.477.2229(BABY) www.realbabyinc.com

3/22 Monday- Understanding Infertility: Diagnosis to Treatment. Most couples achieve their dream of parenthood and the majority will need relatively "low-tech" options. Learn about fertility test-

ing and treatments. 4–5pm. FREE. Stapleton Women's Centers, 2975 Roslyn, St, Ste 140. RSVP by Wed., 3/17 at 303.321.7115.

ACTIVE MINDS

3/02 Tuesday- The History of Denver. Learn how our city was founded, booms and busts and why the 1976 Winter Olympics were not held here. Bring your favorite Denver trivia to share! Jewish Community Center, 350 S Dahlia St, 10am. RSVP: Lil Shaw: 303.316.6359. www.activemindsforlife.com

3/08 Monday- Paris: Biography of a City. Trace its history from Celtic origins through modern times. 2:30–3:30pm. Springbrooke, 6800 Leetsdale Dr, Denver. RSVP: 303.331.9963

3/09 Tuesday- The Future of Iraq: A Path to Self Sufficiency. 12:30–1:30pm. Look at the potential path for Iraq to stand on its own and challenges that may be encountered along that road. Tattered Cover, 2526 E Colfax. FREE. www.ActiveMindsForLife.com

3/16 Tuesday- Coffee: A Brief History. 11am–noon (refreshments at 10:45) Trace the history of coffee from its origins in Ethiopia to the Starbucks around the corner. A fascinating story of politics, power, chance and intrigue. Temple Emanuel, 51 Grape, Denver 80220. RSVP: Jodi, 303.388.4013 x307. www.ActiveMindsforlife.com

3/23 Tuesday- Water in Colorado. 5:30–6:30pm. Join Active Minds® to understand our water history, current challenges, and what the future holds for our use of this precious resource. Tattered Cover, 2526 E Colfax. FREE. www.ActiveMindsForLife.com

LIBRARIES

For more information on these and other programs at all libraries, check the events calendar at denverlibrary.org.

Park Hill Library, 4705 Montview Blvd 80207, 720.865.0250, closed Mondays, Wednesdays and Sundays.

Thursdays- Storytime with a Craft. For children who can sit and listen to short stories, participate in songs and a simple craft. 10:30am; craft limited to first 30 children.

Thursdays- Book Babies. For infants 6–23 months with parent or caregiver. Share books, songs and finger plays. 11:15am.

Fridays- Tales for Twos. Storytime for 2-year-olds and their caregivers. Stories, song and movement activities. 10:30am.

Fridays- Book Babies. For infants 6–23 months with parent or caregiver. Share books, songs and finger plays. 11:15am.

Schlessman Family Library, 100 Poplar St,

80220 (1st and Quebec), 720.865.0000, closed on Tuesdays and Fridays.

Thursdays- All Ages Storytime. Stories and songs. 10:30–11am.

Thursdays- Book Babies. Stories, songs and games for babies birth to 24 months and their caregivers. 3–3:20pm.

3/10 Wednesday- Teen Tech Week. Celebrate Teen Tech Week with your fellow teens! 3:30pm.

3/14 Sunday- Distinguished Women of Colorado with Fairmount Cemetery. Learn about women who helped make Colorado a great state with a Women's History Month celebration sponsored by Fairmount Cemetery. 2pm.

3/18 Thursday- Travel Tales: Baltic Cruise. Visit the fascinating cities of Copenhagen, Berlin, Tallinn, St. Petersburg, Helsinki, Amsterdam and London with Diane Apperson as your guide. 1pm.

3/20 Saturday- Colorado Authors Series Presents: Sandi Ault. Ms. Ault will read from her work and answer questions about her writing process, as well as research she does on wolves and Native Americans to inform her work. 2pm.

3/21 Sunday- Latitudes Book Club. Spring into a National Book Critics Circle award winner! Get your copy of our selected titles at the reference desk. 3pm.

Peep Your Book! Create a shoebox-sized diorama of a scene from your favorite book or movie using marshmallow Peeps as characters. Submit your creation between March 27 and April 8. Viewing and judging on April 10.

KIDS AND FAMILIES

3/05 Friday- Tales from the Jungle. Weekly storytime at the JCC with professional storytellers and entertainers for kids 1–5. 10:30am, FREE. Reservations requested: 303.316.6336. 350 S Dahlia St, Denver 80246. Repeats 3/12, 3/19 and 3/26. www.jccdenver.org

3/06 Saturday- Primrose School at Stapleton Open House. Staff will be on hand to answer questions about the school and programs offered. Refreshments will be served, activities for kids. 10am–1pm. FREE. 2501 Syracuse St. 303.322.7200

3/06 Saturday- Jewish Children's Activities. First Saturday of every month, little ones can dance, sing, hear a story, do a craft and play at a monthly Shabbat experience, Me'at Shabbat. 9–10am. FREE. Temple Micah, 2600 Leyden St, Park Hill. 303.388.4239. www.micahdenver.org

3/06-Saturday and 3/07 Sunday- All about Kids Expo. 2-day event filled with interactive, fun, entertainment for children of all ages. Numerous

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free activities with paid admission! Disney's Choo Choo Soul with a performance at 11am on Sat. and 1pm on Sun. Colorado Convention Center, 700 14th St. Tickets \$10 Adults, Children 2-14 \$5. www.all-about-kids.org

3/07 Sunday- Target Family Fun Forum. Shakespearean-inspired Family Fun Forum for families and groups. Participants engage in a performing arts skills hunt where they learn to sing opera, recite Shakespeare, dance hip-hop and walk the balance beam among a number of other activities. FREE. 12-2pm. Newman Center for Theatre Education, 1101 13th St. Reservations: 303.446.4892 or www.denvercenter.org/education

3/10 Wednesday to 3/14 Sunday- Disney on Ice, 100 Years of Magic. Denver Coliseum, I-70 and Brighton Blvd. Tickets \$15-\$62. www.ticketmaster.com

3/10 Wednesday- "Create Playdates" at Denver Art Museum. Kids 3-5 invited to roar, bang and stomp the 2nd Wed. of every month, 11am. Drop in and meet other tots for artmaking, story times and scavenger hunts. Included in museum admission; 5 and younger free. Denver Art Museum, 100 W 14th Ave Pkwy, Denver. 720.865.5000 or www.denverartmuseum.org

3/13 Saturday- Victorian Cocoa Party. Victorian cocoa party at one of Aurora's historic landmarks. \$8 per person. 2pm. Centennial House, 1671 Galena St, Aurora. RSVP 303.289.0141

3/14 Sunday- Model Casting Call. WeeCycle needs models for their 2nd annual Hopscotch Hustle! Women and men 18-45, maternity models, babies and kids 3 months-8 years. Must have fun, outgoing personality and be available on Sunday, April 18, 9am- 5pm for the event, and a one-hour fitting one week prior to the event. Time: Anytime from 10am-4pm FREE. Curtis Hotel, 1405 Curtis St, Denver 80202. Contact Sunny Heydorn: 720.319.779, sunny@weecyclecolorado.org

3/14 Sunday- Jerry Barlow Celtic Guitar. Celtic finger-style guitarist and storyteller Jerry Barlow will perform Celtic-inspired compositions. \$5 (\$4 Aurora residents). 2:30-4pm. Aurora History Museum, 15051 E Alameda Pkwy. 303.739.6666 or www.auroramuseum.org

3/17 Wednesday- Smoky Hill Trail. Historian Peter Faris tells the exciting story of this trail, the shortest route to the gold fields of Colorado in the 1860s. Bring your lunch. \$4 (\$3 Aurora residents). 12-1pm. Aurora History Museum, 15051 E Alameda Pkwy. 303.739.6666 or auroramuseum.org

3/29 Monday to Friday April 2- Theatre Daze. Students, ages 4-10 spend spring break with different theatrical themes and activities: acting, design, movement/dance, and voice/singing.

