10th Anniversary Issue
A Stapleton Retrospective

From the April 2000 Front Porch — “We are building a city within our city that we hope will set an impressive standard for smart growth in Colorado and in the nation.”

Mayor Wellington Webb

Stapleton’s Library Takes Another Step Forward

By Carol Roberts with information from DPL and OZ Architecture

“We have a plan, we have a three-dimensional building and we are excited about being one big step closer to having the library open its doors,” says Stapleton’s Library

Kate Fields of OZ Architecture. “After the last community meeting, Denver Public Library (DPL), the City and County of Denver and OZ Architecture went back to the drawing board to incorporate some of the

(continued on p. 12)

April 22 is the 40th Anniversary of Earth Day

By Carol Roberts

Local Earth Day activities, including an Earth Night dinner and movie, are listed on pages 18 and page 30.

An interview with Stapleton resident Jeff Parish, a migratory biologist and wildlife conservationist gives readers a look at what his organization is doing to “ensure that our nation’s wildlife can survive and adapt to a world that is increasingly crowded, developed, fragmented, and now warming significantly” (page 31).

And a few easy suggestions on how to live greener are offered by Michael Kearns on page 30.

“Politics Runs in the Family”

New ECE-3 Program

A Streetcar on Colfax

Stapleton’s Latest Public Art

S.U.N.

Earth Day

Printed with soy-based ink. Paper contains 40% postconsumer waste.
Online Resident Membership Renewals

All residents must renew their resident membership card annually in order to access the pools. You may renew your membership online for a cost of only $5. One hundred percent of this renewal fee offsets the maintenance and operations of the pool by those who use it most. You may renew your card by going to the Stapleton website at www.stapleontown.com. Scroll down to “Membership Cards Renewals,” click on “Renew-Register-Reserve” and follow the instructions. There is a $2 convenience fee applied when you do this online. If you do not choose to renew online, you may come into the MCA office and save yourself $2.

If you are having trouble with your account, membership renewal, registration or a reservation, there is a quick reference guide available on the website listed above to take you step by step through the process.

Camp Stapleton

This is just a reminder to those of you looking for a summer camp for your son or daughter. Camp Stapleton registration is open until April 15. If you have not yet registered, please go to www.stapleontown.com and click on “Renew-Register-Reserve” and follow the instructions.

If you would like more information about the camp, you may also access a brochure online at that website. In the left-hand column, go to “Events” and click on “Camp Stapleton.”

Event Sponsorships

If you own a business and would like to sponsor one of the many summer events, the MCA has put together a sponsorship package. If you would like to receive this information, please contact events@stapleontown.com.

Utilities Update

Aviator Pool is undergoing a repair and improvement to the coping stones that border the top edge of the pool. The original coping stone was a poured-in-place concrete border that was coated with epoxy paint. The epoxy paint was notorious for absorbing the oils from our swimmers, which resulted in an unsightly blackened surface throughout the pool.

Perpetual scrubbing, chemicals and cleaners were unsuccessful in cleaning the surface. Replacement was our only option to correct this issue.

We have returned to a more traditional coping stone that does not require any paint on top of the surface. The new stone will allow us to manage the condition of the edge so it does not build up with the oils over time.

In addition to the coping stone project, Aviator is also receiving an upgraded entrance on the north side of the pool. This will ease congestion, allow greater family access and increase the overall facility capacity.

Stapleton Rocks Concert

The Stapleton Rocks...A Concert for a Cause was a great event last year featuring local bands. The event is intended to showcase local amateur talent. It is a full-day event on Saturday, September 11 on the Green from 10am–7pm. It will be a day filled with music and fun.

If you have a band that is interested in participating, please contact events@stapleontown.com. Bands that participated last year will be given priority through April 30. Please respond quickly as this is a first-come, first-served event. More information will be available as the date approaches.

New Resident Social

If you are new to the community and would like to get to know your neighbors or have some questions answered, please join us at our New Resident Social. It is the second Wednesday of the month at 6:30pm in the Stapleton Community Room at 2823 Roslyn St. Those who attend will receive their membership cards for free! If you have any questions, please call 303.388.0724.

Work, Rest, Play with Feng Shui

Kim Kouba, Realtor with Perry and Co. and owner of the Sweet William Market, will be hosting certified feng shui practitioner Laurie Wells Grillo, owner of Thriving Places, LLC, for a fun afternoon full of concrete ideas for implementing the principles of feng shui and bringing a balance to your spaces and your life. The principles of feng shui work in any space or environment that literally or figuratively supports you: your home, your office, your office building, your classroom, your garden, even a home you’re trying to sell.

There’s so much to learn so give it a go on Sunday April 25, 1–3pm, in Stapleton’s MCA Community Room, 2823 Roslyn St. Let us know you’re coming via email at kkouba@perryandco.com.

For questions or information please contact info@stapleontown.com or call the MCA office at 303.388.0724.

Diane Deeter
Director of Programming and Events

The Stapleton Front Porch is published by Stapleton Front Porch, LLC, 2564 Syrene St., Denver, CO. Typically 30,000–35,000 papers are printed. The free paper is distributed during the first week of each month to homes and businesses in Stapleton, Park Hill, Lewry, Montaire, Mayfair, Hale and East Colfax.
Stapleton Model Home Directory

1. **New Town Builders**
   - 38th Drive Row Homes
   - From the low $200s
   - 3816 E. 38th Avenue
   - 303-347-0510

2. **McStain Neighborhoods**
   - Cottages
   - From the low $300s
   - 3229 Central Park Boulevard
   - 303-332-6024

3. **KB Home**
   - Parkside
   - From the low $300s
   - 2130 N. Spruce Street
   - 303-333-1107

4. **KB Home**
   - Coach Home Series
   - From the mid $200s
   - 2015 Emporia Street
   - 303-332-3810

5. **Wonderland Homes**
   - Denver Traditions
   - From the high $200s
   - 1481 E. 37th Avenue
   - 303-302-0019

6. **KB Home**
   - Martha Stewart
   - From the low $300s
   - 9401 E. 34th Avenue
   - 303-360-7300

7. **New Town Builders**
   - Soleil Collection
   - From the high $300s
   - 2070 North Broadway
   - 720-941-0590

8. **Infinity Home Collection**
   - Balboa Collection
   - From the low $400s
   - 2661 Tremont Street
   - 720-219-7833

9. **Parkwood Homes**
   - Kentlands Collection
   - From the mid $400s
   - 1016 E. 25th Avenue
   - 303-229-4318

10. **Infinity Home Collection**
    - Court Collection
    - From the high $300s
    - 10305 E. 25th Avenue
    - 303-229-7945

11. **Infinity Home Collection**
    - Denver Brownstones at Central Park
    - From the mid $300s
    - 951 S. Martin Luther King, Jr. Blvd.
    - 303-830-3454

12. **Urban Estate Homes**
    - From the high $400s
    - 9194 E. 25th Drive
    - 720-349-3160

With all the other good stuff in the neighborhood, we thought you might need a little help finding that place called home.

Home price categories are based on average home pricing for 2010. Prices and specifications are subject to change without notice.
The Infrastructure

Summer 2000—"The (demolition) work is being funded by Denver's Department of Aviation (which owns the land until it is sold to Forest City Stapleton). The work is being done by contractors selected under the City's bid process and supervised by the Department of Public Works."

From the April 2000 Front Porch

From the May 2000 Front Porch — as one of the largest undeveloped parcels of land in the heart of a major U.S. city, Stapleton is five times larger than the Denver Tech Center and more than twice the size of Lowry. If placed over central Denver, Stapleton... would include the Denver neighborhoods of City Park, East Colfax, Congress Park, Cheesman Park, Country Club and Cherry Creek as well as Washington Park, Belcaro, Bonnie Brae and the City of Glendale.

May 2000—"Recycled Materials, Inc., an Arvada company, removed approximately 1000 acres of the former airport pavement at no cost to the City of Denver in exchange for the right to sell that material on the recycled market."

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April 2009 4
Stapleton Front Porch
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and let it go into blight. He wanted it to be a vibrant community and one where the existing communities weren’t left behind,” says Bev Haddon (now CEO of the Stapleton Foundation), who was recruited by Gary to participate in the development plan.

Gary says, “So we just started talking. It was conversation. I had some money I could put into it, and then others put some in.” Bev Haddon describes how Gary formed a “kitchen cabinet” of business people who had shown a commitment to the community. The group raised $4 million to create the master plan and Gary-Williams gave over 50% of that $4 million.

“But we finally got every big business and foundation to contribute to this effort, and it was pretty much the first time they had ever contributed to an economic development activity rather than to social services. We were saying that if you can create a community that will bring in other communities, that will do more than what the social services can do,” says Haddon.

“Group was pretty diligent about meeting. You know, groups have a way of thinning out pretty quickly, but this group was pretty passionate about what they were doing,” adds Gary.

Mayor Wellington Webb

In 1991, when Wellington Webb came into office as mayor, “the big issue for us was construction and the building of Denver” (continued on page 6).

From the May 2000 Front Porch—Editorial from the Feb. 16, 2000 Rocky Mountain News

“Architects and town planners who indict suburban life as overly isolated can take heart. Their ideas haven’t just been given lip service at Stapleton; they’ve been embraced.”

Gardens will be set back from homes; sidewalks will be separated from the street in the old-fashioned style, and "generous" porches (as the development literature boasts) will encourage mingling among neighbors!"

The Plan Summer 2000—Forest City will go through extensive review processes with the city...and there’s a whole crowd of citizens out there who have practically memorized the “Green Book.” —Jennifer Moulton

Denver’s City Planner

The Construction

quantum to the development of Stapleton exemplifies the importance of civic leadership... the role Sam Gary of the Piton Foundation played.”

Sam Gary is the co-owner of the Gary-Williams oil company and is the founder of the Piton Foundation, which has as its mission to create opportunities for families and children in Denver to move from poverty and dependence to self-reliance.

Not long before the vote to relocate the airport, Sam Gary had met James Rouse whose company built the planned community of Columbia, Maryland, which was based on many of the ideas that were later written into Stapleton’s Green Book. Gary was interested in “new urbanism” and wanted to become more educated on the subject, so he and his wife invited Rouse to spend a weekend with them in Montana. “He was way ahead of anything I’d ever thought of. Jim Rouse was a visionary. He had made a huge impact on urban renewal,” says Gary.

Tom Gleason (who at that time was Mayor Pena’s press secretary) remembers the day Peña announced that the city was going to undertake the development of a new airport. “One person in the audience of business leaders immediately asked himself, ‘I wonder what they’re going to do with the old airport?’ And that person was Sam Gary,” says Gleason. “That’s the moment when Sam Gary began to bring together business leaders to create a development plan.”

Gary’s mission was “to break the pattern of urban sprawl.” “You say that to most people at that point in time and they’d take off at a rapid pace. It seemed to me that it was a huge opportunity,” says Gary.

