By Carol Roberts

Drenching rain and strong winds neither dampened the spirits nor the efforts of the Mile High Youth Corps (MHYC) participants who planted trees in the Westerly Creek Open space on April 23, National Youth Service Day. The youth worked with Denver Parks and Recreation staff to plant drought tolerant trees and shrubs to replace those that have died. Stapleton’s parks are the recipients of 458 trees through the Mile High Million tree planting program of the City and County of Denver. Westerly Creek will get 37 conifers and 76 deciduous trees along with 165 shrubs and small trees. Greenway Park will get 14 conifers and 91 deciduous trees. And Central Park will get 5 conifers and 70 deciduous trees. All are being planted in a partnership between the city and volunteer and youth service programs.

Although the Stapleton parks seem to be the main beneficiaries of these efforts, the project is also offering job training to the MHYC youth. “The Mile High Youth Corps employs, educates and trains young adults ages 18-24 by engaging them in meaningful service,” says Kelly Causey, executive director of MHYC. “The Youth Corps attracts young people from different walks of life and offers them an opportunity to learn job skills while having fun.” Participants range from high school drop-outs getting their GEDs, to high school graduates trying to decide what to do next, to college graduates getting their first work experience in managing conservation efforts.

Deja Sanders, 19, who grew up in Park Hill and attended East High School, joined MHYC last summer. She worked her first term from August to December, then

Students Work to Win Votes in Competition for Obama to Speak at DSST Commencement

By Carol Roberts

The Denver School of Science and Technology made it to the top six high schools in the country in the “Race to the Top Commencement Challenge,” which had 1,000 applicants. The next step for the finalists was to make a three-minute video highlighting how the school fulfills the Challenge’s criteria. The White House arranged for each school to work with a coach who brought the same camera and video editing equipment to each school, and acted as a resource to the students during the 10 hours of filming and 10 hours of editing that were allotted to make the video.

Nurin Ludin says she was selected to be the project leader for the movie based on her interest in journalism. “We have a list of three questions the White House thought were important to capture in the movie. It was why DSST is unique, how we meet the President’s goal of 100% acceptance to college, and also the science, technology, math, engineering... that aspect of the school. “I think DSST hits all of those three points. The other schools look really good, but they don’t have the science and technology aspect, and they don’t have three years of [continued on page 5]
MAY
Tuesday, May 4 & June 1
Children’s Museum: Target Tuesdays 1st Tuesday nights free 4-8pm cdmuseum.org

Every Sat., starting May 8
Summer Farm Market at the Urban Farm, 9am-12pm, Pony rides $5

Saturday, May 8
Urban Farm, Free tour, 10-12pm theurbanfarm.org

Saturday, May 8
Miles for Moms Run/Walk. 8am registration 9am run, Stapleton Central Park (see p. 15) http://www.goparentsdenver.org/run_walk.html

Saturday, May 8
Art Estate Sale & Open House Information on how to have your art appraised 8824 Martin Luther King Blvd. 4-7pm www.ArtandFramingStapleton.com

Monday, May 10
Adult Activities Planning Meeting - Noon Stapleton Community Room 2823 Roslyn Street events@stapletoncommunity.com

Wednesday, May 12
FREE health blood screening, 1 – 4pm Cjibrain at Stapleton (26th & Quebec) 303-322-8555 cjibraindenver@yahoo.com

Friday, May 14
Story time & craft for young children & caregivers Westerly Creek Elementary library 9:15 -9:45pm 303.322.6877

Saturday, May 15
Stapleton Block Party Day www.StapletonUnitedNeighbors.org stapletonunitedneighbors@gmail.com

Wednesday May 19
Lecture-Solving the problem of weight gain with age, Café of Life, 29th Ave Town Center, 6:30pm 303.984.7483

Thursday, May 20
Community reception for Stapleton Library public art finalists, 4:30pm Forest City Stapleton offices, 2nd floor 7551 E 29th Ave RSVP brooke.jones@denvergov.org or 720.865.4302 (see page 7)

Friday, May 21
Community reception for Stapleton Library public art finalists, 5:30pm -5:45pm, Denver Art Museum 720-865-5000 www.denverartmuseum.org

Friday, May 21
City Park Jazz, Jon Romero y Amanecer, 6pm Denver Art Museum www.denverartmuseum.org/ July 15

Friday, May 21
Bike Denver PLikK Ribbon Cutting - 8-9am Founders Green ppi@bikeindenver.org

Saturday, May 22
Concert Series-The Haul Miller Band - 4-6pm Founders Green events@stapletoncommunity.com

Friday, June 4
Movie Night- “Mama Mia” - Dark Founders Green events@stapletoncommunity.com www.circparkjazz.org (see page 15)

Friday, June 11
Bike Denver PLikK Ribbon Cutting - 8-9am Founders Green ppi@bikeindenver.org

Saturday, June 12
Concert Series- The Haul Miller Band - 4-6pm Founders Green events@stapletoncommunity.com

Friday, June 18
Movie Night- “Michael Jackson-This is it” - Dark Founders Green events@stapletoncommunity.com

Saturday, June 19
Stapleton Farmers Market – Opening Day June 20, 8:30am –12:30pm. Founders Green events@stapletoncommunity.com

Saturday, June 26
Sweet William Market - 9am-2pm Founders Green events@stapletoncommunity.com

Saturday, June 26
Beer Festival-Duo Blu & Wendy Woe 4-9pm Founders Green events@stapletoncommunity.com

June
For more information, please visit www.sweetwilliammarket.com.