\$50/day, 9am-4pm. Newman Center for Theatre Education, 1101 13th St. Reservations: 303.446.4892 or www.denvercenter.org/education

Through 3/20 Saturday- Prairie Playhouse production of Annie. Performances at Prairie View High School Auditorium, 12909 E 120th Ave, Henderson 80640. Tickets \$5 in advance, \$7 at door. www.prairieplayhouse.com

Through March 2010- Tropical Odyssey at the Butterfly Pavilion. Experience a journey in conservation while following the life of a butterfly. 12 interactive exhibits including a zip line. Regular admission applies: \$4.95-\$7.95. 6252 104th Ave, Westminster. www.butterflies.org

4/6-5/25, Tuesdays- Guitar Together (A Beginning Guitar Class for Parents & Children). This class is for parents who want to learn how to play guitar with their elementary-school-age son or daughter. 6- 6:50pm (50-minute class). \$150. Location in Stapleton. Natasha Olson at 303.318.9542 or StapletonGuitar@gmail.com

DENVER MUSEUM OF NATURE & SCIENCE

Visit www.dmns.org for more information, 2001 Colorado Blvd

3/06 Saturday- Lions, Tigers and Cheetahs, Oh My! parent-child workshop 9-10:30am. Age 3 plus adult.

3/06 Saturday- BRRR! It's Cold! 1-3 p.m. How do animals keep warm in the bitter cold of winter? Ages 4 and 5.

3/06 Saturday- Introduction to Survival. 9am-3pm. Grades 4-6. Live the life of a hunter-gatherer. Learn how ancient peoples survived before central heating and microwave ovens.

3/12 Friday to 7/18- BODYWORLDS & The Story of the Heart. All-new exhibition will reveal through the lenses of anatomy, cardiology, psychology and culture how the heart nourishes, regulates and sustains life. 200 human specimens, including whole-body plastinates, organs and translucent body slices. Tickets: \$8-\$12/member; \$13-\$25.50 nonmember.

3/16 Tuesday- Behind-the-Scenes Tour- Image Archives and Collections Photography. Develop your own photography skills under the direction of Museum photographer Rick Wicker. \$20/members, \$25/nonmembers

3/24 Wednesday- Young Professionals Soiree. Enjoy BODYWORLDS & The Story of the Heart plus beer, wine and appetizers and connect with other young professionals. 6-9pm. \$50/members, \$55/non

NORTHFIELD EVENTS

3/02 Tuesday- Don Quixote Ballet. Harkins Theatre (continued on page 18)

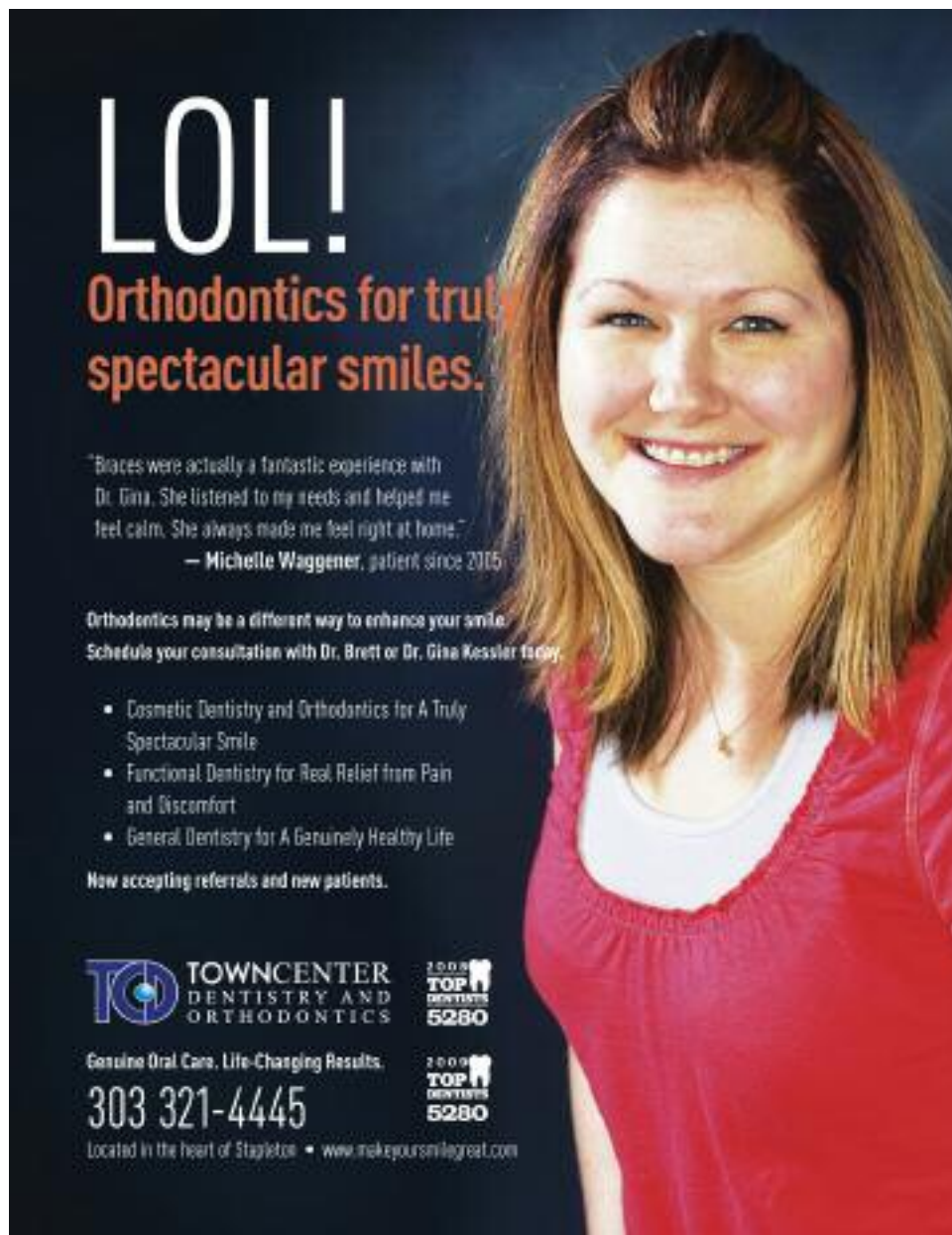
To submit information for the Front Porch "Local Events" section...

Email information in the following format by the 15th of the month to frontporchevents@gmail.com. Events will be run subject to space available.

Date in numerical format (mm/dd), day of week- Name of Event. A one- or

two-sentence description. Time. List cost or if free. Location. Contact information.

Press releases for suggested stories should be sent separately to frontporch@fineprintco.com.



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NORTHFIELD EVENTS (continued)

atres Ballet, 7pm.

3/05 Friday to 3/07- Improv Comedy Club & Dinner Theatre: Paul Rodriguez (Special Engagement). Tickets: www.improvdenver.com or 303.307.1777

3/05 Friday- Alice in Wonderland 3D, Harkins Theatres New Release.

3/06–3/07; 3/13–3/14 Saturdays and Sundays- Bass Pro Fishing Seminars. 720.385.3600

3/27 Saturday and 3/28 Sunday- Bass Pro Seminar on Turkey Hunting Strategies. 720.385.3600

3/11 Thursday to 3/14- Improv Comedy Club & Dinner Theatre: Bryan Callen. Tickets: www.improvdenver.com or 303-307-1777

3/18 Thursday to 3/21- Improv Comedy Club & Dinner Theatre: John Henton. Tickets: www.improvdenver.com or 303-307-1777

3/19 Friday- Season of the Witch, Harkins Theatres New Release

3/25 Thursday to 3/29- Improv Comedy Club & Dinner Theatre: Mark Lundhom. Tickets: www.improvdenver.com or 303.307.1777

3/26 Friday- How to Train Your Dragon, Clash of the Titans, Harkins Theatres New Release.

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

Reservations required for these popular programs. Call 303.289.0930. To get to the refuge, take I-70 and exit north on Havana St; enter at 56th and Havana. Programs FREE unless otherwise noted.

3/02 Tuesday- Tuesday Tots: Just Ducky. 10-11am. Duck, duck, goose! We'll learn where they've been all winter 2–5 years old. Parent or guardian must accompany all children.

3/06 Saturday- Sunrise Photo Tour. An opportunity to snap shots while the sun dances over the Refuge horizon. 6–9am.