“He wanted to be sure some greedy developer didn’t come along and buy this cheap and flip it and let it go into blight. He wanted it to be a vibrant community and one where the existing communities weren’t left behind,” says Bev Haddon (now CEO of the Stapleton Foundation), who was recruited by Gary to participate in the development plan.

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The Process

May 2000—“Instead of selling individual parcels and waiting to see what kind of development we end up with, we worked with the community to develop a master plan and select a master developer... that would develop Stapleton based on an integrated and holistic vision.” —Jennifer Moulton

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Featured Products...
Gina Kessler
We moved into Stapleton about seven and a half years ago over Thanksgiving weekend. Max was just 5 months old. It was our first home, and we had already been planning our new dental office. It was mostly just a concept, but so was having four children, a dog, two cats, a rat, and a toad! We were one of the first home buyers and the first businesses to open in the Stapleton Town Center. We were already captivated by the projected idea of Stapleton, the growth, the people, our little community.

Look at our wonderful community now! We love our neighbors. Our immediate neighbors are our good friends, although we have seen many move off our block and upgraded to a bigger home in Stapleton. We are lucky to have so many conveniences, good schools as well as school options, a decent grocer, a movie theater, Target (my pocket book’s friend and budget’s worst enemy!), and great restaurants that have lasted through a tough economy. We have seen the grand openings of many wonderful small businesses, and the unfortunate dissolution of some, which really saddens me. We are so proud to have our own dental and orthodontic practice, Town Center Dentistry and Orthodontics, in the community and are so fortunate to still be a viable entry.

We continue to make it our mission to support our community. Westerly Creek, Bill Roberts, and The Odyssey School auctions, DSA productions and fundraising, and other Stapleton Community events. We would like to thank the whole Stapleton community for its ongoing support of our business and for the camaraderie and friendships that we hold dear to our hearts.

Stapleton Retrospective
(continued from p. 5) International Airport,” says Webb. But, says Bev Haddon, “He told us, ‘Work with my people.’” Sam Gary recalls that Jennifer Moulton, Denver’s City Planner under Webb, was a very active advocate for what the planning group was doing. And Webb points out that one of his priorities was to have more citizens from the local community added to the planning process.

Webb, though occupied with the airport, said he was also feeding off the other proposals being made for the Stapleton site. “Some people felt that the Stapleton land, because it was an old airport, had zero value because of the amount of cleanup that was going to be required... At that time Denver had lost population. So the other emphasis was to change the initial thoughts on Stapleton from being a residential community to using it as an economic generator for the city. “Continental Airlines was looking for an airport maintenance facility and the Denver Metro Chamber of Commerce was pushing to place that airport maintenance facility at Stapleton. So part of our effort at that time was to continue planning what kind of neighborhood we wanted to build at Stapleton, and at the same time to repel efforts by those who wanted to do what we considered to be shortsighted.”

Webb continues, “The next issue to come up that we had to repel was that there was strong interest by many to build a new football stadium at Stapleton. My goal was twofold: I wanted to drive all of our sports and cultural amenities downtown for the purpose of giving people a reason to move back to Denver and to preserve the Stapleton project as a residential community.”

Bev Haddon says the planning group continued working together until 1999, when, with Mayor Webb’s support they took the plan before the City Council, “and it passed 13 to 2 zip. Over 250 people were in the council chambers to testify in favor, and not one testified against it.”

In the midst of all the airport construction issues, Webb had another big item on his agenda—who was going to be selected as the master developer. “After long, drawn-out negotiations, Forest City was selected... we made people stay in the room until the deal got done... (but) there were some aspects of the negotiations that just about broke down. The first area was on the amount of park space. What I told Jennifer Moulton was that because I’m a parks person, we’re going to develop the parks system first, then...
Russ Perez

I can’t believe we have been living in Stapleton for over seven years! I first became involved with Stapleton while we were still living in Park Hill back in 2001. I was one of the Park Hill representatives on the Citizen Advisory Board (CAB). At the time, I had no idea that the neighborhood we were helping to create, we would someday be living in as well. I enjoyed reviewing and giving input on the minute details of what it took to plan and build a neighborhood from the ground up. After we had Benjamin in 2001, our quaint little house on Hudson Street quickly became too little. We intended to stay in Park Hill, but even a slightly larger home was prohibitively expensive. So we decided to take a chance on this new and exciting development.

What was mind-boggling was the fact that we were not alone in thinking this was the place to go. Every builder held a lottery for each block as they became available and there were always more people than homes. I definitely believe it was kismet that we got the house we wanted on our block. This block has got to be the best in the neighborhood. Everyone knows everyone, including the neighbors across the street on all sides. We get together at least once every three months for either a block party (Spring and Fall), Halloween Party, Holiday Progressive Dinner or camping in the summer. Our friends and family who don’t live here just cannot believe it. It helps that we are all around the same age and that we all have kids who are close to the same ages (including the family dogs!). Our block has even produced a pretty awesome band, the Mitch Lehn Folk Trio. The nine-piece band is still going strong! And we were not surprised when we heard that one of our own was the 2009 Stapleton Neighborhood of the Year. But we have also made great friends throughout the neighborhood. From the parks to the amazing schools, we have been very pleased. The neighborhood has had some growing pains here and there, but we have absolutely no regrets with our decision to move here.

Ronnie Hovey (photo taken the first day of school at Woody Creek) It seems like yesterday that I received a phone call from a former principal inquiring about my interest in teaching at a new school in Stapleton. Seven years later I have been part of growing two very special schools, as well as being a part of a very special community. The community and parents have provided support for both the teachers and the schools that has been unmatched by any other school in my years teaching in DPS.

By any other school in my years teaching in DPS.

Rudy Perez

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A Look at the Stapleton Housing Market

Total New and Resale Closings in Stapleton

Stapleton Sales Compared to all Denver Sales

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Full day, half day, sleep-away, arts, theatre, sports, adventures, swimming and more!
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Stapleton Homebuyer Facts
(Statistics are from 2/07 - 2/10)
• Nearly 84% of Stapleton homebuyers were from Colorado. Of the out-of-state buyers, most (16%) came from California, followed by New York (14%), Texas (7%), Florida (4%) and Virginia (4%).
• More than 24% of the buyers of new homes at Stapleton were already Stapleton residents
• Other than new home buyers who were already living at Stapleton, the second greatest number of buyers came from the South Park Hill/Mayfair Neighborhood

Stapleton New & Resale Median Price

Earth Day every day.
Green initiatives by DCL.

Meet Your New Landscapers.

Tower House Use Commercial Cleaning

Stapleton Front Porch

April 2010
The 2010 Stapleton Neighbor of the Year award has been given to two children. Sisters Allison and Emily Winn were both nominated, and together they represent the spirit of what the award is intended to recognize. "A lot of the nominations talked about amazing residents who do a lot for the neighborhood and believe in the importance of connecting the immediate and larger community," says panel judge Cherie Monlezun. "And a lot of the nominations were for adults who are doing great things, but what struck us so much about the girls is that anyone can make a contribution, and it's the culmination of all the little things that can make a big difference."

Older sister Allison, age 9, was already an inspiration for her strength in undergoing treatments for cancer. "But in creating her Stink Bug Project to raise money to give a pet to other sick children, that showed us all you can push through with your internal strength and actually give back," says Cherie. Younger sister Emily, age 7, was nominated by those who have observed her daily acts of kindness. Emily has also recently begun her own fundraising project called Fly With Me to raise money to supply books for sick kids at the Rocky Mountain Children's Hospital. "With the selection of Allison and Emily, we just wanted to celebrate the childlike simplicity of being kind and doing what's right," Cherie emphasizes. "How do you possibly pick the Neighbor of the Year in Stapleton when everyone has a household that has people doing such great things to make a great community? These girls represent the metaphor for being great in whatever ways we can all be great."

Following are excerpts from some of the nominations for the runners-up in this year's Neighbor of the Year award:

Tracy Perez – "No person does more for our neighborhood than Tracy. I am sure our home would drop in value. If our neighborhood had an annual MVP award, she would have seven. Tracy is our everything and we love her dearly!"

Kristie Harris – "What's amazing about Judy is how laid-back Judy is. She is completely at ease, even when her home is overrun with 15 neighbor families."

Amanda Baldwin – "Amanda volunteers her time and energy without expectation of thanks or gratitude. She is humble, hard working and invested in the betterment of our community."

Steve Worth – "I had gone into labor and it was time to go to the hospital. However, before we could get into the car, it became apparent that we weren't going anywhere since the baby wasn't going to wait anymore! Steve provided calm assistance... His presence provided the extra reassurance we needed to be confident in handling what mother nature brought us that morning."

The Stapleton Neighbor of the Year award was sponsored this year by Corby Felsher of Stapleton Home Services; Cherie Monlezun, Megan Moon and Jessica Young of Natural Balance Wellness; Geoff Seale of Showcase Landscaping; and Michelle Stefanon of Amore Fiori Flowers and Gifts.
I
interest in politics may run in the genes, but party affiliation has little to do with your family’s leanings, according to Stapleton residents Barb Cooper and Amy Brimah.

Cooper is Brimah’s mother. Cooper has been interested in politics since before she was pregnant with her daughter. In fact, she had started a PhD program in political science before she became pregnant with Brimah and had to drop out due to a tough pregnancy.

Brimah decided in college that the most important issue for her was the anti-choice campaign. That led her to become a Democratic activist.

“The women in my family have always been interested in politics,” Cooper explained. “My great-grandmother, back 150 years ago, was very political. She was a dyed-in-the-wool Republican and she couldn’t vote for her brother-in-law who was a Democrat. She had to vote a straight Republican ticket. She raised my mother, who became big in the League of Women Voters.

My mother was a very staunch Democrat. I’m a Republican and Amy’s a Democrat. That means that Amy’s daughter will be a Republican.”

“No she won’t,” Brimah said. “She went canvassing for Barack Obama at least 10 times.”

Both of Brimah’s children, four-year-old Lila and five-year-old Rashad, talk about Barack Obama during snack time, according to their grandmother. And, their grandmother babysat for them at times when their mother was working on the Obama campaign.

“I took my kids with me to the caucus because I think it’s important for them to know how our democracy works,” Brimah said.

“With the beliefs that I’m raising my children with, I don’t know how they couldn’t be Democrats. We were over-involved in the Barack Obama campaign because it was important for me to see his election. We’ll continue to stay involved and I’ll continue to take my kids by Nancy Burkhart

Political Interest, but Not Party Affiliation, Runs in the Family

Amy Brimah (second from left) responds after being elected to the Democratic party’s county caucus. She attended her local precinct caucus at Westerly Creek School.

At the same time a few blocks away at Montview Presbyterian Church, Amy’s mother Barbara Cooper and her husband Jerry attend the Republican caucus.
Celebrate Doors Open Denver April 17 and 18

Doors Open Denver 2010, the sixth annual celebration of Denver’s adaptive reuse of buildings, held the weekend of April 17 and 18, will offer access to more than 80 Denver buildings with tours from 10am to 4pm.