Stapleton residents looking for a great location to host their next event should consider one of the Stapleton outdoor pools! The MCA staffs all private events with certified lifeguards according to the number of expected swimmers. An exclusive after-hour access to any one of the pools, automatic deck/pool lights at dusk, barbecues and fire pits.

The MCA will begin accepting reservations for pool parties and after-hour rentals May 1 and will collect a $150 reservation deposit once your request is approved. This deposit secures your date and facility, and is refundable after the event. Resident pool rental rates: $150/hr up to 50 people; $250/hr 51–100 people; $350/hr 101–150 people

Total balances due must be collected no later than seven days prior to the event.

American Red Cross
Give back to your community... become an American Red Cross volunteer instructor! Teach the lifesaving skills of CPR, First Aid, AED, Pet First Aid, Child and Infant CPR or Babysitter’s Training classes to your fellow community members. Please contact Molly Dugan at 303.687.4795 or mdugan@denver-redcross.org.

Discover Scuba/PADI Scuba Certification Registration will be available beginning May 1. Program details, schedules and registration information can be accessed at www.stapletoncommunity.com.

If you have any questions about the information above, please feel free to contact info@stapletoncommunity.com or call the MCA office at 303.388.0724. Diane Deeter
Director of Programming and Events

M T E R C O M M U N I T Y A S S O C I ATI O N
Sweet William Market
The summer market season opens on Saturday, May 29 with the first Sweet William Market of the year. This fabulous open-air market is filled with unique, uncommon treasures you will not find in any store. Grab breakfast with your friends in the 29th Avenue Town Center and then head over to The Green to shop among the nostalgic, antique, retro, repurposed and handmade treasures.

Market hours are 9am-2pm. This market will happen the last Saturday of every month through September. For more information, please visit www.sweetwilliammarket.com.

Adult Activities
Some Stapleton residents have expressed an interest in developing some activities targeted for adults as a way to be more active and to meet people in our community. The Master Community Association (MCA) is interested and available to support activities, but would like to get resident input about the type of activities you might enjoy.

We are looking for people interested in helping us plan some activities for our adult community. If you have the time and are interested in participating in the discussions, please join us for our next meeting on Monday, May 10 at noon in the Stapleton Community Room located at 2823 Roslyn Street. Lunch will be provided.

If you are not able to attend the meeting, but have some ideas you would like to share, please send them to events@stapletoncommunity.com.

Mah Jongg
Are you a Mah Jongg player? If so, would you like to play Mah Jongg in the afternoon on a room located at 2823 Roslyn Street. Lunch will have some ideas you would like to share, please send them to events@stapletoncommunity.com.

Farmers Market
If you are a nonprofit organization that would like to get your information out to the community, we have a space for you at our Farmers Market. If you are interested, please send an email to event@stapleton-community.com.

Beer Festival
If you would like to help with organizing and planning the upcoming Beer Festival on June 26, please join us Monday, May 17 for an organizational meeting in the Stapleton Community Room, 2823 Roslyn St., from 6:00–8:30pm. Dinner will be provided. Please call 303.388.0724 to RSVP so we can plan our dinner.

If you are not available for the meeting, but have ideas you would like to share, please email suggestions to events@stapletoncommunity.com.

Party Pad Pool Rental
Celebrate your birthday or any occasion by reserving one of our four outdoor party pads conveniently positioned at each facility for optimum access and entertaining. Each party pad rental includes guaranteed admission to the pool, premium reserved deck space with shade, and seating for up to 20 guests. Additional fees may apply for extra guests.

Resident Party Pad Fee is $50/hr.

Excluded dates: Memorial Day weekend, 4th of July, Labor Day

Pet Party Pad Rental
Check out our new Pet Pad Rental!

Stapleton residents looking for a great location to host their next event should consider one of the Stapleton outdoor pools! The MCA staffs all private events with certified lifeguards according to the number of expected swimmers. An exclusive after-hour access to any one of the pools, automatic deck/pool lights at dusk, barbecues and fire pits.

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SPECIAL COLORADO RAPIDS DISCOUNT OFFER FOR STAPLETON RESIDENTS FOR MAY HOME GAMES!

Colorado Rapids v. LA Galaxy
Wednesday, May 5 at 7:30pm

Your Rapids take on the star-studded Los Angeles Galaxy for the only time at home this season!

Colorado Rapids v. Seattle Sounders FC
Saturday, May 29 at 7:00pm

Your Rapids face off against Seattle in this huge Memorial Day Weekend battle!

THE COLORADO RAPIDS PLAY ALL OF THEIR HOME GAMES AT DICK’S SPORTING GOODS PARK
Located just one mile north of Stapleton at 60th and Quebec!

$5 OFF!
Cut out this coupon and bring to the stadium box office for $5 off a Rapids premium seat ticket!

Code: FP-S

Limit four tickets per coupon. Not valid in conjunction with other offers.
A state-of-the-art international software firm called Isidorey now makes its home in Stapleton’s Town Center. Owned by Stapleton resident Kyle Roche, the firm is changing the way major national companies are doing advanced technology.

“There’s a space called cloud computing,” Roche explained. “It’s like taking your computing resources and putting them on Google—places that offer business applications without worrying about hardware. If you have a big data center, there is lots of hardware that you’re maintaining. You can lease space on Google’s infrastructure for a fraction of the cost. On the cloud, you only pay for what you use.”

Roche and 11 others started the firm as a hobby. But, when Eurotech, a multinational producer of advanced computers, found that it would cost millions of dollars to work with IBM, while Isidorey could do it on the cloud for 10 percent of the cost, a new relationship was formed.

“We’re a non-wholly owned subsidiary of Eurotech, based in Amaro, Italy,” Roche said. “Over the next three years, they will take majority ownership of the company and we’ll become a subsidiary.”