3/09 Tuesday- Beginning Birders. Head out into the field and learn to identify some of the common (and not so common) species by sight and sound. FREE. 8–10am

3/13 Saturday- Little House UNDER the Prairie. Dive into the secret lives of prairie dogs and their underground neighbors. 1–3pm

3/14 Sunday- CSI Refuge. Use your detective skills to examine skulls, teeth and bones to learn about animal behavior and adaptations. 1–3pm

3/21 Sunday- Hare Today, Gone Tomorrow. Last year there were tons of rabbits; where did they all go? Hares and rabbits go through population cycles that can be quite dramatic. 1–3pm

3/27 Saturday- Waterfowl ID. Explore habitats and unique adaptations of these birds and learn to identify them with the help of a local waterfowl expert. 8–10am

3/30 Tuesday- Tuesday Tots: Just Ducky. Duck, duck, goose! We'll learn where they've been all winter and why they come back each spring. 2–5 years old. Parent or guardian must accompany all children. 10–11am

SPORTS & FITNESS

3/14 Sunday- Runnin' of the Green Lucky 7K Run/Walk. Benefits Volunteers of America and Meals on Wheels. Registration at 7am; race at 10:15am. 17th and Wazee, LoDo, in front of Mc-

Cormick's Restaurant. Register at www.rotg.org.

Stapleton All Sports, contact Gabe Hurley, stapletonallsports@gmail.com, 720.985.6642.

4/6 to 6/8- Tuesdays, Baseball/Tee Ball. 4:15–5:15 & 5:30–6:30pm. ages 4–8

4/6 to 6/8- Tuesdays, Adult Boot Camp. 4:15–5:15 & 5:30–6:30pm during Baseball/Tee Ball Program. 4:15pm or 5:30pm.

4/5 to 6/21- Mondays, Lil' Bombers Baseball League. 4:15–5:15 & 5:30–6:30pm ages 8–10

4/5 to 6/14- Mondays, Early Ball Skills. 9:15–10am. ages 2.5–3

5/25 to 7/25- JCC Youth Baseball League. Grades 1 through 5. Tuesdays and Sundays. 303.316.6304 or www.jccdenver.org

6/06 to 7/25- JCC Pre K- Kindergarten Tee Ball. Seven 1-hour Sunday sessions with half-practice, half-scrimmage format. 303.316.6304

THEATRE

3/03 Wednesday to 3/6- The Wiz Presented by George Washington High School. Directed by Pam Maragh and Devin Ravare. 7pm March 3-6; 2pm March 6. Tickets \$8. 655 South Monaco Pkway. www.george-drama.com

3/04 Thursday to 4/4 - Mary Poppins. Tickets start at \$25. Buell Theatre, Denver Center for the Performing Arts, 14th and Speer Blvd. www.denvercenter.org

3/05 Friday to 4/3- The Goodbye People. Vintage Theatre, 2119 E 17th Ave, Denver 80206. 303.839.1361, www.vintagetheatre.com

3/07 Sunday to 5/2- Cinderella. MACC and Denver Children's Theatre. Tickets \$7–\$9. 303.316.6360 or www.maccjcc.org

3/11 Thursday to 3/13- Love of a Pig. Denver School of the Arts. Directed by Shawn Hann. 7pm March 11–13; 2pm March 13. \$8 students/seniors; \$10 adults. 7111 Montview Blvd at Quebec St. Tickets: 720.424.1713 or Dominiue_Molinaro@dpsk12.org

3/12 Friday through Saturday 3/20- Highly Evolved Human. Avenue Theater, 417 E 17th Ave, Denver 80203. Tickets \$10 –\$18 at 303.321.5925 or www.avenuetheater.com

Through Sunday 3/14- The Graduate. Aurora Fox, 9900 E Colfax. Tickets: 303.939.1970 or www.aurorafox.org

Through Sunday 3/14- Zora. Aurora Fox, 9900 E Colfax. Tickets: 303.939.1970 or www.aurorafox.org

Through Saturday 3/27- And Then There Were None. John Hand Theater, 7653 E 1st Place in Lowry. Tickets: 720.880.8727, www.johnhandtheater.com

DENVER ZOO

3/13 Saturday- Elephant Appreciation Day. Don't miss Denver Zoo's celebration of the Thai festival, National Elephant Day. 9am-5pm. Activities free with admission. www.denverzoo.org

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Dearly Departed Rises Again at The Aurora Fox

One of the most popular comedies of the '90s, Dearly Departed, is coming back to Denver—this time with music.

The show will open March 19 in the Studio space in the Aurora Fox Theatre and run Thursdays through Sundays for five weeks.

Produced and directed by long-time Avenue Theatre owner John Ashton, the show features cast members who performed in the Avenue's successful two previous productions, which together ran almost three years at the Avenue's former location.

Dearly Departed, one of the most frequently produced shows by U.S. theatre companies, is a fast-paced comedy about an extended family in the Bible Belt who come together for better and worse after the death of the family patriarch.

"Audiences love the show, and we have so much fun doing it, we just couldn't help ourselves," Ashton said. "We had to do it one more time."

The script includes two songs, and Ashton said he was adding one or two more. "We've got incredible musical talent in the cast," he said, "so we're going to take advantage of it, and play some down-home bluegrass and country." Plans call for the cast to sing before and after the show.

Performances March 19–April 17 are at 7:30pm Thursdays, Fridays and Saturdays; 2pm on Sundays. Tickets: \$24; discounts for students, seniors and groups of 10 or more. To make a reservation, call the Aurora Fox Box Office at 303.739.1970 or visit foxbox@auroragov.org.

Parents and Tots to Strut Their Stuff for Local Nonprofit

On Sunday, April 18, from 2 to 5pm, hip moms, expecting moms, baby-wearing and nursing moms will hit the runway along with cool tots and dads for the second annual Hopscotch Hustle fashion show to be held at The Curtis Hotel.

Proceeds from this family-friendly event will benefit WeeCycle, a local nonprofit whose mission is to provide low-income families in the Denver metro area with new and gently used baby gear.

Models will showcase fun fashions for mom, dad and baby from local Colorado boutiques.

There will be a silent auction, drinks and carnival fare for young and old alike, entertainment and games for kids.

Last year's Hopscotch Hustle attracted over 400 people and raised more than \$5,000. In its first year, WeeCycle donated over 1,000 items of baby gear to families in need. The items are acquired through charitable donations of individuals and businesses and distributed through local community organizations already serving families with infants and toddlers affected by poverty, domestic violence and homelessness.

Tickets are \$20 for general admission or \$45 for premium seating and a goody bag and can be ordered in advance at www.WeecycleColorado.org.

Aurora Symphony to Feature Childhood Cartoon Melody Favorites

The Aurora Symphony Orchestra will perform two concerts in March showcasing music from your favorite childhood cartoons.

A free performance of Cartoons! will be held at 4pm on March 13, featuring The Barber of Seville, Rhapsody in Blue and the Pines of Rome. These famous works will serve as the musical backdrop to a theatrical production featuring a cast of 60 children.

This original production, presented in partnership with the Shoestring Children's Theatre Company, will focus on a set of triplets arguing over a remote control, which results in them changing "channels" frequently from one cartoon to the next. The other actors will play the roles of the various cartoon characters.

After the concert, families are invited to join the musicians on stage to try the musicians' instruments and chat with the cast members.

On March 27, the Aurora Symphony winter masterworks concert will perform Cartoons! at 7:30pm. Tickets are \$12 (\$9 for students and seniors) and available online at www.aurosymphphony.org, by calling 303.873.6622 or at the door. Free on-site childcare is available.

Both performances will be held at Simchat Torah Beit Midrash, 19697 E. Smoky Hill Road, in Aurora.

Anniversary Celebration Wed., March 17 Refuge Celebrates Three Years with Bison

By Melissa Van Dreesse

On St. Patrick's Day in 2007, 16 wild American bison thundered off a truck into their new home at the Rocky Mountain Arsenal National Wildlife Refuge. Three years later, the herd totals 44 bison, with new calves born every year. To celebrate the success of the bison herd and their three-year anniversary, the U.S. Fish and Wildlife Service is hosting two events: an anniversary tour, which will feature cake, and a special guest lecture.

The celebration and tour will take place on Wednesday, March 17, from 9am to 12pm.

The guest lecture, recommended for adults, will take place at the Visitor Center on Saturday, March 20 from 7 to 8pm. During the lecture, Refuge biologist Tom Ronning will discuss the bison herd and their importance in prairie conservation.

All programs at the Refuge are free but require reservations. Reserve your space today by calling 303.289.0930 or go to <http://www.fws.gov/rockymountainarsenal/>. The Refuge is located at 56th and Havana.