Participants can experience their own self-guided tour or go with volunteer guides. The Urban Adventure tour offers an appreciation of Denver’s rich architectural landscape with such focuses as Great Outdoors, Romancing Denver, Denver’s Greenest Buildings and a Capitol Hill Walking Tour.

There are more than 100 Expert Tours with guides that include such themes as the Mayan Theatre, Civic Center Park, the Denver Pedestrian Precinct, and Denver Auditor Dennis Gallagher’s Historic Tour of LoDo.

The Expert Tours are free, but reservations are needed. Pre-register on tour day at Union Station, 1701 Wynkoop. Participants are permitted to take only two tours per day. The event is sponsored by Mayor John Hickenlooper, the Denver Office of Cultural Affairs and the Denver Architectural Foundation. For information, visit www.DenverGov.org/DoorsOpenDenver.

Political Interest

with me because it’s important for them to see the political process. If you look at the way the country becomes further and further divided, I just can’t see how my kids would join another political party.”

Cooper has stopped trying to switch her daughter to the Republican Party. However, they both occasionally have a try at switching Brimah’s brother, Matthew Eisenhuth, who also lives in Denver. He is an Independent, they say, perhaps because his mother and sister are so opposite.

“I think as you get older, some issues take on more importance,” Cooper said. “We have a democracy. People need to be aware and participate. It’s important to stand up for what you believe in.”

“Politics is very interesting, but it can be very emotional,” Brimah said. “It’s best for mom and me to leave it alone.”

Although their party affiliations are different, both women encourage others to be actively involved in politics at all levels, including times when party lines are not drawn in city issues. (Results from the caucuses are on page 25.)

On April 4th, Celebrate Easter with your neighbors at NorthField Church

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April 4th, 9:30am • Westerly Creek Elementary School in Stapleton
More info at www.northfieldchurch.com

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April 2010
Stapleton Front Porch 11
An overhanging roof wraps around the southwest side of the building, defining the main entry and the community plaza and connecting these areas to Roslyn Street.

The south end of the building curves around from Roslyn Street to a plaza, the main entrance and the parking area. An overhanging roof wraps around the southwest side of the building, defining the main entry and the community plaza. The library’s curved glass façade mirrors the curve of the adjacent Crescent Flats building and maximizes the building frontage for light and views both inside and outside. The overhanging roof provides shading and creates covered exterior seating areas in the plaza for community use.

The community meeting planned for March 24 at Bill Roberts school had to be postponed since all school buildings were closed due to the big March snowstorm. The new meeting date will be April 14th.

At the meeting the library project staff will review the floor plan and describe the following areas within the “L-shaped” building:

- The community room and the lobby occupy the short leg of the “L” that projects into the plaza while core library functions occupy the long arm that extends along 29th Drive. The result is a progression of flexible areas that have their own character while blending into neighboring areas at their edges.
- Self checkout and pick up of books on hold occur near the entry and near the popular materials collection and the technology area.
- The “Tweens” area is adjacent to the technology area.
- A feature wall forms a focus at the west end of the building in the quieter adult area with study rooms creating a buffer between it and the children’s area.
- The staff support space is focused around the automated book returnsystem and the indoor and outdoor book return drops.

With Earth Day right around the corner, the timing is ideal for the staff to share with the community the sustainable strategies for the building to achieve the LEED New Construction v3 Silver rating. The plans have taken into consideration the

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Lana Dardano | Tammy Morran | Ken Greenfield | Samantha Dardano | Jon Mauck

Just Listed
8010 E. 26th Ave. $496,000
Recently Sold: 7/27: 1-70th • 3810 Adams • 3646 Holly • 2907 Forest • 2680 Hudson • 2912 Havana
• 3016 E. 20th • 662 Hanging Rock

New Price
2056 Willow $416,600

Just Listed
2942 Central Park Blvd. $264,950

Stapleton Front Porch
The library floor plan has a progression of flexible areas that have their own character while blending into neighboring areas at their edges.

- Operating and Maintenance Program: Green cleaning, single-stream recycling, lower maintenance costs
- Indoor Environmental Quality: Increased ventilation, task lighting, no smoking (designated outside area remote from building), low emitting construction and finish materials
- Materials: High recycled content, regional materials, durable, rapidly renewable products, recycle 75% of construction waste
- Educational Goals: LCD screens tied to building automation system with real-time performance data, exposed sustainable systems for education, solar orientation

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Owned by Stapleton resident Rob Johnson. 5% of our profits are donated to local charities.

community's desire to showcase the sustainable elements as an educational opportunity. Some of the sustainable elements being considered are:
- Water Conservation Goals: 40% water savings in building, 50% water savings in landscaping and graywater use
- Energy Efficiency Goals: 36% energy savings, passive solar, renewable energy, daylighting, occupancy sensors, energy star equipment and appliances
- Equipment and System Expectations: Raised floor, hot water boiler with direct/indirect evaporative cooling and energy recovery system, tankless water heaters in restrooms

Library Floor Plan

ENTRY
COMMUNITY
POPULAR MATERIALS
TRANSACTION
TWEEN
CHILDREN'S / ADULT FICTION
ADULT NON-FICTION
STAFF / WORKROOM / MECHANICAL

The library floor plan has a progression of flexible areas that have their own character while blending into neighboring areas at their edges.
Where to look for custom art for an elementary school? Ask local high school artists.

Renee Allen, Westerly Creek Art Committee Chair, came up with the idea that Denver School of the Arts (DSA) students might be able to create a custom work of art as a community service project. DSA art teacher Deb Rosenbaum asked for volunteers, Allen provided the canvas and suggested a theme of “diversity,” and that’s all it took to get the project off the ground, says Allen. The students created a preliminary sketch of hands using sign language that Allen approved—and after that the students went to work.

Over a period of about two months the five artists/honor students worked together on the painting, receiving credit toward their National Honor Society community service hours.

The process wasn’t 100% harmonious. “The kids and I actually got in a fight about it.” They disagreed on whether to repaint the background because it was too dominant, though in the end all agreed repainting was the right thing to do.

How did they come up with the theme of the hands? “We sat down on the purple couch and brainstormed what the word “diversity” means,” says Akemi. “We took a whole class period just trying to think of ideas and then we sketched it out.”

What was it like to create a piece of art as a group rather than alone? “I think that working alone is probably easier to do. You don’t come across as many conflicts. But when you’re working with the group you get a lot of different ideas... we’ll disagree but usually you’ll come out with a really good product if you get lists of different opinions about the way it should look,” says Jaime. “Even if you do work alone you’re asking for other people’s input,” adds Amanda.

“It’s frustrating when something isn’t your style, or the way you like things to look... it’s frustrating to accept that it looks good anyway,” says Anna.

They all agree that “getting that unity” was hard with five different people who have five different styles, but they’d all do it again if given the chance. They like seeing their work displayed, and, as their teacher Deb Rosenbaum pointed out, the painting is even visible through the window at night.

Rosenbaum says DSA often getscalls for custom art by the students, and interested parties can email her about such projects at debra_rosenbaum@DPSK12.org.

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DSA Artists Create “Diversity” for Westerly Creek

By Carol Roberts

W

Boston School of the Arts (DSA) students might be able to create a custom work of art as a community service project. DSA art teacher Deb Rosenbaum asked for volunteers, Allen provided the canvas and suggested a theme of “diversity,” and that’s all it took to get the project off the ground, says Allen. The students created a preliminary sketch of hands using sign language that Allen approved—and after that the students went to work.

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Rosenbaum says DSA often getscalls for custom art by the students, and interested parties can email her about such projects at debra_rosenbaum@DPSK12.org.
Many cancers, such as breast cancer, have symptoms that people are encouraged to look for and pay attention to. However, lung cancer leaves no fingerprints or other clues to direct people to early detection. It ranks first among the leading causes of cancer death in the United States.

Doctors at the Anschutz Cancer Pavilion are conducting research to find ways for the early detection of lung cancer. One of the researchers is a thoracic surgeon and assistant professor at the University of Colorado, Dr. Michael Weyant, who is a Stapleton resident.

“It’s not only smokers who get lung cancer,” Weyant said. “There also are nonsmokers who get lung cancer. There are hereditary forms of lung cancer. And, there are people who experience second-hand smoke and people who are exposed to radiation in different forms.” But research is needed because there is no way to reliably tell who will get lung cancer. “If we could detect these lesions earlier, we would be able to cure far more people.”

“Right now there is no standard set of guidelines that says that someone needs a CAT scan. With lung cancer, when it creates a symptom in a patient, it’s usually very advanced. It grows into a structure that a person can feel and it’s past the point of being curable,” he explained.

The risk to radiation exposure with a CAT scan makes it a test that should not be given arbitrarily to every patient, Weyant explained. “Our expectations are to perform early detection of almost every kind of cancer,” Weyant said. “Success will have to do with it being a convenient test, cost-effective for society, comfortable and minimally invasive for the patient.”

“In lung cancer, the modes to do that would be testing body fluids—blood, sputum, etc. It would be something that’s easily obtainable that doesn’t hurt a patient. The problem is to detect very small tumors.”

Today, lung cancer is usually found by accident, Weyant said. Typically, a lump is found and the patient is sent to a surgeon. Some people may have a CAT scan for another reason and during that test, lung cancer is found.

The particular research that Weyant is conducting is being funded by an annual 5K run and walk that was started by the family of a patient that he operated on for a rare type of lung cancer. Gary Zollinger was diagnosed with late-stage lung cancer. It was quite a surprise to him and his family because he never had smoked. He underwent a double-lung transplant, but the cancer was too far along and he lost his battle on September 9, 2007.

For information about lung cancer and the Anschutz Cancer Pavilion, go to www.uch.edu. For information about the 5K Run/Walk or to donate, go to www.thegiftoflifeandbreath.com.

Dr. Michael Weyant, lung cancer researcher

Walk or Run for Your Lungs May 15

The fourth Annual Gift of Life and Breath 5K Run/Walk to benefit lung cancer research at the University of Colorado’s Anschutz Cancer Center will be held on Saturday, May 15. Participants can form teams or participate as individuals for the run that takes place around the Anschutz Medical Campus. To register or make a donation visit www.thegiftoflifeandbreath.com.
New ECE-3 Program to Start at Stapleton

By Nancy Burkhart

Two- and three-year-olds have short attention spans, but learning is easier when it comes through play, according to Rachel Baumel.

Stapleton residents Baumel and her husband, Dan Mitzner, own Baby Power & Forever Kids, a pre-school located in Quebec Square at 7505 E. 35th Ave., Suite 330, that is not designed to be a drop-off center for children, but a learning center for them, Baumel said. Baby Power offers classes for children ages six months to six years, an open gym where parents can bring their children and play with them, birthday parties and a parents’ night out.

Baumel helped to create the Early Childhood Education (ECE) program that Denver Public Schools offered for two- and three-year-olds at Westerly Creek Elementary and Bill Roberts Elementary. Baumel and Mitzner’s children, Alexis, 8, and five-year-old Chloe have been part of the ECE program.