Eurotech makes hardware devices that include wireless routers for buses and computers that monitor garbage trucks. The monitoring task is handled by Isidorey.

“Our first client was a mail-order pharmacy that handled chronically ill and HIV patients, so monitoring patients’ drugs was important,” Roche explained. “We can track their compliance to their prescriptions.”

The pills are packaged in tin foil, much like Advil PM tablets. A microscopic circuit embedded in the foil wrapper is monitored to determine when the wrapper is opened and, presumably, the pill is taken.

Isidorey currently is working with the Denver School of Science and Technology to create space for students to intern with Isidorey, which would enable them to work in the technology field that interests them.

By Nancy Burkhart

Stapleton resident Liz Kegg likes to be involved in fitness activities, and when she learned that the Avon Foundation was promoting a 40-mile walk to support breast cancer research, she decided that it served a dual purpose and she put together a team.

The 2010 Rocky Mountain Avon Walk for Breast Cancer on June 26 and 27 is a combination of 26.2 miles the first day and 13.1 miles the second day. It combines a marathon with a half-marathon.

Starting in Keystone, the walk moves through Summit County to finish the second day in Frisco.

“I need a goal to stay fit and active. I’ve committed to all these people who have donated. When I get up in the morning, and it’s cold and I know it’s going to take me five hours to walk 15 miles, it keeps me motivated to know those people are counting on me to finish the event,” Kegg says.

With the economy making fundraising difficult, Kegg saw an additional reason for participating in the walk.

“We’re in such a strange climate economically,” she said. “My husband was laid off, so we understand that we’re all struggling individually. It’s just been hard to find that fundraising arm in this climate. It’s been really interesting to see who comes through.”

One of those businesses that has come through to support the event is The Berkshire. The owner, Andy Ganick, is proud that his mother is a breast cancer survivor. In her honor, he is donating $2 for each cherry cocktail ordered in the restaurant from now through the month of June.

Kegg and her team are offering babysitting for donations to the walk. The time can be paid for by credit card and is tax deductible, she said. The team includes Kristine Thomas and Rae Ann Bories-Easley, both of Stapleton, and Karen Creamer of Park Hill.

For information about the 2010 Rocky Mountain Avon Walk for Breast Cancer, go to www.avonwalk.org. Click on the Rocky Mountain button. To donate through babysitting, email Liz Kegg at lizkegg@yahoo.com.
Commencement Challenge

(continued from page 1) 100% acceptance to four-year colleges. That legacy and tradition takes hard work. It takes that community we have here to establish.”

“The movie is divided into three parts: community, diversity, and college/success,” continues Nurin.

“We’re using a documentary style, and we’re adding a bit of humor in it, too. Mostly it’s serious, though. It’s everyday life at DSST that’s so natural to us but to other people it’s so different. For example, morning meeting. It’s a ritual that we do every day except Wednesday, but other people don’t come together as a school unless it’s for a pep rally or graduation or something like that. But we do it continuously and we establish that sense of community from day 1. That’s something I’m really proud of and, I have to say, sometimes I overlook the importance of, but it’s still there. At the end of the day it’s very important to me.

“It’s not hard to show diversity... it’s really easy. But it’s important to stress the point by talking about it through the interviews. The diversity of the community exposes us to a whole new realm of knowledge that we otherwise wouldn’t have been able to achieve. That’s the importance of diversity.”

Forty-nine percent of DSST’s 2010 graduating class are the first generation to go to college. Nurin describes the visual approach they took to illustrate that in the film. “The class gathered on the field outside, and first one stood up and said, ‘I’m the first person in my family to go to college,’ and then all 49% stood up and said, ‘Me too.’ I loved filming that scene.”

“We did 20 to 30 interviews and we’re only going to pick about four of them in the three-minute movie. We have all these sound bites that we might not necessarily use but they could have some sort of power in them. That one word that really sticks out and then you can get them to say it again.”

Nurin adds that the concluding scene makes the point that the class had 100% acceptance to a four-year college.

The team completed their movie and submitted it to the White House late on April 20. The three-minute videos, along with a short essay from each school on how it meets the criteria of the challenge, were posted on the White House website (http://WhiteHouse.gov/Commencement) from April 26 to April 29th. The public was invited to vote, rating each school on a scale of 1-5. At the end of the rating period, the three schools with the highest average ratings were submitted to President Obama for final selection. The winner of the Commencement Challenge will be announced on Tuesday, May 4, 2010.

Nurin Ludin, project director
Remember Earth Day—Walk or Bike to Dinner

By Kathy Epperson

In the heels of Earth Day, the Front Porch caught up with some of Stapleton’s locally-owned restaurants that are easy to walk or bike to. See what they’re up to, and be sure to take advantage of new food options, happy hours and some of the innovative programs they’re implementing to feed and interact with the community. For a complete listing of Stapleton’s restaurants, visit http://discover.stapleton-denver.com -> Stapleton Directory -> Dining and Entertainment.

An’s Lemongrass Grille

An’s Lemongrass Grille is located at 2373 Central Park Blvd., Call 303.321.3084 or visit www.anslemongrassgrille.com. They offer catering for any office, home or party event.

New for the Berkshire is an all-out effort to reduce their carbon footprint and bring sustainability to all areas of their business. “We’re working on incorporating more locally grown organic produce and locally raised and hormone-free meats and poultry wherever possible,” says owner Andy Ganick. “Our hope is to put out a new menu, at the beginning of May, in which more than 80 percent of the items pass these guidelines. We’re also working on a ‘From Scratch’ kids menu to give children some healthier, but delicious, options. We have also stepped up our efforts with all of our to-go packaging so that it’s biodegradable, environmentally friendly materials.