"Courageous Conversations"

Individuals in the field of education are invited to attend "Courageous Conversations," which focuses on discussing and learning ways to be more inclusive in school communities. The event will be held on Saturday, March 20th from 8am - 5pm at the Logan school, with a reception following. The goal of this conference is to provide effective tools and focused dialogue with experts in the area of inclusivity that can influence the daily practices of educators. The keynote speaker, Dr. Chuck Luna, currently co-directs the Rocky Mountain Intercultural Institute. For more information and to register visit <http://www.uccs.edu/~lases/circle.htm>. Cost is \$30.

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Stapleton Front Porch

19

March 2010

Feed Denver

(continued from page 15)

“It’s a challenge to our health,” she said. “People realize that they must start producing food locally. It’s in the interest of our safety. If we are getting most of our food from out of the country, and shut down the borders because of swine flu, we would have only four days of food in the U.S.

“There is a lack of food shed, one that I’m trying to influence in the planning area. They have to address watershed, green space, carbon footprint. Nobody is talking about where they are going to get their food.”



Lisa Rogers, founder of Feed Denver Urban Farms & Markets, holds a tray of newly sprouted wheat grass in their green house at the Urban Farm at Stapleton. Lisa is standing next fish tanks for raising farmed fish.

About 40 volunteers are working on creating the first model farm at the Urban Farm. There is an indoor facility, which is planned to be an active

productive year-round structure, and outside plots are being started.

Feed Denver will offer workshop weekends, training programs and greenhouse education. A For You Program will offer adults 4-H training with goats, cheese and chickens. Programs will offer training in planting, weeding, watering and harvesting stages, as well as healing herbs and restaurant gardens.

A family day will be every Saturday from 10am to 2pm at the Urban Farm, where there will be pony rides, hayrides, a petting zoo and a farm market.

“Feed Denver is trying to grow food right here,” Rogers said. “We encourage people to do it and make it a part of their lives. We teach how to get it into people’s lives as part of a business. The distribution model is to urge people to sell their goods from our location. It encourages people to have supplemental income. We have a business aspect to all of the classes.”

As a nonprofit, Feed Denver is working with other nonprofits who have clients that need to be retrained. Feed Denver is part of the re-skilling green jobs project.

For information on Feed Denver and its classes, or to volunteer on the farm or as an instructor, go to www.feed-denver.com or email info@feeddenver.com.

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Premium Fishwrap* by Jon Meredith

My Generation Has Ruined the Fun of Kids’ Sports

As I drive through Stapleton, near City Park or Crestmoor, I notice that I never see kids playing soccer, football or any sport in pick-up games by themselves. When they are out on the fields, there is always a practice going on or an adult supervising. Some of the fondest memories I have of my childhood were the pick-up games we would play in someone’s backyard or in local parks. Getting out on a fall afternoon and throwing the football with a buddy, kicking a soccer ball or playing catch was routine and fun. Real practice for any of those sports was not nearly as much fun as picking teams and going at it. We did not have video games to keep us entertained for endless hours but we did have TVs.

I recently visited a family friend who had just moved to Douglas County. His new neighbor, whom he had never met before, came out of her house with her young son, who was dressed in full soccer regalia at age nine or ten. Without introducing herself to the new neighbor, she said they were late to soccer practice and that he played for a Douglas county competitive elite team. Off they went. My friend told me later that she came back and introduced herself and told him that the boy traveled all over the western United States and his coaches think he is in line for a college scholarship. She also said that it cost her family \$5000 a season to have him play.

Whether that level of play at that age is right for your child or your family is entirely up to you. I do know that placing youngsters in elite programs at a young age has more to do with their parents living vicariously through their children’s athletic accomplishments than it does the athletic and social development of the child. Consider the kids who get left off the competitive teams at a young age or the kids whose families can’t af-

ford the outrageous fees to play. There is not an alternative for them, a recreational league where the only requirement to play is desire.

The National Football League has instituted a Play 60 initiative to encourage kids and their parents to get 60 minutes of exercise every day. The First Lady is confronting childhood obesity and the diseases that go along with it. In East Denver we should help by starting recreational leagues for kids to encourage them to keep active. There should always be a place for a child to play sports until they reach high school.

There are plenty of examples of kids who didn’t excel at a young age. Michael Jordan did not make his high school basketball team as a sophomore. Tom Brady did not start for the University of Michigan; a fellow named Brian Griese did. Many Division 1 lacrosse players never pick up a stick until they are in high school. On the East High School state championship Rugby team, only a few players had ever seen a rugby match before joining the team at East.

In retrospect, with my own kids, I took their sports too seriously and took the fun out of it for them and myself when they were young. Both play college sports now, but I don’t think they really enjoyed athletics until high school. That was after I completely backed off, quit coaching them and decided to offer only encouragement. I have seen firsthand the over-competitive parents, the coaches who promote their own kids, the coaches who are too tough on their own kids and the skyrocketing cost of participation. Parents get really fed up with the politics, coaches become discouraged, and the kids walk away and find something else to do. Something that usually does not involve getting outdoors or getting exercise.

Jon Meredith lives in Stapleton. He can be reached at jon.meredith@q.com.

*Fishwrap is a slang term that started in the ’30s and refers to the transient value of yesterday’s newspaper.



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For more event information and to RSVP please call: 303-327-7718



Front Porch Annual Summer Camp Guide

Altogether Outdoors. Ages 5–15. Sessions from June 7–August 6; \$345/week; discounts, flexible payment plans and scholarships available. A program of Mountain Day Camp that provides authentic nature-based experiences for children and families across Colorado's Front Range. We create rich connections, with a focus on youth and community development through nature exploration, choice and play. Denver programs based in Stapleton/Lowry area and we offer pickup/drop-off at Anschutz, Stapleton and Lowry. PO Box 3666, Boulder, CO 80307, 303.731.5800, www.aocamps.com, info@aocamps.com

Art All Around Camp at Small Hands Art Studio. Ages 5–8. June 21–25. Half-day, 9am–12:45pm, \$100. Lots of play with art materials and projects using recycled and found objects, painting and drawing “what you see,” and outdoor play and walking field trip to nearby outdoor art features. www.smallhandsart.com. Camp at 2667 Xanthia Ct, Denver 80238.

Art Students League of Denver Visual Art Camps. Grades K–11, June 7–August 13, half-days 9am–12pm and 1–4 pm, \$132/week. Sculpture, ceramics, painting and much more! Before, after & lunchtime supervised care available. 303.778.6990 or www.ASLD.org. 200 Grant St, West Washington Park.

Bladium Sports Camp. Ages 4–12, May 31–August 18. Full day/Full week \$235; Half Day/Full Week \$175. A day filled with high-energy games and sports; now includes healthy lunches from Revolution Foods. Contact: Storrie Mellick or Katie McAdams, 303.320.3033 or email denverkids@bladium.com. 2400 Central Park Blvd, Denver 80238

Camp Primrose. Ages 4–12, June 1–August 12. \$50 registration fee; may choose 1–3 sessions at \$25 per session; 5-day programs \$225/wk., 3 days \$170/wk. and 2 days \$125/wk. Educational, full-day summer program with degreed teachers, monthly sessions like A Day at the Museum, and low fees that include meals, field trips, guest visitors, entrance fees and transport. Contact Carrie Knox at 303.322.7200 or directorstp@rtwllc.com for more info and don't forget to visit www.primrosestapleton.com



Colorado Rapids Academy Striker Camp
Photo courtesy of Rapids Academy

rosestapleton.com. A summer program run by Primrose School at Stapleton at 2501 Syracuse St, Denver 80238 near 26th and Quebec.

Chess Academy of Denver Chess Camps. 16th Annual Denver Rocky Mountain Chess Camps: June 14–18 full- and half-day options plus July 12–14 (Denver). All abilities and ages. 8:1 staff-student ratio. Five 2-day chess camps also offered through the summer in Englewood for specific ability levels. Participants taught scorekeeping, etiquette, tournament prep, logical thinking and strategic planning for all phases of the game. 303.770.6696 or www.ColoradoMasterChess.com for details. Englewood, CO

The Children's Museum of Denver's Summer Day Camps. Ages 5/6. Explore and discover with summer day camps just the right size for your kiddos! The Museum's educational approach of “learning by doing” will fill your kid's days with hands-on activities and fun with science, math, literacy and art. All-day camps for ages 7–8. Cost: Half-day \$125/\$135 (members/nonmembers); Full-day \$200/210. To register/more info, 303.561.0146 or <https://mychildsmuseum.org/parents>.