The 3-ECE program at Bill Roberts was a five-morning a week program where children primarily learned through play,” Baumel explained. “It’s play-based, but there’s a strong learning component where they learn to write their names and learn their letters and start the language development process.”

Denver Public Schools will be dropping the ECE-3 program. Therefore, Baby Power & Forever Kids will offer a similar program this fall.

“We are starting the pre-school that has 14 two-year-old spots and 31 three-year-old spots,” Baumel said. “We’re not doing five days a week, but a variety of morning, afternoon and extended day sessions so we can fulfill a pre-school need.”

“Our curriculum is a creative curriculum which is primarily play-based,” she said. “It will focus on having kids write their names, learn letters and language development. A combination of play-based learning and structure is important. I don’t think you can do one or the other at age three. It will be a combination of kids learning social skills plus feeling good about themselves and getting the skills they need.”

Open spots in the program still are available.

“We’re pretty open-minded in terms of who we accept,” Baumel said. “We will accept kids that aren’t potty-trained if their behavior is well-adjusted and they are not disruptive to the class. The kids will come in at all different levels. At the end of the year they’ll all be at the same place in terms of development.”

There will be one teacher for every seven children

in the two-year-old program and one teacher for every eight children in the three-year-old program, Baumel explained. An intern will work with both groups.

Parents are welcome to stop by Baby Power to observe classes, some of which already are in session.

“They will see kids do a variety of activities,” Baumel said. “We have gym time, music, crafts and snacks. In preschool, they have center time where there is a variety of activities with stations. They go from station to station and there is an element to each activity, such as a water and sand table that uses manipulatives for hand-eye coordination. There are different focuses on emotional, physical, cognitive and language development. Some activities will use fine motor skills. Some might be language development or working on rhyming or recognizing letters. All the different activities will have a purpose behind them.”

For information about the classes and events offered by Baby Power & Forever Kids, call 303-377-8855, email babypowerco@msn.com or visit www.babypowerco.com.
Q. It appears that ridership on the existing light rail has been limited by lack of parking. I’ve heard people have to arrive very early, or there is no parking available. Has RTD planned for adequate parking along the East Corridor? What is the projected need?

A. As with all of the stations planned for the East Corridor, the number of parking spaces identified for the Central Park Park & Ride is based on the number of riders that RTD expects to use the train on an average weekday. To determine the projected number of parking spaces necessary for each station, RTD uses a model that includes a variety of factors, including the population around each station and along the corridor, traffic patterns and land use plans.

Response provided by Carol Duecker, RTD East Corridor Project Manager.

Q. I live on 26th Ave. across from the empty vacant land on the south side of Stapleton. Now that Forest City has “transferred” funds originally budgeted for that open space to “donate” to the new school, what does that mean for this open space that is an unsightly part of our community?

A. This question confuses the proposed park on the Stapleton land that lies in Aurora (south of 26th Avenue) with a park that is planned for North Westerly Creek near the Sand Creek Greenway (north of 35th Avenue).

Development of the proposed park on the Aurora parcel has been held up by the delays in cleaning up Filing 16, the fenced area that lies between Havana and Moline, north of 26th Avenue. The infrastructure and drainage for the Aurora parcel must be done in connection with the infrastructure work that will eventually be required for the residential neighborhood planned for Filing 16. Unfortunately, we do not know at this time when the Filing 16 parcel will be available for development. It is still under the ownership of the City of Denver’s Department of Aviation, which is trying to resolve some insurance issues related to its cleanup of Filing 16.

Response provided by Tom Gleason, Vice President—Public Relations for Forest City Stapleton, Inc.
EARTH DAY EVENTS
4/21 Wednesday and 4/22 Thursday – Denver Zoo – Party for the Planet–Youth Summit. Join Denver Zoo and local students to celebrate Earth Day. Learn what local area students are doing in their own backyards to make a difference for the planet. 9am-3pm both days. www.denverzoo.org

4/7 Saturday – Green Valley Ranch Earth Day Celebration 2010. Festival of food, family fun, and local environment groups. Fishing clinics, bounce house, face painting and giveaways. Community Cleanup at noon. 10am-2pm. FREE. Oakwood Homes New Home Center parking lot, 18655 E Green Valley Ranch Blvd, Denver 80424. Events@MyGVGR.org

4/2 Thursday – Celebrate Earth. What better way to celebrate Earth Day than on a tour of your favorite Refuge? Let nature be your guide as you leisurely bus ride followed by an earth-friendly craft 9:30am-12pm. FREE. (See Rocky Mountain Arsenal National Wildlife Refuge p. 20 for directions.)

4/24 Saturday – Earth Day Recycling Event. 9am-12pm. To celebrate Earth Day, Bluff Lake Nature Center joins forces with B & Logistics, Techno+Rescue and WaxCycle to let you recycle items from books to electronics to used children’s toys. Most items, no cost to recycle. (More information p. 30)

ADULT CLASSES AND SEMINARS
The following classes held at Denver Botanic Gardens, 1005 York St, Denver. www.denverbotanicgarden.org


4/12 Monday – Health Care Reform. Examines proposed legislation and future prospects for health care reform with goal of understanding what it means for all. 10am. 1375 Market St, Denver. RSVP: 303.399.3555 (limited seating)

4/14 Wednesday – M t. B. D. A. Look at the H ector’s Pigeon. Explores its historical origins and changes over time. 5:30-6:30pm. Temple Emanuel, 51 Grape, Denver. RSVP: Jodi, 303.388.4013 x107

4/17 Thursday to 4/19 Saturday – Annual Western Region Culture Festival. Civic Center Park, downtown Denver. www.cincodemayodenver.com

4/22 Friday – The G.I. Bill. A Look at the Veteran’s Administration’s Most Successful program. Historical accomplishments as well as current proposals and programs and implications for future. 1-2pm; refreshments/10:45. Temple Emanuel, 51 Grape, Denver. RSVP: Jodi, 303.388.4013 x107

4/24 Saturday – He alf the Battle is the Fight. Explores the American Diabetes Association’s efforts to halt the trend of diabetes and its effects on American society. 9am–2 pm both days. $39/member, $44/nonmember. Denver Botanic Gardens, 1005 York St, 80206. www.botanicgardens. org/424DIABETES

DENVER EVENTS
4/7 Wednesday – Governor’s Holocaust Remembrance Program, Never Again: An Enduring Commitment/ A Third Generation Survivor’s Story. Speakers and traditional candle-lighting ceremony memorializing Holocaust victims and honoring survivors. 6pm-Budath Theatre, Denver Center for Performing Arts. FREE, but tickets required. 303.830.7177 ext. 214


LECTURES AND DISCUSSIONS
Artic Minds – For information on all sessions, visit www.ArticMindsForLife.com. FREE.

4/1 Thursday – Health Care Reform. Examines proposed legislation and future prospects for health care reform with goal of understanding what it means for all. 10am. 1375 Market St, Denver. RSVP: 303.399.3555 (limited seating)

4/1 Monday – Health Care Reform (see 4/8 description). 2:30-3:30pm. Springbrooke, 6800 Lastadale Dr, Denver. RSVP: Springbrooke, 303.321.9963

4/11 Thursday – Indonesia: An Functional Islamic Democracy. Examines what’s working in the world’s largest Islamic country. 10am Jewish Community Center, 350 S. Jackson St, Denver. $5/students; $15/adults ($20 at door evening of lecture).

4/13 Tuesday – Lecture by Dr. Thomas Sutherland. Held in the Middle East for over 6 years, he shares insights of his experience, the nature of terrorism in today’s world and its threats to the U.S. East High School, 7pm. 1600 City Park E, Denver. RSVP: 303.321.9963

4/15 Thursday – Container Herb Gardens. Intensive workshop to maximize space for optimum year-round production. $130/member, $240/nonmember.


Colorado Free University (collected classes)
Costs listed at www.freeu.com or 303.399.0093.

Classes held near 1st and Quebec in East Denver:


WE ARE NOW OPEN: A new listing of events and services is now on the website.

We are now open Tuesdays at 7pm. Come see us on your way to work. We offer:

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**EVENTS**

**LIBRARIES**

For more info on those and other library programs, check the library calendar at denverlibrary.org.

- **Park Hill Library:** 4705 Martin Blvd 80207, 720.865.0250, closed Mondays, Wednesdays and Sundays.
- **West Colfax Library:** 2250 W Colfax Ave 80204, 720.865.0000, closed Tuesdays and Fridays.
- **Westenleigh Branch:** 5209 Montview Blvd, 80207 • www.phumc.org • Sunday Worship 9:15 & 11:00

**KIDS AND FAMILIES**

- **4/2 Friday** - Tales from the Jungle. Weekly storytime at JCC with professional storytellers and entertainers for kids 1–5. 10:30am. FREE. Reservations requested. RSVP 303.316.6336 www.jccdenver.org f 350 S Dahlia St, Room 409, 416 and 424.
- **4/3 Saturday** - Breakfast Club. Pick from Pulitzer Prize-winning titles at reference desk, share titles you'll want to read. 3–8 pm.
- **4/3 Saturday** - Bangkok, Thailand: My Life of Travels. A talk by Dr. Nonny de la Garza. 7 pm. Free.$150. Stapleton location. Natasha Olson: Stapleton-Guitar@gmail.com or 303.318.9542.
- **4/4 Sunday** - Finding Summer Fun. Big fun and economical ideas for summer activities for you and your family. 3–7pm.
- **4/5/6 Sunday** - Basic of Screen-Printing. Learn to put together a simple screen-printing setup and print your own designs. Bring T-shirt or flat-to-the-print with original Schlessman Family Branch design. 2pm.
- **4/9 Thursday** - Travel Tales: Kenya and Tanzania. 1 pm. A talk by Kathy Steinberg shares highlights of her safaris in Kenya and Tanzania. 1 pm.
- **4/10 Friday** - Tales from the Jungle. Weekly storytime at JCC with professional storytellers and entertainers for kids 1–5. 10:30am. FREE. Reservations requested. RSVP 303.316.6336 www.jccdenver.org f 350 S Dahlia St, Room 409, 416 and 424.
- **4/11 Sunday** - Basic of Screen-Printing. Learn to put together a simple screen-printing setup and print your own designs. Bring T-shirt or flat-to-the-print with original Schlessman Family Branch design. 2pm.
- **4/14 Wednesday** - Literacy Day. Speakers on children’s literacy and the new Stapleton library branch. 2:30–4:45 pm. At 3 pm, parents of WCE children invited to join in classroom literacy events. FREE Weslyer Creek Elem. School Cafeteria. Contact WCE: 303.322.5877.

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Friday, April 16, 2010 @ 8 PM to 9 PM.

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KIDS & FAMILIES (continued)

Wednesday in April — Pojama Party Wednesdays at Olden’s Museum. Wear your favorite PJs and play in our exhibits and hear bedtime stories. 4-7:30 pm. $3 off admission for everyone wearing pajamas. 2121 Children’s Museum Drive, I-25 and 25th Ave. Denver 80211. www.mychildrensmuseum.org, 303.433.7444.