Beyond this, The Berkshire has some special menu options planned for summer. “We will be kicking off the summer with a Maine Lobster-Bake the first Friday of June,” Andy says. “You’ll get a whole Maine lobster, baked potatoes, and steamers and corn-on-the-cob for $35 a person (you must make a reservation to reserve a lobster). And we’re definitely bringing back our ‘First Friday Pig Roast’ at some point. Keep your eye on the Front Porch for dates.”

The Berkshire will be promoting their Cocktails For The Cure from now until the day Pig Roast’ at some point, Keep your eye on the Front Porch for dates.”

The Berkshires will be promoting their food, drink, and entertainment. “We’ll have 4-5 selected cocktails listed and will donate $2 for every single one sold between now and the race,” says Andy. “We will also pick a night, well before the race, when we will donate 10 percent of our revenue from dinner to the cause. At this dinner, we would like to invite any men and women of Stapleton who are sponsored for the walk to come in for a free sandwich at The Berk.”

The Berkshire is located at 7532 E. 29th Ave. For more information, call 303.321.4010 or see the full menu online at www.theberkhshirtestaurant.com.

Casey’s Bistro & Pub

Dave Hickey, co-owner

Casey's Bistro & Pub is a favorite local hangout, serving two happy hours seven days a week, the first from 3–7pm and again from 10pm–midnight. A modern interpretation of Ireland’s famous pubs, Casey’s menu features traditional Irish fare and American favorites like shepherd’s pie, pot-stewed mussels, corned beef and cabbage, and fish and chips, plus lighter options such as fresh-made soups, salads and sandwiches and plenty of menu options for kids. “We have a great selection of beers, wine and liquor and a great tapas menu,” says general manager Karen Turner. “Our summer menu will be coming out soon, as well as our summer cocktails menu—both great for the patio! Every third Thursday night night at 9pm, we play an authentic Irish pub trivia quiz game, with drink specials for the players.”

Kids eat free all-day Sunday with an adult entree, and Casey’s has budget-friendly dinner specials every night and a $6.49 lunch menu Monday through Friday.

Casey’s is located at 7301 E. 29th Ave. Call 720.974.7350 or visit www.caseysbistroandpub.com. They’re open from 11am–2am Monday through Friday, and from 11am–2am Saturday and Sunday.

Udi’s Bread Cafe

Udi Baron, owner

The big news at Udi’s is they’re open for dinner again, Wednesday through Saturday nights. “We’re serving our full menu plus dinner extras and nightly specials made by our chefs,” says general manager Kirk Bliss. “Dine in with a glass of wine or a cold beer, or let us do the cooking and take something home.”

Udi’s is also a favorite spot for fresh, made-to-order breakfast, served seven days a week starting at 7am, with options like omelets, burritos, egg sandwiches, pastries and fair-trade Costa Coffee. Branch is served all day on Saturday and Sunday.

“We’re excited our patio dining is now open again with the approach of spring and summer,” says Kuli, “and our patio is dog-friendly!”

Udi’s Bread Cafe is located at 7357 E. 29th Ave. Their phone is 303.329.8888 and their menu is online at www.vidisfood.com.

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Public Art Finalists Selected for Stapleton Library

By Carol Roberts

The third meeting on the progress of the library plans had over 30 experts on hand to answer questions from the community. Roughly, these included:

4 from OZ Architecture
2 Design Consultants to OZ
14 from Denver Public Library
2 from Wember (Project Managers)
1 from Public Works (representing Better Denver Bond)
1 from Denver’s Dept. of Cultural Affairs
7 from Addison & Peterson Construction

Without an official count it’s hard to know for sure how many community members were there. But one of the experts who could distinguish the community from the officials estimated there were just over members of the public at the meeting.

Admittedly the drama of unveiling the new plans was stolen from the architects when the March 24 snow storm cancelled their planned meeting and they decided to present them in the April Front Porch rather than make the public wait for the third meeting.

At the third meeting, held April 14, Public Art Coordinator Brooke Jones informed the audience that 150 artists applied for the $85,000 public art project and five finalists have been selected. A public reception will be held at 4:30pm, Thursday, May 20 at the Forest City offices for the community to meet the five artists. RSVP brooke.jones@denvergov.org or 720-865-4302. The winning artist will have the opportunity to work with the architects to integrate the public art into the design of the library. Jones added that public art is funded through a Denver ordinance requiring that 1% of all capital improvement projects over $1 million for design and construction goes toward public art.

The architects showed additional renderings with views of the building from all sides, and they presented a long list of sustainable features they would like to incorporate, depending on what the budget allows. A LEED silver rating is required by the terms of the bond. The building also needs to meet sustainability guidelines for Stapleton, Greenprint Denver, and other sustainability guidelines.

Kate Fields, an OZ architect, says they received just one email from the community: “I feel like many of the comments about the previous designs were taken into consideration and I honestly think you have created an ideal plan for the library. The new entrance is great. I love that there is seating facing SW. The location of the community room is very nice. I like the patio located just off the adult fiction area. Brav0!”

Brooke Jones, Denver’s public art coordinator, showed examples of the work of the four finalists (of 350 applicants) selected for the public art project at the new library.

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Kelly A. Barikmo, M.D. • Corinne Dix, M.D. • Elizabeth A. Walker, M.D.

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Stapleton Front Porch May 2010
7
Above: A crowd estimated at nearly 1000 people showed up for the Egg Scramble on Founders Green April 3rd.

By Nancy Burkhart

The Stapleton Easter Egg Hunt would have failed to happen this year if it hadn’t been for some community-minded Stapleton residents who formed a “bunny brigade.”