City Park Golf Course Summer Camp. Ages 4 and up; 6-week sessions for kids. Schedule and registration starts March 16. First Tee Golf instruction plus year-long free access to junior course. Groups range from novice to experienced. Call for advice on choosing a group for your child. Kids golf clubs provided free. 303.370.1554 or www.thefirstteeofdenver.com

Colorado Heritage Camps, Inc. sponsors the following camps. Overnight Family Camps, 3 years–adults, between \$95 and \$125 per person, plus lodging fees. Each camp specializes in cultural and family-

related experiences for children adopted internationally or transracially, and for their families. African/Caribbean Heritage Camp: July 22–25; Cambodian Heritage Camp: July 15–18; Chinese Heritage Camp: September 3–6; Chinese Heritage Camp II: June 24–27; Indian/Nepalese Heritage Camp: July 8–11; Filipino Heritage Camp: July 15–18; Korean Heritage Camp: June 17–20; Latin American Heritage Camp: June 24–27; Russian/Eastern European/Central Asian Heritage Camp: July 22–25; Vietnamese Heritage Camp: July 29–August 1. 2052 Elm St, Denver 80207, 303.320.4234, hcamps@comcast.net

Colorado Rapids Academy Soccer Camps. Boys and girls ages 8–14. Dates: May 24–26, June 7–10, June 21–24, July 12–15, July 26–28. Cost: \$190–\$290. The Colorado Rapids will be offering Striker and Goalkeeper Camps for those more advanced players as well as Development Camps for players of all abilities. All camps at Dick's Sporting Goods Park, 6000 Victory Way, Commerce City, CO 80022. To register online, www.ColoradoRapids.com/Academy, call 303.727.3575 or email rapidsacademy@dsgpark.com.

Creative Arts Camp. 3 yrs old–3rd grade. 9–11:30am. July 27, 28, & 29. Cost: \$30. In addition to focusing on the character-building virtues of perseverance, honesty & respect, children make crafts, learn a dance each day and participate in a music program. To register: www.stapletonchurch.com. Denver School of Science & Tech, 2000 Valentia St, Denver

Dance and Art Camp with the Dance Institute and Small Hands Art. Ages 6 and up. July 26–30, Full- or half-day camp. Dance 9am–1pm/Art 1pm–4pm. Half day \$120; Full day \$240 (early drop-off/late pick-up available at additional cost). Get the day off on the right foot with dancing fun and spend the afternoon focused on mixed media art projects including fabric, beads, painting, drawing, clay play and more. More info at www.smallhandsart.com. Camp at The Dance Institute, 4601 Quebec St, Units C8 & C9, Denver 80216.

Dance Institute, Summer Dance Camps. Week-long dance camps for ages 4 and up. Morning and full-day camps available. Visit DanceInstituteDenver.com for details or call Miss Michele at 303.525.0011. For more info about all-day camp, visit SmallHandsArt.com.

Dardano's School of Gymnastics Adventure Camp. Ages 3–5½ years, boys and girls. Two 4-week sessions beginning June 7, Mon.–Thur. 9:30am–12:30 pm. Flexible scheduling. Combines gymnastics with enrichment activities, arts & crafts, games and much more. Each week activities focus on a different theme such as treasure hunt, outer space, beach party and dinosaur days. Sign up by the day, week or full session. 303.355.0080 or www.dardanosgym.com, 2250 Kearney St, Denver 80207 **Denver Botanic Gardens Garden Camps.** Ages 6–15; various sessions



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Photo by Eric Bakken.com



Camp Invention Photo courtesy of Camp Invention

throughout the summer. Discover the wonders of the plant world as you plant, paint, eat, dig and discover your way through the Gardens. 1007 York St, Denver 80206; 720.865.3580; www.botanicgardens.org; registrar@botanicgardens.org

Denver Glee Club. Directed by Singer/Songwriter David Ross: Open to rising 7th-graders through graduating seniors. Limited enrollment based on auditions May 31–June 4, 10am–12pm, with final public performance on the last day; \$75 per student. Week-long camp for aspiring singers wishing to further their skills in a group setting! Auditions may be scheduled immediately with David Ross, 303.507.0906. David's studio located at 2335 Beeler St, Denver 80238.

Denver Montclair International School Summer Camp. Ages 3–10. Dates: June 14–August 20. Cost: \$230–\$250 per week, depending on camp. Contact Manu Bidan, manu@dmischool.com, 206 Red Cross Way, Denver 80230, www.dmischool.com.

Denver Zoo Summer Safari. Animal Tales, Ages 4–13 (Pre-K–8th grade), May 31–August 13, from \$135–\$260. Spend a week with Denver's wildest residents! A fun-filled experience where campers participate in hands-on activities, animal visits and observations, crafts, games, stories, projects and zoo tours. Registration online only at www.denverzoo.org, under "Education" and "Child and Family Programs." safari@denverzoo.org, 303.376.4894; Denver Zoo, 2300 Steele St, Denver 80205, 23rd Ave and Colorado Blvd

Dream BIG Day Camp. Denver's only private traditional day camp, serves boys and girls ages 4–10 years, \$210–\$445. Karate, tennis, soccer, film-making, basketball, yoga, art, theater, climbing, cool-inary, science and lots more! Three-week sessions designed to help campers build continuity, develop friendships and improve skills in a multitude of areas. One-week sports camps offered in August in basketball, lacrosse and soccer. To learn more and register, www.dreambigdaycamp.com. PHOTOS: Dream Big Camp 01 through 06.jpg

GVR Summer Youth Camp. Ages 5–11 Youth/12–15 Teen. Cost:

Weekly rate District: \$140, Non-District: \$150; Daily rate District: \$35, Non-District: \$37. Arts & crafts, science, cooking, reflections games & fitness classes. Registration starts April 5. Open registration on Sat., April 24, 8am–12pm. www.gvrmetrodistict.com. Contact La Vetta Murray, Program Manager, 303.307.3243 or email youth@gvrmetrodistict.com. GVR Metropolitan District Office, 18650 E 45th Ave, Denver 80249.

Gymnastics Plus Mini Camps Ages 3–6 & Super Camps Ages 7–10. Monday–Friday, 8:30am–1pm. Begins week of June 28; ends week of August 2. \$160/wk per camper. Gymnastics, crafts, outdoor fun, games and more. www.coloradogymplus.com for camp overview and registration forms. Gymnastics Plus near Evans & Monaco, 303.512.0799.

Gymnastics Plus Summer Recreational Camp. Age 6 and up. June 21–June 25. Full week, 8:30am–4pm. Girls and boys experience the sport of gymnastics along with games, crafts and water play. \$250 per camper. www.coloradogymplus.com for camp overview and registration forms. Gymnastics Plus near Evans & Monaco, 303.512.0799

High Peaks Camp. Ages 7–12, June 16–21; \$60 for five full days of overnight camp. Must register through The Salvation Army Denver Red Shield. Transportation to camp and back provided; free physicals offered. Hiking, swimming, team-building games, rope course, campfires, etc. Call Kathy or Monticue at 303.295.2107 to register. (Estes Park)

Horse Camp. Ages 8 and up, 9am–3:30 pm; June 7–Aug 18, Mon–Fri. Register by March 1 for \$375/week; after \$395. Learn safety, horse care, grooming, saddling and riding. Call Bob at 303.690.8235 or www.painthorsetables.net. 4201 S Parker Rd, Aurora

Intro to Guitar, Ages 7–12, June 1–24 (Tuesdays & Thursdays). \$135. Learn to play guitar this summer! Contact Natasha Olson at StapletonGuitar@gmail.com or 303.318.9542. Location in Stapleton.

JA Business Week. Grades 9–12, June 13–18. \$250 registration fee (financial aid available). One-week "crash course" in business. Apply online or contact JA office for application. For more info, contact Junior Achievement, www.jabusinessweek.org, 303.534.5252, jvenerable@jacobolorado.org. Located on Johnson & Wales University campus, Montview & Quebec, Denver.