NORTHFIELD EVENTS
Harleys Events
4/1 Friday — New Release: Clash of the Titans. 4/6 Friday — New Release: Death of a Funeral. 4/16 Friday — Summer Music Fest. Tickets 10 Mondays/10 Weeks/$3 each.
4/12 Thursday — Turkey Hunting seminar. 4/10 Saturday — Handgun Safety Seminar. 4/11 Sunday — Hunter Education Seminar.

Improv Comedy Club and Dinner Theatre
4/6 to 6/8 — Tuesdays, Adult Boot Camp. 4/5 to 6/14 — Mondays, Early Ball Skills. 4/6 to 6/8 — Tuesdays, Baseball/Tee Ball. 4/5 to 6/21 — Mondays, Lil’ Bombers Baseball. 4/5 to 6/21 — Tuesdays, Baseball/Tee Ball. 4/5 to 6/8 — Tuesdays, Tree-mendous Trees— Planting.

Sports & Fitness
4/25 Sunday — Cherry Creek Smack. 5-mile and 5K race in Cherry Creek. Half-mile kids fun run and 1-mile sprint. Post-race block party on 1st Ave between Steele and Monroe Sts. www.cherrycreeksmack.com to register.

RECCURING EVENTS
4th Friday SUN Board Mtg. 7:30 pm, MCA Comm. Rm., 2823 Roslyn, Stapleton rooseveltheights@gmail.com
Every Tuesday Stapleton Rotary Club — 12pm Stapleton Radisson Plaza Hotel 3331 Quebec St. Michael@KaarmaTeam.com
Every Tuesday AAE Denver — 7:30 pm, MCA Community Room, 2823 Roslyn Street. 303.912.7075
1st Saturday Breast Cancer Support Group 3rd Sat. at 10:30 am AM Women’s Family Medicine Clinic, Conference Rm. (west entrance) 3085 Roslyn (at MLK) 720-848-9000
3rd Tuesday Greater Stapleton Business Assoc. Ban MCA Comm. Rm., 2823 Roslyn Street 303.493-1700
4th Monday SUN Board Mtg. 7:30 pm, MCA Comm. Rm., 2823 Roslyn, Stapleton rooseveltheights@gmail.com
Every Tuesday Stapleton Rotary Club — 12pm Stapleton Radisson Plaza Hotel 3331 Quebec St. Michael@KaarmaTeam.com
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4/6 to 6/8 — Tuesdays, Adult Boot Camp. 4/5 to 6/14 — Mondays, Early Ball Skills. 4/6 to 6/8 — Tuesdays, Baseball/Tee Ball. 4/5 to 6/21 — Mondays, Lil’ Bombers Baseball. 4/5 to 6/21 — Tuesdays, Baseball/Tee Ball. 4/5 to 6/8 — Tuesdays, Tree-mendous Trees— Planting.

SPORTS & FITNESS
4/25 Sunday — Cherry Creek Smack. 5-mile and 5K race in Cherry Creek. Half-mile kids fun run and 1-mile sprint. Post-race block party on 1st Ave between Steele and Monroe Sts. www.cherrycreeksmack.com to register.

TICKETS JUST $18!

ARTICLE

Hamlet A Domestic Comedy with a Flite

By William Shakespeare Directed by Robert Schmiede

With: Rhonda Taylor

TO 66, OR NOT TO BE...

A Domestic Comedy with a Flite

By Mollie S. Directed by Sarah Eden

This sparkling term is a hybrid of “reginal” and “vittage.” The latter refers to an evening of high forms and essentials.

Hamlet is a dark comedy with the stepmother (Taylor) and stepbrother (Schmiede) who wants for an evening of high forms and essentials.

Through Sunday 5/2 — On Film at MACC and Denver Children’s Theatre. Tickets $7—$9. 303.616.3630, www.maccc.org

harleys.com

Www.mymagridder.com, 303.307.1777. Friday/Sat-urday are special engagement.
1/1 Thursday to 4/3 Saturday — Auggie Smith.
303.433.7444

Denver’s premier Kids’ mile road race for all ages. Begins and ends at State Capitol building. www.milehighmile.com to register.
4/25 Sunday — Cherry Creek Smack. 5-mile and 5K race in Cherry Creek. Half-mile kids fun run and 1-mile sprint. Post-race block party on 1st Ave between Steele and Monroe Sts. www.cherrycreeksmack.com to register.

Harleys Events
4/1 Friday — New Release: Clash of the Titans. 4/6 Friday — New Release: Death of a Funeral. 4/16 Friday — Summer Music Fest. Tickets 10 Mondays/10 Weeks/$3 each.
4/12 Thursday — Turkey Hunting seminar. 4/10 Saturday — Handgun Safety Seminar. 4/11 Sunday — Hunter Education Seminar.

Improv Comedy Club and Dinner Theatre
4/6 to 6/8 — Tuesdays, Adult Boot Camp. 4/5 to 6/14 — Mondays, Early Ball Skills. 4/6 to 6/8 — Tuesdays, Baseball/Tee Ball. 4/5 to 6/21 — Mondays, Lil’ Bombers Baseball. 4/5 to 6/21 — Tuesdays, Baseball/Tee Ball. 4/5 to 6/8 — Tuesdays, Tree-mendous Trees— Planting.

Sports & Fitness
4/25 Sunday — Cherry Creek Smack. 5-mile and 5K race in Cherry Creek. Half-mile kids fun run and 1-mile sprint. Post-race block party on 1st Ave between Steele and Monroe Sts. www.cherrycreeksmack.com to register.

RECCURING EVENTS
4th Monday SUN Board Mtg. 7:30 pm, MCA Comm. Rm., 2823 Roslyn, Stapleton rooseveltheights@gmail.com
Every Tuesday Stapleton Rotary Club — 12pm Stapleton Radisson Plaza Hotel 3331 Quebec St. Michael@KaarmaTeam.com
Every Tuesday AAE Denver — 7:30 pm, MCA Community Room, 2823 Roslyn Street. 303.912.7075
1st Saturday Breast Cancer Support Group 3rd Sat. at 10:30 am AM Women’s Family Medicine Clinic, Conference Rm. (west entrance) 3085 Roslyn (at MLK) 720-848-9000
3rd Tuesday Greater Stapleton Business Assoc. Ban MCA Comm. Rm., 2823 Roslyn Street 303.493-1700

April 2010
20

Stapleton Front Porch
Although 29 million people throughout the world have visited Body Worlds in the past 14 years, the Director of the Institute for Plastination, Dr. Angelina Whalley, says the true success of the exhibit is measured by how visitors leave the exhibition. Her hope is that people will develop an appreciation for their bodies when they see how it works and what an unhealthy life does to it.

“We think Body Worlds will transform our community. Only through learning the science of the human body, will we be inspired to make healthier choices,” says Bridget Coughlin, Curator of the Body Worlds exhibit.

At the entrance are over thirty large industrial barrels, illustrating the amount of blood the heart pumps in a day—1,800 gallons—and throughout the exhibit are reminders of the complexity of the heart and the human body. If the arteries, veins and capillaries were spread out, they would be over 60,000 miles long and would wrap around the earth more than twice. In an average lifetime, the heart beats approximately 2.5 billion times.

Visitors to the exhibition see bodies in various poses, many of them athletic, with the muscle tissue cut away in places to expose the layers of muscle, as well as body organs and bones. Other exhibits show the blood vessel configuration around different parts of the body. Where the capillaries are shown, the mass is so dense you can’t see through them. Healthy and diseased organs are displayed side by side, showing the effects disease and lifestyle choices have on the human body. And in a separate room, the prenatal development of a fetus is shown from the early weeks through the later months of a pregnancy.

Finally, throughout the exhibit the science is tied to the emotions ascribed to the heart, such as, “Those who don’t know how to laugh don’t know how to laugh either.” (Golde Meir)

Body Worlds & The Story of the Heart will be at the Denver Museum of Nature & Science from March 12 to July 18, 2010. The cost is $25.50 for adults, $16 for juniors 3-18 and $19 for seniors 65+ with reduced rates after 5pm for the exhibition only (not the museum). Members are $12/adults; $8/juniors; $10/seniors. The exhibition will be time-ticketed and advance reservations are strongly encouraged; the Museum anticipates that popular times will sell out. For additional information on pricing, including group rates and special extended hours rates, visit www.dmns.org.

Editors’ Note: The photo above was modified for printing in a family newspaper to make it gender neutral. The curator suggests children who visit should be 5th grade and older.

Body Worlds & the Story of the Heart
By Carol Roberts

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Learn about Donating to Bonfils Blood Center April 7 and May 11
The Bonfils Blood Center, 717 Yosemite St., will hold an hour-long Because Life Happens program to inform blood donors about what happens to their donations. The program will explain how blood donations are made into life-saving products for patients and will give participants a behind-the-scenes tour of laboratories where blood testing is performed.

More than 3,300 blood donors are needed every week for the Bonfils Blood Center to supply blood and blood products to nearly 200 hospitals and healthcare centers. To make a reservation for the free presentation, email foundation@bonfils.org or call 303-739-4000.

Children’s Art Contest—Pictures of Mom Due April 9
Children ages 3 to 10 are invited to enter a picture of their mothers that they have painted or drawn in pencil, pen, crayon or pastel. One FREE Month or FREE Leotard and Café of Life. Voting will start on April 14 and end April 25. Only one vote per person may be submitted. Fill out a voting form at either of the businesses where the art is posted, or email your vote to info@ArtandFramingStapleton.com. Vote by number (not artist name) and include your name in the email.

Grand prize will be a session with Laura Mahony Photography and an 8” x 10” portrait. Art & Framing at Stapleton will custom frame the photo and the grand prize “My Mom” drawing.

Second prize will be custom framing of the “My Mom” drawing by Art & Framing at Stapleton. Third prize is a gift certificate from Small Hands Art Studio. For information, email Lin Clark at lin@ArtandFramingStapleton.com or call 303-534-1979.

Urban Farm Fundraiser at Chipotle April 11
The Urban Farm at Stapleton and Feed Denver: Urban Farms & Markets will benefit from a fundraiser to be held from 5 to 8pm on Sunday, April 11, at the Stapleton Chipotle, East 29th Ave. and Quebec St.

The organizations will receive 50 percent of the proceeds from those who show the event flyer, which can be downloaded at www.feeddenver.com or www.theurbanfarm.org.

9Health Fair in Lowry April 21
Free and low-cost health screenings will be offered from 7am to noon at Pinnacle Assurance, 7561 E. Lowry Blvd. from (franchise go east on First Ave. or Lowry Blvd and look for 9Health Fair signs). Most screenings are free; blood work and other lab tests cost $15 - $30. Drink plenty of water in advance and bring your ID.

Visit www.9HealthFair.org.

9Health Fair at Montview Presbyterian Church April 23
Free and low-cost health screenings for north-east Denver residents will be offered by the 9Health Fair at the Montview Presbyterian Church, 1980 Dahlia St. from 7am to noon on Friday, April 23.