An order of 8,000 eggs arrived in Stapleton at the end of February. The eggs were supposed to have arrived already filled with candy, according to Diane Deeter, director of programming and events for the Stapleton MCA.

“We didn’t open them to check,” Deeter said. “That morning, while I was heading to get the Easter bunny costume, volunteers opened the eggs.”

To their horror, the volunteers found the delivery contained very empty eggs. The egg hunt was scheduled to start in 45 minutes. Nearly 1,000 people were expected, half of them children very excited about hunting those eggs, according to Deeter.

“We had about 20 people who stuffed 7,500 eggs,” she said. “We wouldn’t have been able to do it without volunteers from the Stapleton Fellowship Church. They made it happen.”

The Easter Egg Hunt was a hit, thanks to the Stapleton community spirit, Deeter said. And, next year, she has assured her volunteers, the egg order will be checked as soon as it arrives in order to avoid calling out the “bunny brigade.”
Blake Harrison—Candidate for Colorado State House, District 7

Blake cut his teeth as a community activist in 2002, when he led the campaign to allow liquor stores to be open on Sundays. This year, he is at it again with a ballot initiative to allow consumers to purchase beer and wine in grocery stores. "The issue is not about alcohol," says Harrison. "It is about tracing business fairly and having laws that support consumers, not special interests." Harrison now represents the citizens of Denver as a non-elected, but no less vital, public servant. As a deputy district attorney he is passionate about public safety and has seen firsthand the difficult situations from which most crimes arise. It is that background that affirms his philosophy that those communities who are educationally, culturally and financially strong are the most effective at combating crime. "It is all connected. If we can raise our high school education rate, reduce teen pregnancy and lower the unemployment rate, we will have stronger and safer communities." Harrison will support small businesses by promoting an environment that allows businesses to thrive through access to capital and less bureaucracy. He supports expanding Colorado’s state childcare tax credits and wants to preserve traditional neighborhood schools. To learn more about Blake Harrison please visit www.Blake4Colorado.com.

Robert Layne is a supporter of Blake’s campaign. He is a small-business owner and past-president of Colorado Crime Stoppers and the Safeguard youth violence prevention initiative.

Look for our signs...or call for addresses!

Lisa Chabot  |  Eric Carr  |  Rhett Adams  |  Eric Wells  |  Regina Jackson  |  Vita Dardano

LiveWell

Weight gain with age? Your body is changing in ways that can be reversed through targeted, dramatically effective nutrition strategies. Conventional weight-loss plans often reduce lean muscle mass which increases risk for obesity later. There is a smarter way. Restore youthful metabolisms, rebuild lean body mass, enjoy enhanced vitality and reduced risk for chronic illness. All without hormones or risky side effects. Real health is the best medicine!

Age-Smart Weight Loss Study - Informational Lecture
Café of Life in the Stapleton Town Center • Wednesday May 19 at 6:30pm
Space is Limited - Call Now to Register 303.984.7483
Prairie dog towns are a popular destination in our household. Marko in particular enjoys visiting them and capturing “action-photographs” of the resident ground squirrels. We sit quietly and watch these social creatures burrow around and entertain us with their playful antics, group hugs and toothed kisses. We even try to decipher their rather loud conversations. On a recent outing, Marko asked me: “So what do they think they are talking about?” His question led us to the library where we read up on these barking rodents. An internet search delivered us to Constantine Slobozhchikoff, Professor of Biology at Northern Arizona University, an authority on prairie dog communication and behavior. Dr. Slobozhchikoff has spent 30 years in the field eavesdropping on these creatures. His research suggests that the dogs rely on a sophisticated system of calls and body language to communicate. Yips, chirps, barks, squeals and squawks are used in combinations with certain gestures to warn, say, of a predator’s presence. His fascinating research shows that they make distinct sounds that differentiate humans from hawks, snakes, badgers, ferrets and coyotes. Their multi-pitched vocalizations can contain numerous descriptives including ones for threatening and non-threatening behavior and even color of a trespasser’s clothing.

When out and about in their town, prairie dogs are vigilant watch dogs. When a prairie dog hears an intruder it yields a sharp alarm call. The call sets off a domino effect. One morning at the small Central Park prairie dog town, a chorus of alarming barks went out and Marko wondered aloud, were the dogs saying, “Hey everyone, fast moving human and orange colored canine approaching. Head for your holes!” While hiking near an expansive prairie dog colony in the Wildlife Refuge with my Nature Ranger students we observed a Swainson’s hawk soaring above the colony. Below, the dogs were frantically yipping and churping. Could this collection of calls have meant “Heads up dogs, there is bird of prey circling above us.” In an instant, the prairie dogs dispersed into their tunnels and the disapponted raptor flew off. One dog who was scanning the skies from within his dome emerged and stood up on his hind legs. With a toes-to-head motion and a loud yip, he must have proclaimed, “All clear, come on back out.” Within a minute, the town resumed its hurried life and the dogs were soon scampering about.