Camps sponsored by the Jewish Community Center: Camp Shai, Ages 5–18, June 7–August 20, \$835 for 3-week session. Traditional day camp experience with swimming, field trips, arts and crafts, science, theme days and much more. Amy Jacobs, 303.316.6383. 350 Sports Camps, Ages 4–14, June 1–August 20, \$145 per week (half day), Yuri Tavbin, 303.316.6304. 350 Art Academy, Grades 1–12, June 1–August 20; prices vary per camp; Sandra Yaron, 303.316.6307. 350 Wolf Theatre Academy, Grades Pre-K–12, June 1–August 20, prices vary per camp; age appropriate. S Dahlia St, Denver 80246 (south of Hilltop neighborhood and west of Lowry neighborhood)

kidstheatreWEST. Ages 4–17, June 7–August 14. \$299–\$1049. 2-

week and 4-week theatre camps for kids, including *Beauty and the Beast*, *101 Dalmatians*, *Much Ado About Nothing* and *Seussical!* 2200 S Logan, near DU. 303.507.7424 or www.kidstheatrewest.com

Metro State Roadrunner Academy. Ages 6–14, July 12–16, 8am–2pm. \$200. For the youth soccer player looking to develop soccer skills in a fun, game-oriented environment with college coaches and Metro State players. Contact Adrienne Almaraz, 303.556.4874, aalmaraz@mscd.edu, www.roadrunnersoccer.net

Mike Giles Karate Lil' Dragons Camp. Ages 3–7. A-June 7–11, B-June 14–18, C-July 12–July 16; 9am–12pm or 1–4pm. Daily schedule includes safety drills, character themes, obstacles courses, karate, games, snacks, water fun days, arts and crafts, bounce castle, Pizza Fridays, Popsicle Wednesdays, etc. 303.377.5425 or www.mikegileskarate.com. Quebec Square, 7506 E 36th Ave, #480

Mizel Museum Camp. Ages 4–12. May–August, \$80–\$200/wk, half- and full-day multi-activity camps: art, music, drama, sculpture, dance, cooking, math for fun, puppetry, world culture activities and more. 303.394.9993, ext. 103, jmock@mizelmuseum.org or www.mizelmuseum.org. Mizel Museum for the Images, 400 S Kearney St, Denver 80224

Mountain Day Camp. Authentic nature-based experiences for children and families across Colorado's Front Range. Create rich connections with a focus on youth and community development through nature exploration, choice and play. Betsy Strohmaier, Mountain Day Camp Director, betsy@mountaindaycamp.com, PO Box 3666, Boulder, CO 80307, 720.249.2997, <http://mountaindaycamp.com>

Nature Rangers at Denver's Rocky Mountain Arsenal National Wildlife Refuge (RMANWR), ages 6–9 and 9–13, June to August, full (8:30am–3:30pm) sessions. Seven, week-long nature and wildlife appreciation sessions this June, July and August. Students explore aquatic, grassland and woodland ecosystems, activities that promote a better understanding of nature \$240/full day 12:1 ratio. Contact John Babiak at NatureRangerJohn@aol.com or for com-

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Camps (continued)



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plete descriptions and to register visit www.MyEnrichment.com. , RMANWR (56th Ave and Havana in NE Denver),

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Rocky Mountain Speed Camp.Youth performance camp for ages 7–21. Purpose is to improve your student athletes: running technique, speed, agility, quickness, explosiveness and total body fitness. Cost: \$349 (\$12.50 per training session) for 28 total sessions. Locations include Smoky Hill High School (16100 E Smoky Hill Rd, Aurora 80015) and Eastmoor Park (7200 E Quincy Ave). Runs June 14–August 30. Keith Holmes at 720.217.1205 or www.rockymountainspeedcamp.com.

Salvation Army Camps Red Shield Summer Day Camp.Ages 5–11, June 7–August 6, 8:30am–6pm, \$60/week. Licensed child care, 2 field trips weekly, arts/crafts, computers, indoor/outdoor sports, swimming, drama, etc. Continental breakfast, snack provided. 2915 High St, Denver 80205

Sewall's Mixed Media Art Camp.Ages 3–12. Dates: 1st Session: June 7–11, ages 3–5, 9am–12pm;

ages 4–12, 9am–3pm. 2nd Session: June 14–18, ages 3–5, 9am–12pm; ages 4–12, 9am–3pm. Ages 3–5: \$150/wk with some wraparound options; ages 4–12: \$200/wk. Gives young children with and without special needs the opportunity to explore their creative side through a number of art mediums, including ceramics, paint, papier-mâché and photography. Kerry Armbruster at 303.399.1800 or karmbruster@sewallchild.org. 1360 Vine St, Denver

Therapeutic Camp for Children with Autism. Children 2–9 years, 1st session: June 14–June 18; Children 2–4, 9am–12pm; Children 5–9, 9am–2pm. 2nd session: August 2–6, Children 2–4, 9am–12pm, Children 5–9, 9am–2pm. Children 2–4 years: \$350/wk; parent component included. Children 5–9: \$450/wk; parent component included. Provides intensive individualized therapy with certified Early Childhood Special Educators. Tina Myrsiades at 303.399.1800 or tmyrsiades@sewallchild.org. 1360 Vine St, Denver

Spanish Summer Camp.Ages 4–10. \$215–\$555. This Is Not a Class. It's an Unforgettable Experience! Different activity every day. Interactive and fun! Denver/Lakewood/DTC/Highlands Ranch. 303.200.0622/www.spanishisfun.net

Summer at Stanley. Child-centered program offers full/half-day programs for campers entering grades 1–9 and features programs in the arts, sports, science, technology, Hogwarts, theatre, swimming and more! Session 1: June 14–18; Session 2: June 21–25; Session 3: June 28–July 2; Session 4: July 12–16; Session 5: July 19–23; Session 6: July 26–30. Cost per camper: \$155/wk half-day and \$255/wk full-day. At Stanley British Primary School, 350 Quebec St, Denver 80230. Visit www.summer-atstanley.org to view camp brochure and details on online registration. 303.360.0803.

Temple Emanuel Preschool and Kindergarten Summer Camp.Ages 2–5 and 5–6. June 7–August 6. Fees vary by days you attend camp. Call for questions. Activities which engage all children in water, play, music, art, science, cooking. Registration at 303.321.7258 or Klein@emanueldenver.org. 51 Grape St, Denver 80220.

Nature Rangers at Denver's Rocky Mountain Arsenal National Wildlife Refuge (RMANWR). Ages 6–9 and 9–13, June–August, Full (8:30am–3:30pm) sessions. Seven week-long nature and wildlife appreciation sessions. Students explore aquatic, grassland and woodland ecosystems, activities that promote a better understanding of nature. \$240/full day. 12:1 ratio. Contact John Babiak at NatureRangerJohn@aol.com or for complete descriptions and to register, visit www.MyEnrichment.com. RMANWR (56th Ave and Havana in NE Denver).

Quill Kids Creative Writing Camp.Ages 6–12. Monday–Thursday, 9am–12pm. Various locations. East Denver: June 21–24, South Denver: July 12–15,

West Denver: Aug 2–5, \$85/4-day session. Sibling rates available. Recreational program guides budding authors through the experience of creating imaginative prose and poetry. Call Iretta Bell at 303.618.9701, quillkids@msn.com or www.quillkids.com.

Safari Adventures Arts Camp. Ages 3–12. June 2010 (exact dates TBD), Mon–Fri, 8:30am–noon. \$35 for whole week. Action-packed arts camp filled with stories, games, arts/crafts, music and more! 720.985.6810 or contact@northfield-church.com to register beginning late May. Held at Westerly Creek Elementary School (8800 E 28th Ave). Sponsoring organization: Northfield Church.

Thornton Camps.Adventure Club: Ages 5–11, June 1–August 13; \$1,013 Resident, \$1,215 Non-resident. Teen Escape: June 1–Aug. 13, 11–14 years; \$1,080 Resident, \$1,296 Nonresident. Both camps include swimming, field trips, book mobile visits, crafts, group games and sports. Registration begins February 17 for residents and February 18 for nonresidents. Call Jenny Dowdell at 720.977.5934 or e-mail jenny.dowdell@cityofthornton.net. 2211 Eppinger Blvd, Thornton

Wings Over the Rockies Air & Space Museum Camp. 3rd - 6th graders. Hands-on learning about aviation and the solar system, building planes and rockets, and using simulators. June 21–25; July 12 - 16; July 19–23. \$145 half day (am or pm); \$275 full day, includes supervised lunch. Space is limited. Contact Lynsay at 303-360-5360 x115 or lmccloy@wingsmuseum.org

Young AmeriTowne-2. 5th/6th graders; July 26–30; \$185. Already run Young AmeriTowne? Now learn investing, budgeting and credit card skills and run the town like never before! Young Americans Center for Financial Education, 3500 E 1st Ave at

Monroe in Cherry Creek; www.yacenter.org or 303.321.2265.