Participants should avoid eating for 12 hours prior to having blood drawn for the 31-component blood chemistry screening that covers cholesterol, sugar levels, liver, kidneys and thyroid. This screening will cost $30.

Free tests will cover blood pressure, pulse and vision screening, colon cancer education, height and weight, body mass index screening, bone health and hearing. Critical health problems such as heart disease, diabetes, colon and cervical cancer and mental health will be addressed. Volunteer doctors and nurses will call people found to have health issues within 72 hours of their screening.

Flu, smear and colon cancer screening results will be mailed to participants. Free transportation services are offered through Metro taxi. Go to www.9HealthFair.org for a list of available screenings. For other questions, go to www.9HealthFair.org or call 800.332.3078.

New Stapleton Dads Group—First Event April 25
Stapleton dads are invited to enjoy a relaxing time out with the guys on Sunday, April 25, from 5 to 8pm at the Central Park Pavilion. Stapleton resident Merritt Hopper organized the group to give neighborhood dads a chance to connect and have fun.

Come kick a soccer ball or throw a frisbee, and volleyball players are welcome to bring and set up nets. Those who want to just hang out are encouraged to bring their own lawn chair. To cover the cost of burgers, hotdogs, condiments, chips, beer, soda and the pavilion rental fee, attendees are asked to donate $20.

Those planning to come, please RSVP to Merritt at stapletondads@hotmail.com no later than April 19 so he can plan for food. (No kids at the event.)

April 28 Symposium Addresses End-of-Life Medical Treatment
Addressing and documenting end-of-life medical treatment issues will be discussed at a symposium from 8am to 4:30pm on Thursday, April 8 at The Arvada Center, 6901 Wadsworth Blvd.

Topics will include talking with your family and your doctor, managing a healthcare crisis, a Living Will and end-of-life legislation. Participants will include medical professionals as well as the general public. Nurses and doctors may receive education credits.

Symposium costs are $25 for prepaid registration or $45 at the door. To register, call 303.689.4595. Information is available at www.coloradocanwetalk.org.

Cap Shop —Family Safety Night April 29
“Kids Fire Safety and Burn Prevention” will be the topic for the Family Safety Night from 6 to 7pm on Thursday, April 29, in the Stapleton Community Room, 2838 Rodlyn St.

Everyone is so friendly...”

“Dr. Gina is very easy to talk to. I’ve always felt really comfortable with everyone at TCD. And now that my braces are off, I like my smile so much more!” — Amanda Margreaves, patient since 2005

April 2010
Third Annual Fishing Frenzy Set to Cast Off at the Refuge April 10

**Free Fishing Competitions Introduce Kids to Fun of Angling**
Youngsters of all ages are encouraged to gather their fishing gear and sunblock and head to the Rocky Mountain Arsenal National Wildlife Refuge for the Third Annual Fishing Frenzy on Saturday, April 10.

Lake Mary will be fully stocked with an array of fish that are commonly found in Colorado. From bluegills and largemouth bass to crappie, carps and perch, this catch-and-release derby gives Denver-metro area children a chance to learn or practice their fishing skills.

Sponsored by Commerce City Parks and Recreation, Bass Pro Shops and the U.S. Fish and Wildlife Service, this free fishing competition includes two derbies from 9am to 10am and 10:30am to 11:30am. Anglers are encouraged to bring their own poles, but poles can also be checked out at the Refuge on a first-come, first-served basis. Bait will be provided.

All anglers must register for the event. Please call the Commerce City Recreation Center in advance at 303.227.8850 to save a spot for the derby.

Prizes, ranging from fishing gear to nature books, will be awarded for the biggest fish, smallest fish and most fish caught. During the derby, visitors can stop by the fishing skills stations to learn knots or fly tying, casting tips and tricks, fish identification, water safety and fishing ethics. All of these free events at the Fishing Frenzy will take place from 9am to noon. Lunch will be available for a small fee.

From I-70 exit north on Havana St. The public entrance is at 56th and Havana. For more information, call 303.289.0930 or visit http://www.fws.gov/rockymountainarsenal/.

**DSA Band Concert May 5th Supports Music Schools in Haiti**

Denver School of the Arts brass musicians will compete for the opportunity to play with members of the Colorado Symphony Orchestra at the DSA Band Department’s Leaders Concert on May 5. Donations of cash and musical instruments will be collected at the concert to support the Colorado Haiti Project. This concert offers an opportunity for professional musicians and student musicians to share a learning experience, and to work together to support music in another part of the world.

Three years ago, DSA musicians and vocal students started raising funds to initiate a music program in Haiti. Since then, DSA students have helped to support the music program in Haiti through benefit concerts each fall. Prior to the earthquake, there were two music schools in Port Au Prince. One of them was completely destroyed and the other damaged severely. One of the instructors was trapped at the bottom of the destroyed school for 18 hours—she said the only thing that kept him going was mentally practicing every violin concerto he had ever played. His wife died in the earthquake, but what also grieved him was how the music schools were one of the few places for the children of Haiti and now they have nowhere to go.

Tickets to the May 5 Leaders’ Concert can be purchased online at the school’s web page, http://dsa.dpsk12.org—click on “Performances.” For more information, contact Diane Gansauer at (303) 877-7040 or by email at dhgansauer@comcast.net.

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East Students’ Project Focuses On Inclusion

By Carol Roberts

High school students can find many opportunities to volunteer, but it’s not often that they “run the show.” East High School junior Skye Pawlik, a Lowry resident, and her friend Megan Ryan had participated in a number of volunteer activities, “but nothing that we really got to run,” says Skye. “We both realized that was something we really wanted to do, and we knew that we wanted to make something that our friends would like doing, and that is something that is close to me.”

Skye and Megan got in touch with Melissa Davis at Mile High Down Syndrome Association and asked if there was something they could do. Melissa told them about the Down Syndrome Association’s group, “Get Down,” which has dance parties and gatherings since the young people really have a love for dance. “We decided to make a group that is dedicated to throwing dances for these kids,” says Skye. They named their group “Throw Down.”

Skye and Megan kept Melissa informed of their plans by email, but needed only one meeting with her to get the basic guidelines. “She didn’t want any vulgar music and she didn’t want a lot of junk food like cookies and cupcakes and things like that. She wanted to be sure we kept all the kids in the room,” says Skye. “And she wanted everyone included,” adds Megan. “She said, ‘Inclusion, inclusion, inclusion. If you see someone sitting down or standing by themselves, make sure you go up to them and ask them if they want to dance or if they’re taking a break. Just try to get everyone involved in dancing and having a good time.’” “We thought our friends did a really phenomenal job with that,” says Skye.

Megan went to school at Christ the King for eight years and got permission to hold the dance there. Skye got approval from the Honor Society coordinator at East for the students’ hours spent planning and attending the event to count toward their Honor Society requirement for community service.

“It was definitely the most fun volunteer activity of anything I’ve ever done. Seeing our guy friends interact with these kids was so sweet. They’re high school boys so they try to be macho and manly, but at the dance their softer side came out,” says Skye.

Melissa said the self-advocates with Down Syndrome who attended the event, when asked if they had a good time, all provided a resounding yes with a smile and an occasional thumbs up. “I thought it was an extremely heartwarming experience and sincerely appreciate the message of inclusion the Throw Down group portrayed.”

Skye and Megan have already started thinking about their next event. “Melissa said the kids also enjoy line dancing, so we’re thinking about having a country western theme for the next dance for this summer,” says Skye. And when Skye and Megan leave East, they think Megan’s younger sister will carry on the group.

For more information about the Mile High Down Syndrome Association, contact Melissa Davis at melissad@mhdsa.org or 303.756.6101.

Above: Alexandra Pash slow dances with Philip. Below: Peter (center) and Stephanie (to his right) dance in a train with East students Molly McCulough (behind Peter), Megan Ryan and Leo Cabrera (behind Stephanie), Maggie Roper (center back) and Maddie McHenry (far right).
Former State Senator Chris Romer has proposed a bill to finance the feasibility of using a public-private partnership to install a streetcar along Colfax Avenue from Auraria to the Anschutz medical campus. Since Colfax runs through the Front Range distribution area, we requested additional information from Senator Romer about a streetcar on Colfax.

Q: How did you come up with this idea?
A: For most of my life I’ve lived within earshot of Colfax. As an urban dweller, I enjoy walking Colfax and observing the architecture and the concrete carnival of great restaurants and small businesses. Colfax has so much potential for economic development, job creation and neighborhood improvement in both Denver and Aurora by creating a livable and connected community along the street.

Q: Have other cities done projects like this?
A: A streetcar development in Portland, Oregon has had phenomenal results (www.portlandstreetcar.org). Since 1997 the city has constructed four miles of streetcar in the city. While the capital cost of Portland’s program was $103.5 million, there has been an astounding $3.5 billion in investments made in a two-block-wide corridor along the four-mile streetcar line. Further, 5.4 million square feet of office space and 10,212 new housing units can be found within that same area. The streetcar initially began functioning in 2001 can be found within that same area. The streetcar initially began functioning in 2001 and the developers planned for 3,500 riders per weekday. By the winter of 2008, however, it had a weekday ridership of about 11,900 travelers per day.

Q: Does Colfax have enough potential riders to make it successful?
A: This is actually what is most exciting. Fehr and Peers, the folks running the City of Denver’s feasibility study estimate that this would be the public transit line with the most traffic in the entire nation. Just looking at the current numbers, before the growth and development of a livable community in our Colfax corridor, tells the story. Colfax currently boasts the state’s busiest routes in the 10 mile corridor from Auraria to Anschutz. Nearly 6,000,000 passenger trips were taken on public buses 15L and 15 along Colfax in 2008, averaging almost 24,000 trips per day (about double the ridership in Portland). The streetcar would supplement current local bus traffic while significantly reducing automobile traffic along Colfax and nearby streets. This is only the starting point.

Q: Do you think we could recoup the investment here?
A: After examining the outstanding returns on investment in Portland, there’s reason to believe that we could achieve similar success here in Colorado. Right now, we predict that a 10-mile corridor with an estimated $175 million price tag will revitalize Colfax, bringing business and pedestrian walkways, increase property value and bring prosperity to a lifestyle of both Denver and Colorado. Simply put, a streetcar can do for Colfax what Coors Field did for LoDo. A Colfax streetcar could also provide quality jobs to Colorado. These jobs could come from the construction and maintenance of the stations and streetcars, not to mention the jobs that will result from the business created throughout the corridor. The streetcar will also likely save citizens gas money by providing another mode of public transit, while simultaneously decreasing congestion and tangibly lowering Denver’s greenhouse gas emissions.

Q: How would the feasibility study be paid for?
A: My bill simply calls for a public/private partnership to explore this opportunity without lowering Denver’s greenhouse gas emissions. The streetcar will also likely save citizens gas money by providing another mode of public transit, while simultaneously decreasing congestion and tangibly lowering Denver’s greenhouse gas emissions.