Prairie dogs are native to the grasslands of the Great Plains. In the diaries of explorers Lewis and Clark are entries about these once prolific animals, “wild dogs of the prairie… appear here in infinite numbers.” Wildlife censuses take estimate that nearly five billion prairie dogs once inhabited North America. Yet with the expansion of the west by pioneers, came conflict between early farmers, developers and the prairie dog. The battle continues today with widespread reduction in their population and as well as loss of critical habitat. It is estimated that their numbers have been reduced by nearly 95%. The Black-tailed, Gunnison’s and White-tailed prairie dogs call Colorado home. The most widespread is the Black-tailed. You see these street-savvy residents in our Denver neighborhoods. Their towns, like ours, come in different sizes. The larger communities are subdivided into wards. Each well-defined subdivision is occupied by a core, a prairie dog family, which typically consists of a single male, one to five females and their young offspring. Each coterie will tunnel several underground burrows complete with multiple entrances and exits. These homes possess several chambers including listening rooms near the entrances, sleeping quarters, a food storage pantry, a nursery and a special chamber where they contain their waste. Using their muscular legs and sharp claws, a prairie dog colony can excavate nearly 500 lbs of soil. Some of the dirt is used to make a volcanos-like mound around their burrow openings. I have seen the dogs pack them down with their blunt end noses. The tall mounds prevent rainwater runoff from flooding their abodes. They also serve as a tall surveillance posts for the town. Some burrow networks have high and low point entrances. As the air inside of the burrow becomes warm, it rises and exfiltrates the tall chimney entrance. Cooler heavy air enters the lower entrance, together creating perfect cross flow ventilation. Prairie dogs are most active outside of their burrows between sunrise and dusk, when they can be seen foraging for food, grooming one another and playing. When the burrows are abandoned, migrating Burrowing owls, Cottontail rabbits, Bull snakes and even Stink beetles will move in.

Contrary to popular belief, prairie dogs play an important role within their respective ecological niche. Their blinding looks are a source for a variety of wildlife. For this reason, prairie dogs are distinguished as a keystone species. Their existence leads to increased biodiversity in our rural grasslands and even in our immediate neighborhoods. In my class I often cite the interdependency that exists between animals and plants within a given ecosystem. In a prairie dog town, green grasses and forbs receive energy from the sun. These plants then synthesize energy rich sugars and starches. Herbivores, like grasshoppers, mice, rabbit and prairie dogs are attracted to the plant life, consume the plants and receive their dose of energy. Songbirds like the Western meadowlark are

**Take a Hike** by Marko and John Babiak

So What’s Up With All of the Chippering, Yipping and Barking?

A black-tailed prairie dog barking within his 13-city block-long town bordered by East 26th Avenue, Clinton and Iola Streets in the Stapleton development.

*Photo by Marko Babiak*
attracted to the towns and consume the plant seeds and insects. Carnivores like Red-tailed hawks and coyotes prey on the mice, rabbits and of course, the prairie dogs themselves. Urban prairie dog towns and their inhabitants offer this environmental educator and father rare teaching opportunities. My students and my children do not need to be driven for miles to study and appreciate nature. Together we can walk right up to it and make a direct connection. The experience is very powerful especially for children. Sadly, when I visit these vibrant learning laboratories, I also realize that the remaining few in our neighborhoods will soon give way to our human interests and ultimately turn silent.

Two bald eaglets hatched at the Rocky Mountain Arsenal National Wildlife Refuge in early April. Bald eagles were first discovered at the site in 1986 prompting Congress to designate the Arsenal as a future national wildlife refuge. Today anywhere from 30-60 bald eagles call the Refuge home during the winter months.

Eaglets Born at the Wildlife Refuge

Two bald eaglets hatched at the Rocky Mountain Arsenal National Wildlife Refuge in early April. Bald eagles were first discovered at the site in 1986 prompting Congress to designate the Arsenal as a future national wildlife refuge. Today anywhere from 30-60 bald eagles call the Refuge home during the winter months.

BUILDING Phenomenal FAMILIES

healing and encouragement for your home

join us for a 4-part series on May 9, 16, 23, and 30
Sundays at 9:30 a.m.
Westerly Creek Elementary, Stapleton
free children’s programs and coffee/bagels every week
More info: www.northfieldchurch.com

NorthField Church

Complete Skin Care as unique as you are

MEDICAL
Skin cancer | Skin checks
Acne | Eczema | Psoriasis
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COSMETIC
Physician-administered Botox, Fillers, and Laser Treatments
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Chemical Peels | Microdermabrasion
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SURGICAL
Mohs Micrographic Surgery
Skin cancer treatment
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One Century, One Voice...

Celebrating a century of rescuing abused and abandoned animals

Since 1910, the Dumb Friends League has helped more than 2 million animals.

To help us provide another century of service, visit ddfsfl.org or call (303) 751-5772.

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DDC Denver Dermatology Consultants, P.C.
www.denverderm.com | 303-426-4525
2970 Quebec St Suite 200 - above Bank of the West

Stapleton Front Porch
CONCERTS
5/5 Wednesday–Leaders’ Concert at Denver School of the Arts. 7pm. Special band performance with Colorado Symphony brass quintet. Tickets www.dks.dpsk12.org or at door. $1. Free with donated medical instrument. 7111 Montview Blvd. Contact Diane Gammel, 303.877.7040.
5/7 Friday–Colorado Symphony presents Broadway REDs, from Phantom of the Opera, 7:30pm. Tickets $15 up. www.coloradosymphony.org
5/22 Saturday–7th Annual 5 Points Jazz Festival. 1–8pm. Walton St, historic 5 Points. FREE. www.denverberg.com/5pointsjazzfestival
5/22 Saturday–CSO Pops presents Sock Hop Fifties, 7:30pm. Martin Hamlisch, conductor. Tickets $15 up. www.coloradosymphony.org

DENVER EVENTS
5/7 Friday–5/7 Saturday–Botanic Gardens Annual Spring Plant Sale. 10am–4pm Fri. and 9am–5pm Sat. Over 85,000 of the best plants of all types for our region. Horticulturists and volunteers available to answer questions. Free. www.botanicgardens.org
5/9 Saturday–Park Hill Garden Tour. 10am – 4pm. Tickets online at www.ggbh.org. Adults $15.00 (15+) Seniors (+$5). 303.388-0918