Super Hero Academy Summer Camp. Ages 5–8. One-week camps offered June 14 & June 21, \$170. Students create their own original super-hero identity and learn to battle everyday problems like a champion. Stapleton and Park Hill. Contact Diana Thompson sponsoring organization: Dramatic Adventures, Inc., 303.377.0785, www.dramaticadventures.com. Register at www.myenrichment.com Young Americans Center for Financial Education, www.yacenter.org

YMCA of Metropolitan Denver. Day camps for children 5–15 at 18 different city locations. 720.524.2792 or www.denverymca.org



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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.



SUN Announces 2010 Board Elections

By Steve Lawrence

Are you new to the neighborhood? Have you hoped that more voices from the community would be represented in development decisions? Want to help make Stapleton a better place to live and work? Do you have talents and skills that could be put to good use in planning future development in Stapleton? Are you a current resident who has been looking for an opportunity to get involved with neighborhood issues? If your answer is "yes" to any of these questions, please consider running for a leadership position on the Stapleton United Neighbors Board of Directors.

The first Board of Directors of SUN was elected in the spring of 2004. During the past six years, much has been accomplished. SUN developed by-laws and established nonprofit status. Several community forums have been held and a Neighborhood Watch program has been started. SUN has also supported alternative transportation planning and active living in the community. SUN continues to lead the community on many issues including schools, transportation and safety. SUN now hosts regular forums with Forest City representatives and Denver officials to help keep Stapleton residents up to date on the state of our neighborhood. SUN also organizes the annual

Block Party Day and the Kickball Tournament to help bring new neighbors together, and to build the bonds that are critical to strong communities. Now it is time to make plans for another year of progress with the election of members to the SUN Board of Directors. Of the 15 seats on the SUN Board, seven are up for election this year. As Stapleton is always growing, SUN is committed to including on the board residents from all areas, including newly built homes.

A nominating committee has been formed to identify members of the Stapleton community who are interested in becoming more involved in the effort to organize the neighborhood. Please consider sharing your voice and experience by becoming a candidate for the SUN Board of Directors.

Stapleton United Neighbors Board Election FAQs

What is SUN, and what role does it play in the neighborhood?

The mission of SUN is to work for the betterment of the Stapleton neighborhood

and the City and County of Denver by providing: (i) a forum for residents living within the boundaries of SUN to discuss and resolve issues; (ii) a network of communication; and (iii) a means of acting on matters of importance to the community as a whole. Check out the SUN website at www.stapletonunitedneighbors.com for more information.

What do SUN Board members do?

SUN board members are responsible for helping bring the mission of SUN to life through working in the community. That entails at least the following responsibilities: Attendance at 9 or more of the 11 SUN board meetings each year (currently scheduled at 7:30pm on the fourth Monday of January through November). Chairing or serving on a SUN committee (transportation, education, outreach, safety and communication). Serving as a SUN liaison on a Stapleton Citizens' Advisory Board (CAB) or Stapleton Development Corporation (SDC) committee (parks advisory group, zoning and planning, housing diversity, community communications and design review) or serving as a SUN liaison to InterNeighborhood Cooperation (INC). Authoring at least one article per year for the SUN Spot section of the Front Porch. Attending and helping out with SUN-sponsored community events and forums. Promoting the work of SUN and the ethos of SUN's mission in the community.

What is the time commitment involved?

Monthly board meetings typically last an hour and a half to two hours. SUN, CAB and SDC committee meetings are usually once a month and run about an hour to an hour and a half, and INC meetings are the second Saturday of the month for three hours. Beyond that, keeping up with voice mail, email, authoring a SUN Spot article and attending other events and meetings can add as little as a few minutes to as much as several hours per week. As a general rule, SUN will involve about 10 to 15 hours a month of time commitment, and potentially more depending on the calendar of events.

What do I need to do to run for the Board?

The application process entails submitting a 200-word statement of interest and bio to Steve Lawrence (SteveLawrence@2111USA.com) and attending the SUN Forum and Election on April 29. Statements of interest and bios must be received by March 5 in order to be published in the April issue of the Front Porch; they will also be posted online on SUN's website at www.StapletonUnitedNeighbors.com.

How are the elections determined?

In the past, there have been just enough candidates to fill each slot, but in the event of more candidates than slots, each voter has seven votes and the top seven vote gatherers are elected to the board.

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Letters to the Editor

Marijuana Dispensary Resolution with Condo Association

The Central Park Professional Condominium Association Board would like to inform our Stapleton neighbors that a final resolution has been reached concerning a proposal to operate a medical marijuana dispensary in the Central Park building located at 2373 Central Park Blvd.

Our building is governed by an Association of owners who established covenants, conditions and restrictions limiting the types of businesses that can operate in the building. This was fully disclosed to individuals who purchased condominium space and purchases were made with an understanding of these conditions.

When the owner of Unit 103 closed the Perk & Play coffee shop and leased the space to 5280 Wellness for the purpose of opening and operating a medical marijuana dispensary, they violated the agreed upon covenants.

The Association board contacted the owner several times requesting compliance. These ef-

forts were unsuccessful. After a meeting of the unit owners, the Association Board had no choice but to take legal action to enforce the covenants and voted in favor 18 to 1 to proceed within the Court system. On January 22, 2010, a Denver Court granted the Association a permanent injunction against the use of Unit 103 for the dispensing, sale or other activities involving medical marijuana at the Central Park Professional Condominiums.

The Association Board wishes to inform our Stapleton neighbors that legal action was specific to the covenants of our Association and not a ruling on the legality of dispensing medical marijuana. The Association's actions were done to simply insure that the covenants applicable to this property were enforced and complied with.

Sincerely,
The Central Park Professional Condominium Association Board of Directors

Completing Your Census 2010 Form Is the Patriotic Thing to Do

This March you're going to receive something very valuable in your mailbox or at your home: a 2010 Census questionnaire.

Just how valuable is it? The data collected by the 2010 Census will help define how \$400 billion in federal funding is allocated over the next 10 years. This money comes, in part, from tax dollars we have all paid, and will be given to states and communities for essential programs such as schools and libraries, tuition assistance, health services, parks, and road improvements. It has been estimated that each Coloradan counted is worth \$880, or approximately \$4.27 billion per year.

As of 2008, it is estimated that our state population had grown to over five million people. Per the American Community Survey (ACS), there are at least 492,000 Coloradans over the age of 65, approximately 45% of whom live alone. It's easy to imagine that Colorado's health and senior services are essential to many of these people.

Of Colorado's more than 620,000 families with children, 12.6 –13.4% percent live below the poverty level. Many of these families rely on programs such as food stamps, Women, Infants and Children (WIC), and other health services

just to survive.

In 2009, 15% of the financial aid provided at Colorado's state colleges and universities came from the federal government. For many students, college is just not an option without financial aid.

Libraries provide safe, reliable learning and recreational opportunities. Unfortunately, many Colorado libraries have been forced to cut hours, services and staff.

These are just a few examples of how "valuable" an accurate census count is to Colorado. The 2010 Census questionnaire is the shortest in history with 10 simple questions, and can be completed in less than 10 minutes.

Participating in the Census is a constitutional requirement, but more importantly, it's the patriotic thing to do. Completing and returning your census questionnaire is like writing a check to your community, so please do your part. Watch for the questionnaire arriving in your mailbox or at your home in March. Complete it, return it and . . . Be Counted!

Tony Hernandez
Director, Division of Local Government,
Colorado Department of Local Affairs

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NOW HIRING! – Peachtree Academy is accepting applications for full and part time group leader qualified teachers. We are located at 100th and Chambers in Commerce City. Call (303) 853-8500.