Q: What is the current status of your project and the bill?
A: We just had a heavily attended community meeting on Thursday, March 18th where up wards of 300 people came out to hear the current update on the feasibility study and lend their support for and ideas to the project. The bill is still waiting to be heard in committee, but now that the feasibility study has demonstrated that it is not only possible, but will likely have the heaviest ridership of any line in the country, I’m really excited to work with more communities along the Colfax corridor to make this revitalization of a livable street a reality.

The Portland Streetcar, an electric trolley, makes its way through the Pearl District of Northwest Portland, Oregon. Cordova Street has so much potential for economic development, job creation and neighborhood improvement in both Denver and Aurora by creating a livable and connected community along the street.
By Barbara Neal, Public Art Consultant for Stapleton

Prairie Reef, the sculpture composed of a series of 25-foot-high kinetic prairie grasses and several cloud-like swirls, has now been installed in the medians at East 23rd Avenue and Central Park Boulevard. The complex installation of this artwork began with fixing the swirls in place, followed by setting up the five sculptures of prairie grasses that are designed to turn and sway with the movement of the wind. Erick Johnson, the Fort Collins artist commissioned for this artwork, said that he found his inspiration for Prairie Reef in two dynamic features of Stapleton: the wind currents that move down from the Rockies onto the Front Range and their play with and among tall prairie grasses. His sculpture demonstrates this story of place as welcoming, natural and energetic—as is the community of Stapleton. Look for this new addition to the landscape at the south end of Stapleton. A public dedication is planned for Friday, April 16, from 3 to 5 pm.

Other public art news is that artist finalists will present their proposals for artwork at the Central Park Recreation Center to the Project Selection Committee in early April. The Denver Office of Cultural Affairs has initiated public art selection processes for selection of artwork for the new library at Stapleton and the Central Park Boulevard/I-70 Interchange. Each of these three projects has received funding from the Better Denver Bonds.

Sculptor Erick Johnson with his newly installed work, Prairie Reef, which is Stapleton’s latest public art. Johnson’s piece, located on Central Park Boulevard near East 23rd Avenue, is over a city block long.
Support House Bill 1131 to Foster a Healthy Generation of Earth Stewards

By Susan Beckett

Many of us remember summer days filled with playing in creeks, getting our feet muddy and hunting for frogs or crawdads. The fact is, today's kids aren't as lucky as we were. Fewer and fewer children are getting outdoors to play. Instead, they are playing video games, watching TV or playing on the computer for an average of seven hours a day!

This fact is having dramatic repercussions on our children's physical and mental health. Each year, more and more children are diagnosed with ADHD, Type II diabetes and obesity. This disturbing trend in the decline of children's health has a name, Nature Deficit Disorder. In his book, Last Child in the Woods, Richard Louv discusses the benefits of being outdoors and the unfortunate consequences of ignoring the innate need of all humans to connect with nature. In addition, we are raising a generation of children who don't have that internal respect for nature. Without fond memories of playing outdoors, why would they want to protect open space?

Many children are fortunate to have families that recognize the importance of getting outdoors. They go on hikes on the weekend, or camping in the summer. They may even ski or snowshoe in the winter. But many families aren't as fortunate. They often are too busy working to feed their kids that they miss out on the opportunity to go for a walk or a bike to their local wildlife refuge. Sometimes they don't have the means to get to open spaces, or don't know about the ones in their neighborhood.

At Bluff Lake Nature Center, we recognize the struggle many families are facing today. We arrive to provide educational outdoor family activities to our neighbors, like our Earth Day Recycling Event, summer Fireside Chats and our Junior Naturalist programs. We offer school programs free of charge and even provide a bussing scholarship to low-income schools. Best of all, Bluff Lake Nature Center is open dawn to dusk.

Colorado House Bill 1131 (Colorado Kids Outdoor Act) would help nonprofits like Bluff Lake Nature Center provide educational opportunities for families and schools. It will create a fund supported by gifts, grants and donations. Grants from this fund will be administered by the Department of Natural Resources and given to organizations to increase their opportunities to get kids outdoors. The bill has already passed in the House, but we need your support to get it passed in the Senate.

Please contact your local state senator today and let them know you support House Bill 1131 to create a generation of healthy individuals willing to work for a healthier environment.

Susan Beckett, the Bluff Lake Education Director, can be reached at sbeckett@blufflake.org.

Letter To the Editor—Clean Up Dog Waste

The dog waste on the Stapleton streets and in open areas is obvious and concerning. It is a health issue as well as an aesthetic one. I would like to suggest an April campaign to get our environment cleaned of dog waste before the warm summer months begin. Pick up your own pet's waste and one more each time you are out. If we all did that, we could get the streets and parks cleaned up.

The most important thing, of course, is not to increase the problem. Residents and dog owners must clean up after their pets. Although there are fines for dog owners who do not clean up after their dogs, it is more important to create a social environment that encourages all residents and dog owners to keep our shared public areas clean and usable by all. We need to set a social standard that encourages everyone to take an interest in our public space.

Lucia Correll, Stapleton Resident

Stapleton Front Porch

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Stapleton Front Porch
New Name for the Central Park Recreation Center?

By the SUN Board
Denver City Councilman Michael Hancock has asked SUN to solicit ideas for a name-change recommendation for the new recreation center under construction in Stapleton on Martin Luther King, Jr. Blvd. Currently, the building is being called the Central Park Recreation Center, but it may be possible to change its name. Final approval of the name change will be made by the Park Creek Metro District as well as the Denver City Council. If you are interested in submitting your greatest name idea, please contact SUN Board member Caroline Barlowicz at caroline@dvierow.com by April 15. There will be a Stapleton Town Hall meeting on April 29, during which residents will have a chance to cast their vote for one of the names on the ballot. For additional fun, we are inviting all school-age children to submit their name idea to be entered into a drawing for a $50 pizza gift certificate. The lucky kids will be chosen at random from all entries received at the April 29 meeting.

Stapleton Block Party Day Is Saturday, May 15!

By Amanda Baldwin, SUN Outreach Chairperson
Mark your calendars for Saturday, May 15 to get out and spend time with your neighbors and enjoy this wonderful community in which you live. For those who are new or have not participated, the first step is to find out if you have a block captain. Go to www.stapletonunitedneighbors.com for more information. Usually, block captains head up the party planning but it doesn’t really matter as long as someone is taking the lead. If you have any other questions regarding block party planning, please contact SUN at stapletonunitedneighbors@gmail.com.

Spring Stapleton Public Forum and Elections

By Steve Lawrence, SUN vice president
On April 29 at 7 pm at the Bill Roberts School, 2100 Akron Way, SUN, in conjunction with the Citizens Advisory Board and Forest City Stapleton will host a Community Forum. Come hear an update from Forest City on the latest developments in the community and many other updates about Stapleton. One very important agenda item is for SUN to hold its annual meeting and SUN Board election. Each year, members of the community are elected by the residents to serve a two-year term on the SUN Board. The SUN Board is limited to 15 residents by its by-laws. The current SUN board will recommend a slate of up to seven residents to fill expiring terms on the board. Featured in this article are residents who have submitted their candidacy. For more information about SUN board membership or to submit your letter of interest, go to www.stapletonunitedneighbors.com. Our by-laws state that if others than those presented by the board are still interested in running, we will have an election, with each household receiving one vote. We look forward to seeing everyone at the forum on April 29, and please feel free to contact us at stapletonunitedneighbors@gmail.com or check out our website at www.stapletonunitedneighbors.com for more information.

SUN Board Candidate Statements of Interest

Jeffrey Barron
My name is Jeffrey Barron, and I hope to serve the Stapleton community as a member of the SUN Board of Directors. My family has lived in Stapleton since 2004, and we have two daughters who attended Westminster and are now students at Bill Roberts. If elected to the SUN Board of Directors, I would bring both analytical and communication skills developed during my years as a federal employee, as a volunteer within my local government and community, and during my time within the private and non-profit sectors. I am currently an Analyst with the Government Accountability Office (GAO), where I help the federal government improve the efficiency and effectiveness of government programs. I was also a writer and editor in the newsletter industry, and worked for a non-profit organization helping local communities set up farmers markets. In the 1990s I lived in Latin America and England, where I worked as a journalist and completed a Masters degree in Social Policy and Planning at LSE. I am also a trained legal, social, and family mediator. As a member of the SUN Board of Directors, I would work to ensure that Stapleton continues to develop as a sustainable and inclusive community.

Damon Knop
I have been on the SUN board for the last 2 years. During that time, I have really enjoyed being active in the community and taken part in several different aspects of the duties. I have specialized in housing diversity. I am on the Housing Diversity Committee and continue to be a big advocate of the affordable housing program in Stapleton and in Denver. I also have been secretary for the past year and have organized the SUN spot article in The Front Porch. I elected to a new term my next focus will be to help SUN reach out to Stapleton businesses and do what we can to help them thrive. Financially and sustainability wise, this is very important to all of us and we have all seen stores close that we wanted to stay here. I am going to try to see how SUN can use it’s community access and communication to help them. I will also work with the Greater Stapleton Business Association and other networking groups (especially locally owned and stay at home) to figure out a good role for SUN to play.

I appreciate your consideration and hope to continue to serve this community that I am proud to call home.

Mike McDowell
My name is Mike McDowell and I have lived in Stapleton since February 2006. I currently own 2 homes in Stapleton—one is a rental and one a primary residence. My wife and I have 2 children (with one more on the way) and we care deeply about this community. I see a lot of issues in Wash Park, the Highlands, Jefferson Park, Glendale Springs and Stapleton and feel I am pretty in tune with...
what makes an area desirable to live in. I work well collaboratively and feel that I have been an enthusiastic, positive member of the SUN board. Please consider me as a candidate. Thanks!

Michael J. Thomas
I am a resident of Stapleton.
Along with my wife and three children, I live in the Central Park North portion of our neighborhood. I am an architect and principal of Thomas + Thomas Architecture and Design, LLC. In addition, I am a residential real estate broker. I run both of my businesses out of my home in Stapleton. Therefore, I have been in the community on both a personal and a professional level in the Stapleton community.

In addition to my professional practice, I sit on the Denver Board of Directors for the American Institute of Architects. I am also engaged in the AIA Denver Committee on the Environment and the AIA Colorado Government Affairs Committee. In conjunction with my work at another architectural firm, I was a member of a team that designed the work on the new Central Park Recreation Center. If elected, I will do my best to work for the betterment of the Stapleton neighborhood and the City and County of Denver. I am vested in the long term success of our community. I live here, I work here, and my children go to school here. The future of the residential and business communities in Stapleton is dependent on the decisions and actions we make today. Thank you for the consideration for my nomination to the Stapleton United Neighborhood Board of Directors, I look forward to serving you and our community.

Stapleton Front Porch
April 10, 2010
29
Bluff Lake Earth Day Events

Thursday, April 22 – Earth Day Locavore Benefit
Bluff Lake encourages Stapleton residents to support their local businesses while supporting their local nature center. A portion of the sales on Earth Day at many local businesses will go to support Bluff Lake Nature Center programs. View participating businesses at www.BluffLakeNatureCenter.org.