HEALTH AND WELLNESS
5/11 Tuesday–Stapleton Woman’s Center Open House. Meet the care providers at Rose Medical Center’s Stapleton Woman’s Center 5–7pm. FREE. 303.320.2578
5/12 Wednesday–Ro-Be Well, Neighbor to Neighbor Health Screening. 1–4pm. Get yourself and family screened for blood pressure, weight, glucose and cholesterol. Clyburn at Stapleton Senior Apartments, 7401 E 26th Ave. Contact Helen Rigmaid, 303.331.9963
5/14 Friday–Arthritis Walk at Washington Park. Denver with a three-mile and one-mile course, activities for the entire family after the walk. All who raise over $100 will receive a Walk t-shirt. Free. Register 9am, walk 11am. I am Denver arthritisskwalk.kintera.org.
5/19, Wednesday–Age-Smart Weight Loss Study Information Session by Carrie Louise Dienfeld. ND. Solve the problem of weight gain with age. FREE. Cafe of Life, 29th Ave Stapleton Town Center. 303.964.7483

LECTURES AND DISCUSSIONS
Active Minds – For info on all sessions, visit www.ActiveMindsForLife.com. FREE.
5/4, Tuesday and 5/10 Monday–Medical Marijuana. FREE. 10am. Discuss growth explosion of Denver marijuana dispensaries, legal issues, societal challenges, medical pros and cons. 5/4 at 10am, Jewish Community Center; 5/10 at 10am, Denver RSVP: Lil Shaw, 303.316.6359. 5/10 at 2:30–3:30pm. Springbrook, 6800 Leetsdale Dr. Denver: RSVP: 303.331.9963
5/11 Tuesday–Haiti: The Road to Recovery. 12:30–1:30pm. On 1/12 the poorest Western Hemisphere country was hit by magnitude 7.0 earthquake with devastating consequences. Discuss Haiti’s troubled history and its path through this disaster. Tattered Cover, 2526 E Colfax.
5/15 Friday–Food Rules. Cooking Demos. Using Michael Pollan’s new book Food Rules, Chef Shelle Kark shows shopping/cooking strategies to make you healthier and to live more sustainably (for you and the planet). Saturdays May 1, 8, 15, 22, 30, 10:30am –1:30pm. Cooking demos May 1, 8, 15, Central Library Level B2, Conf. Center; May 15, Central Library Level 7 Training Rm.

You Don’t Have Life Insurance?! When was the last time you reviewed your Life Insurance policy? Changes in your life? We shop over a dozen top-rated companies to get you the best rate! Save 50 – 60% For a quote call 303-500-3373 coloradolifequotes.com Owned by Stapleton resident Rob Johnson. 5% of our profits are donated to local charities.

You Don’t Have Life Insurance?!

LIFE INSURANCE
WASHINGTON

Denver City Park monthly

Lecture on FREE HealthExpedition in Denver Museum of Nature and Science. 5 free passes first-come, first-served.

Walks
Walking Conversations –For more info on FREE urban park walking conversation events, check events calendar at Meetup.com/Topic-TalkWalks.
5/7 Tuesday–East Colfax, 7–9pm. Walking Conversations
5/15 Friday–Denver City Park, Evergreen Lake. 3–4pm, “Open Topic”;
5/26 Wednesday–Denver City Park monthly

Free Event

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

Thursdays—All Ages Storytime. Stories and songs. 10:30–11:00am.

Thursdays—Book Babies. Stories, songs and games for babies birth to 24 months and caregivers. 3–3:30pm.

KIDS AND FAMILIES

5/1 Saturday—Jewish Children’s Activities. First Saturday every month little ones dance, sing and hear a story. Do a craft and play at monthly Shabbat experience. Plot 3, Shabbat. 9–10am. FREE. Temple Micah, 2600 Leyden St. 303.388.4239. www.micahdenver.org


5/12 Wednesday—“Create Playdates” at Denver Art Museum. Kids 3–5 invited to roar, bang and stomp. 2nd Wed. every month. 11am. Drop in, meet other tots for art making, story times and scavenger hunts. In Museum ad. 5 and under free. Denver Art Museum, 100 W 14th Ave Pkwy. 720.865.5000, www.denverartmuseum.org

5/16 Sunday—Arthritis Walk at Washington Park in Denver with a three-mile and one-mile course, activities for the entire family after the walk. All who raise over $100 will receive a Walk t-shirt. Free. Register 9am, walk 11am. www.denverarthriseover.org. 720.865.5000, www.denverartmuseum.org

5/18 Thursday—Refried Comedy Night *

5/19 Friday—New Release: Iron Man 2

5/19 Friday—New Release: Letters to Juliet


5/21 Friday—New Release: Shrek Forever After


NORTHFIELD EVENTS


SUNDAY SERVICES - 9:15AM & 11:00AM
SUNDAY SCHOOL FOR YOUR CHILDREN AT BOTH SERVICES
www.phume.org • 5209 Montview

PARK HILL UNITED METHODIST CHURCH
SUNDAY SERVICES - 9:15AM & 11:00AM
SUNDAY SCHOOL FOR YOUR CHILDREN AT BOTH SERVICES
www.phume.org • 5209 Montview

To submit information for the Front Porch “Local Events” section...