READING VOLUNTEERS NEEDED. The Odyssey Charter School is looking for volunteers to read with one child for 1/2 hour a week throughout the school year. Available times are 8:15 to 8:45 M-F. If interested call, Julie at 303-316-3944 ext. 43230 or email at julie@odysseydenver.org

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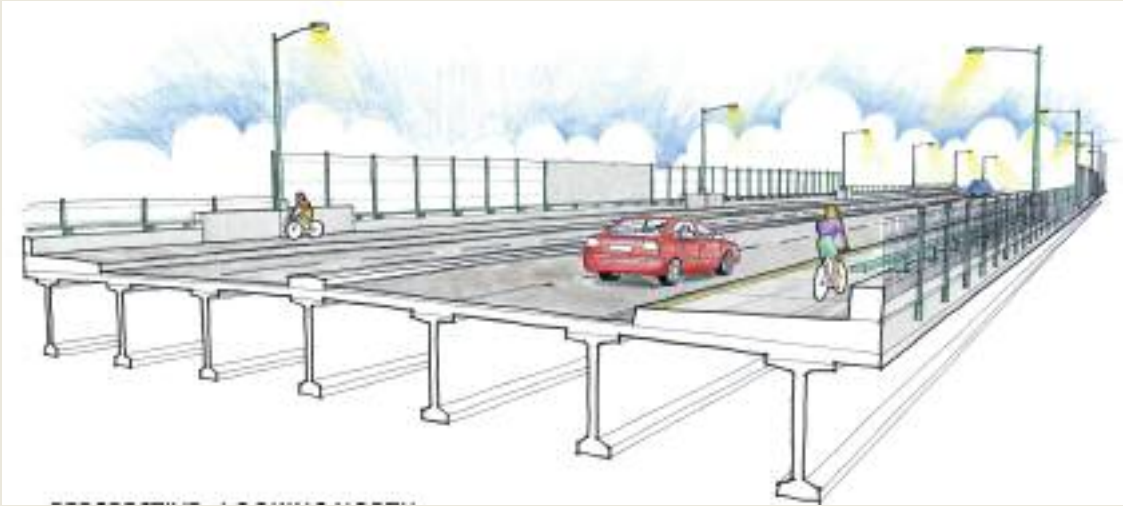
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Central Park Blvd. Bridge



Starting this summer, Park Creek Metropolitan District (PCMD) will begin construction of Central Park Blvd. from 36th Avenue to Northfield Blvd (formerly 49th Ave) to connect with the new inter-change at I-70. Construction will start at Northfield Blvd., continue south through 40th Ave. and extend across Sand Creek and Smith Road to 36th Ave. The project includes a new bridge at Sand Creek and Smith Road, which will incorporate trail connections to the new RTD Central Park Station and also the Sand Creek Regional Greenway. The Sand Creek bridge and roadway construction will be coordinated with the new entrance and exit ramps and bridge over I-70 being built in the same timeframe by SEMA Construction, a separate contractor engaged by the City and County of Denver.



Initially the bridge over Sand Creek will be constructed with one lane in each direction. The remaining two lanes will be added when traffic volume on the two-lane bridge reaches capacity. Plans are expected to be approved in May, with construction starting early this summer and completion in October 2011. The walkway on each side will be 12 feet wide, and will be shared by bicyclists and pedestrians.

East Corridor RTD and Central Park Bridge Construction on Track

(continued from page 1) could be moving to its new location on Smith Road just west of Central Park Boulevard, setting the stage for the old airport parking structure to come down in 2011.

Carol Duecker, a civil engineer and project manager on the East Corridor for RTD's FasTracks, says the federal money for the project is not part of the recent stimulus bill, but is from New Starts funding, which they

have been working on for five years. Full funding is in place for this project to be awarded in June and start construction in August. If there is a sales tax increase for FasTracks on the ballot in 2010 or 2012, approval or denial will not change the schedule for the East Corridor, but it will affect the timing of some of the other proposed lines.

The first step in construction will be to coordinate with Union Pacific to relocate some of their track that is in the

right of way that East Corridor will use, says Duecker. The entire first phase of the project will only impact one private residence, since the line uses existing City property, Union Pacific right-of-way, and land currently owned by DIA.

Jim Chrisman, senior vice president of Forest City, Inc. says "This is the first step of the vision becoming a reality. The vision was in the Green Book, which was adopted in 1995, and there's always been a stop along this corridor. Our role is to transfer the land to RTD and incorporate it into the vision of the master plan and how this area gets developed. Our goal (and it's just a goal at this point) is that the RTD transfer station can move with a temporary parking lot in place by the end of the year. Park Creek Metropolitan District will construct the new bus transfer station for RTD under the terms of an intergovernmental agreement, so RTD can focus on this line and not be distracted by that parking lot and transfer station."

The Central Park Boulevard bridge over Sand Creek and continuation of the roadway north of I-70 to Northfield are being funded by Forest City. The new I-70 overpass and entrance and exit ramps are a separate project that does have some stimulus money, according to Chrisman.

City Councilman Michael Hancock talked about the city's role moving forward, "We will continue our efforts around zoning and make sure that the development of the site moves forward with all the bells and whistles that we hope these TODs (transfer oriented developments) will take on, including affordable housing and solid retail and accessibility. We took advantage of the recession to work with the Obama Administration and our delegation in Congress to attract the money to the area. I suspect we'll see some Community Development Block Grant money come into the area to help with the affordable housing and other HUD dollars. Wherever we can have some money to help businesses invest in this area, we will do what we can to help incentivize businesses to come. We want to create jobs through this."



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FasTracks East Corridor



Bus service from Stapleton to DIA will be terminated when the East Corridor line opens and replaced by train service. East Corridor service is expected to start by the end of 2016, and could potentially open as early as 2015. The East Corridor will be built as a single project, and will open when the entire line has been completed.

RTD will purchase land from Union Pacific's right-of-way for the East Corridor's light rail tracks (shown in red), and new safety crossing features will be installed at all rail crossings shared with Union Pacific.

Smith Road, which will be improved and expanded to four lanes, will go under the new Central Park Blvd. Bridge. A sidewalk will be constructed on the south side of the road.

The orange circle shows the location of a pedestrian walkway across Smith Road. The orange rectangle shows the platform location.

The Stapleton bus transfer center and kiss-n-ride (currently near the tower) may move to this location as early as the end of 2010. The current goal is to have demolition of the old parking structure substantially completed by mid 2011.

Ride time from DIA to Union Station will be 35 minutes. The time from Central Park station to Union Station will be 15 minutes, and from Central Park to DIA will be 20 minutes.

Trains are expected to run between 3am and 1am. Service will be every 15 minutes from 6 in the morning until 8 in the evening. Fares will be based on current light rail zone fares.



Central Park FasTracks Station

The Stapleton Land Use Plan calls for transit-oriented development (TOD) of a higher density in the vicinity of a new multi-modal transit facility that will bring bus, rail, auto, bike and pedestrian connections to a Smith Road facility east of Quebec Square. Completion of this facility will be phased in over several years, based on the schedule for environmental remediation in the area.

For God So Loved the World



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March 3 – 24, 6pm
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March 28, 9am
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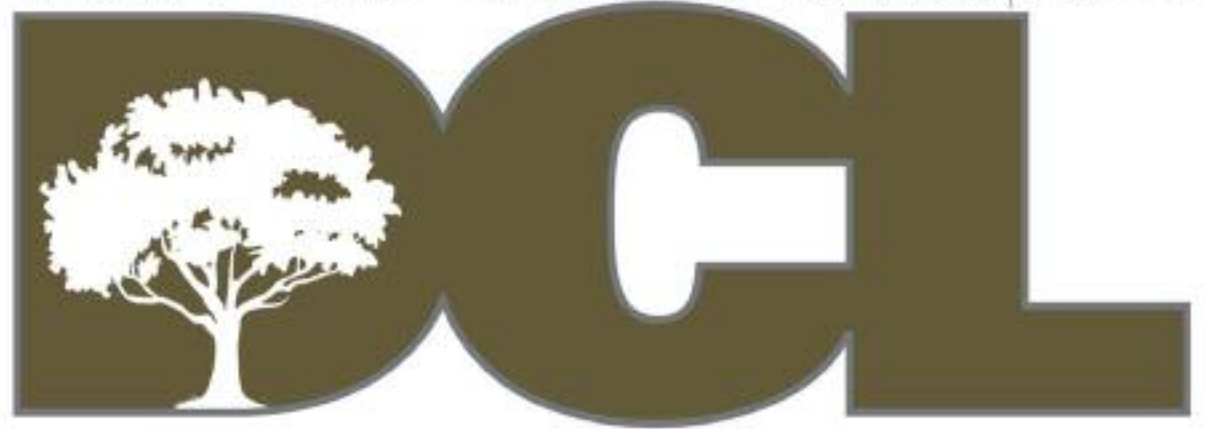
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