Thursday, April 22 – Our Night Sky, 7:30pm

Saturday, April 24 – Earth Day Recycling – 9am to noon
The Earth Day Recycling event at Bluff Lake offers an opportunity to dispose of hard-to-recycle items—books, media, and electronics, to name a few. Most items are free but old televisions will have a fee for recycling. The event will include a display of recycled art and mini worm bin-making for kids. The event is free, but our partners encourage participants to make a donation to Bluff Lake Nature Center. Visit www.BluffLakeNatureCenter.org, for a list of recyclable items

Sunday, April 25 – Westerly Creek Clean Up – 9:30am to noon

April 22, Celebrate Earth Night in Stapleton: Charity Dinner & Food Inc. Movie
By Sophia Brigleb
Are you looking for a great way to celebrate Earth Day this year? Are you concerned about the way your food is produced and want to learn about alternatives available to Denver residents?

By joining the SUN Sustainability Committee and your neighbors for Earth Night, Thursday, April 22, with dinner and a movie in the MCA Community Room at 2823 Roslyn St. The evening will begin at 6pm with dinner sponsored by Chipotle and continue with a screening of the Oscar-nominated film Food Inc. at 7pm (run time 94 minutes). This powerful documentary features interviews with Michael Pollan (The Omnivore’s Dilemma, In Defense of Food) and Eric Schlosser (Fast Food Nation) and shows what has happened to our food supply over the past 50 years: growth hormones, factory farms, genetically modified foods, cloned livestock, and the development of new strains of dangerous bacteria.

In addition to dinner and a movie, information about local and organic food sources will be available. This is a great opportunity to learn more about local farms, community-supported agriculture, organic food delivery and sustainable restaurants in the Denver area.

Tickets may be purchased online (SUN-EarthNight.Eventbrite.com) for $10, and are discounted to $7 if purchased prior to April 15. Space is limited, so get your tickets soon.

All net proceeds will benefit the Sand Creek Greenway. Everyone who attends will be entered to win prizes from Chipotle, Door to Door Organics, Grant Family Farms and Duo Restaurant. For more information, please visit www.stapletonunitedneighbors.com/sustainability.

Sophia Brigleb is a member of the SUN sustainability committee.

It’s Getting Easier!
By Michael Kearns
In 1970, a noted American philosopher sang that, “It’s not that easy being green.” Maybe Kermit the Frog wasn’t referring to being “environmentally conscious,” but as we approach the 40th anniversary of Earth Day on April 22, it is getting a lot easier to live green. Here are some easy ways to make your home a little greener—and maybe keep a little more green in your wallet.

Get a Home Energy Audit. Our Stapleton homes are more energy efficient than most, but there are almost always areas for improvement. Xcel Energy offers reduced-cost Home Energy Audits for its customers, starting at $60 and going up to $120 for the most comprehensive program. According to their website, “A Home Energy Audit begins with a review of your attic, insulation, doors, windows, furnace or boiler, appliances and more.” When completed, you’ll receive a written report with prioritized recommendations to help you save energy and money. For more info, or to schedule, call Xcel at 1.800.895.4999.

Replace your light bulbs. We all know that compact fluorescent light bulbs (CFLs) save energy and last longer than “traditional” bulbs, but have you done the math? Those two 60-watt bulbs by your garage door that stay on all night for security (a great purpose) cost about $24 each to operate for a year. A pair of 14-watt CFLs will provide roughly the same amount of light and will cost about $4 to buy and $11 in annual electricity. You’ll save $37 per year and the bulbs last approximately five times longer than incandescent bulbs. And that’s just two light bulbs—imagine if you changed out all the bulbs in your home?

Replace your furnace filter. When you moved in, your builder reminded you to change your furnace filter every one to three months. Are you doing it? Filters are inexpensive and easy to change. If you don’t, the filter can get clogged with dust and dirt, making your furnace work harder and less efficiently. This can cost you money and cause damage. Check your furnace manufacturer’s website for maintenance recommendations.

Reduce, Reuse, Recycle. We all participate in Denver Recycles, right? Here are three great ways to clean out your house and keep things out of landfills.

FreeCycle (groups.yahoo.com/group/DenverRecycle) is an online clearinghouse that matches people with stuff to give away with people who can use it.

In celebration of Earth Day, Bluff Lake Nature Center (www.blufflakenaturecenter.org) is hosting a recycling event on Saturday, April 24, from 9am to noon. On-site will be B-Logistics, Techno’s Rescue, and Wecycle to let you recycle items ranging from electronics to books to used children’s toys. For most items, there will be no cost to participate. Visit their website for more info.

And, of course, the 5th Annual Stapleton Community Garage Sale will be held on Sunday, July 17 from 8am-1pm. Last year we had over 200 home participants, and we expect over 300 this year! Get info and sign up online at www.BuildingStapleton.com/garage-sale.

We’ve come a long way over the past 40 years. Thanks, Kermit! Michael Kearns is a Stapleton Resident and a realtor with RE/MAX Alliance. He holds the green designation from the National Association of Realtors. He can be reached at 303-598-5468 or online at www.BuildingStapleton.com

EARTH DAY –THURSDAY, APRIL 22
Standing in the Crossroads of Nature’s Migrants

Jeff Parrish, shown near Bluff Lake, describes how wildlife corridors like Sand Creek can be preserved.

When is it necessary, if not critical, to protect wildlife corridors and natural landscapes here in North America?

Two reasons—for people's needs and for wildlife's needs to survive.

From automobile model names to school mascots—think Westerner Creek Wolves—wildlife inspire and define our American identity. I spent a good piece of a recent column in Carbondale Coffee—our very identity is based on the expectation that our wildlife will thrive through our generation and the next. That's a big assumption, given the perfect storm of habitat fragmentation and habitat shifts due to climate change.

Second, we've done some good work to create parks, wildlife refuges and open space—but those places are fraying around their edges because of climate change. And many animals don't respect the boundaries we place on a park—they need to move widely for food, shelter, mates or migration. We need to accommodate those needs to move and/or adapt because of climate change, by giving animals the freedom to roam—bridges across seas of human development.

Is climate change impacting animal migration, their respective routes and habitats?

It's truly shocking how quickly we're seeing real, tangible effects of climate change...it's here and it's now. Spring comes earlier on average, and winter later every year. Birds are arriving north from the wintering grounds out of sync with their food sources. Polar bear movements are hampered by disappearing sea ice, making them drown in what were once dry land. And male deer and lynx find themselves moving across landscape devastated by the pine beetle that is no longer limited by cold-enough winters. We can't stop climate change. We can only reduce its severer. But we can help animals adapt to a changing climate by giving them escape routes and making sure that remaining migration areas are not eliminated by unbalanced development and expansion.

Who are your current partners?

Freedom to Roam's first suite of partners are our Coalition members—folks like National Geographic, BP America, Wal-Mart and National Wildlife Federation, Patagonia and the Western Governors' Association, among others—an incredibly diverse group. Our aim is to raise interest and investment in wildlife corridors and to support literally hundreds of partners on the ground to do what they do best—find sustainable solutions in their communities to ensure wildlife have the freedom to roam to survive.

Can you describe an ongoing conservation partnership within the Rocky Mountain Region?

We're working with BP America's Rocky Mountain region to change the way the oil and gas industry makes decisions. Their goal and ours is to influence those corporations—big and small—to adopt a leadership role as stewards of wildlife and force the laggards in the industry to follow suit. Such efforts are making it possible for species like pronghorn antelope to continue to thrive. They have millennia-old migrations out of the Grand Tetons National Park to areas more than 100 miles away across some of the most prolific gas fields in the United States. It's only by working with corporations on the ground that we'll be able to make sure that pronghorn and so many other species have the freedom to roam.

How can individuals support Freedom to Roam?

First, join Freedom to Roam and support our generous donation. Second, learn more by visiting, www.freedomtoroam.org and www.patagonia.com. And perhaps most exciting is the chance to experience these wildlife corridors personally and be a part of the solution by taking a Witness for Wildlife trip (www.witnessforwildlife.org) in a local corridor here in Colorado and become a part of the community of committed corridor conservationists. Seeing is believing, and once you believe in these places and our wildlife’s future, you’ll want to act. Join us in giving wildlife the Freedom to Roam! Jeffrey Parrish can be reached at jparrish@freedomtoroam.org or 720-205-4677. John Babiak is an environmental educator. He can be reached at NatureRangerJohn@aol.com.

Jeff Parrish, shown near Bluff Lake, describes how wildlife corridors like Sand Creek can be preserved.

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View a video of Jeff Parrish talking about “Freedom to Roam” at www.FrontPorchStapleton.com

By John Babiak

Quizz your average 4th grader who is studying elementary ecology on what defines a habitat, and you will get a resounding and confident reply: “a place where an organism lives, finds food, and maintains water and have space to survive.” Ask them to explain the meaning of “space” and their answer often becomes less clear. In the plant and animal kingdom, living space is the cornerstone of survival. It is what provides ample food and water sources for life forms, sufficient materials for building shelter, and unrestricted pathways for certain species to roam, migrate and reproduce. Space also underwrites biologic diversity. Recently I had the opportunity to interview Dr. Jeffrey Parrish, an accomplished biologist, scholar and passionate conservationist about his tireless work protecting vital wildlife corridors and keeping habitats connected across the planet.

What personal experiences motivated you to study migration biology and become a champion of migrating animals around the globe?

I always loved the outdoors, but it wasn’t till I received a letter from the Director of the Birmingham Zoo inviting a select group of high school students to join a “Zoology Explorers Club” that I realized there might be a future in my interest in animals. Little did I know within a year I’d find myself fairly migratory, driving from Alabama to Chihuahua, Mexico, and from Birmingham to Belize to explore nature’s wondrous all along the way. But it was a trip through the Florida peninsula during spring migration of songbirds that made me passionate about migration, as I watched hordes of birds weighing little more than a few pennies landing in the southern swamps, exhausted, after flying a thousand miles in one flight. That’s when I knew that I wanted to do whatever it took to preserve the sheer phenomenon of animal migrations.

Tell me about your newest conservation effort: Freedom to Roam.

Twelve years at The Nature Conservancy taught me the power of partnerships to get conservation done on the ground. Then I heard about Freedom to Roam, which started as, and continues to be, an environmental campaign at Patagonia—the outer clothing company. I’ve been around the block a few times in environmental efforts, and I can say without reservation that Freedom to Roam is the most innovative and unique model for 21st Century conservation I’ve ever seen. That’s why I’m here. Corridors and connected habitats are by every scientific assessment the singular solution to ensure that our nation’s wildlife can survive and adapt to a world that is increasingly crowded, developed, fragmented, and now warming significantly. Unlike most organizations and efforts that pit “environ” against development, Freedom to Roam works to bring diverse corporate, environmental, and governmental interests together on something we can all agree about—that wildlife is something we can’t afford to lose.
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