Email information in the following format by the 15th of the month to fronponsevents@gmail.com. Events will be run subject to space available. Date in numerical format (mm/dd), day of week- Name of Event. A one- or two-sentence description. Time. List cost or if free. Location. Contact information. Press releases for suggested stories should be sent separately to FrontPorchStapleton@gmail.com.
NORTHFIELD EVENTS (continued)
5/20 Thursday to 5/22 Saturday - Jim Breuer*
Bass Pro Events - 7:30pm. www.BassPro.com
5/21 Thursday - Handgun Safety seminar
5/21 Saturday - Hunter Education seminar

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE
Reservations required for these popular programs.
303.289.0930 To get to refuge, take I-70 and exit north on Havana St, enter at 56th and Havana. 
Free unless noted.
5/1 Saturday - Sunset Photo Tour.
5/5 Sunday - Mother’s Day 5K.
5/9 Sunday - Mother’s Day Hayride. Afternoon of games and hiking. FREE.
5/11 Thursday to 5/13 Saturday - Native Birdwatcher for young naturalists 2–5 years old.
5/13 Thursday - Friends of a Feather. 9am–12pm. Bird watching is a popular hobby, so if a beginner or expert, don’t miss this chance to meet our free feathered friends! FREE.
5/15 Saturday - Bayou Beyers. 7–8pm. Careful buying your next conn threat, it could be an endangered species. A National Eagle and Wildlife Property Repository agent will show items and talk how to prevent your treasures from turning into fines. Geared for adults. FREE.
5/21 Saturday - Froggy Night Out. 7–8pm. Join refuge staff for a program at the Lake Mary Amphitheater and take a walk to listen to sounds of our residential amphibians. FREE.
5/30 Sunday – Bike the Refuge. 1–3pm. A naturalist-led bike ride to view wildlife. Helmets required. Fee, pre-purchase-proof tickets recommended. FREE.

SPORTS & FITNESS
5/2 Sunday – Colorado Rockies Home Run for the Homeless 5K. Coors Field, Denver. Register: www.colorado-rockies.com/free-registration

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May 5 – Aspiring Filmmakers’ Shows at Harkins Theatre

The Colorado Film School’s Spring 2010 Student Show will be held at 7 p.m. on Wednesday, May 5, and the community is invited to see the best of what the school’s aspiring filmmakers have to offer. The event is free and open to the public. All films will be screened at the Harkins Theatres at Northfield, 8300 Northfield Blvd., Denver 80238. For more information, call 303-340-7321.

More Events...

Miles for Moms Run/Walk May 8 at Central Park

In celebration of the Florence Crittenton School’s 25th anniversary, the school and Parent Pathways will sponsor a fundraiser, the 2010 Miles for Moms Run/Walk at Central Park-Stapleton at 9 a.m. on Saturday, May 8. Both a 5K and a 2K course will be available at Central Park-Stapleton at 9 a.m. on Saturday, May 8. Both a 5K and a 2K course will be available. Parent Pathways will sponsor a fundraiser, the 2010 Miles for Moms Run/Walk at Central Park-Stapleton at 9 a.m. on Saturday, May 8. Both a 5K and a 2K course will be available.

FREE Seminar May 15, Alternative Medicine Meets Western Medicine

See, hear and feel how alternative medicine meets Western medicine—a safe and holistic approach to medical care. The Center for Integrative Medicine recommends and coordinates a personalized combination of complementary medicine practices and conventional Western medical care. Attend just one session or stay all day. Saturday, May 15th, 2010, 10 a.m. - 5 p.m. Anschutz Pavilion. RSVP: 303-231-6210, www.uch.edu/integrativemedicine.

LECTURES:
10:15 – 11:15, Lisa Corbin, MD
“Integrative Medicine: What is the Health?!”
11:15 – 12:15, Ban Wong, L.Ac., Ph.D.
“Acupuncture: Points to Wellness”
12:15 – 1:15, Brian Enebo, D.C., Ph.D., Chiropractor
“Managing Pain Through Posture and Self-Care”
1:15 – 2pm Lisa Corbin, MD
“ABC’s of Wellness”
2:15 – 3pm Denise McGuire, PhD
“Finding your Rhythm: Heart Math and Biofeedback”

Demonstrations and Sessions:
Yoga, Acupuncture, Biofeedback, Mindfulness and Meditation

May 20 – East Side Mobility Plan Focusing on Solutions

The City will hold a meeting from 5:30-7:30 p.m. on May 20 at Denver School of the Arts (Quebec and Montview) to discuss the options and gather input on the mobility challenges between Monaco and Yosemite from 170 to Mississippi. The Mobility Plan has identified challenges to moving people through this part of the city such as missing or inadequate sidewalks and roadway congestion. At the meeting, the project team will present multiple options to make it easier to get around our community. The public is welcome to join the conversation. For more information visit www.denvergov.org/eastside, email eastside@denvergov.org or contact the Project Manager, Terry Ruiter, by email Terry.Ruiter@denvergov.org or by phone 720-865-3136.

City Park Jazz First Concert June 6

City Park Jazz kicks off its 2010 season on June 6. The 10-week summer concert series will continue with free performances every Sunday night, including Father’s Day and the Fourth of July.

The concerts bring together thousands of people to enjoy outstanding live performances from Colorado artists in a beautiful outdoor setting. All concerts begin at 6:00 p.m., rain or shine, at the Bandstand by City Park Pavilion on Ferril Lake in City Park. Free parking is available at Denver’s Zoo, the Museum of Nature and Science, and other designated areas within City Park. A bike corral is also provided with free, supervised bicycle parking.

(continued on page 16)
A series of free exercise classes sponsored by “be well Passport to Healthy Living 2010” (Passport 2010) will begin on May 3 and run through August 21, 2010. Free Funky Dance, Fit ball Fitness, Aerobics and Yoga classes will be offered at the Hiawatha Davis, Martin Luther King, Montclair and Moorhead Recreation Centers. This year, Passport 2010 will also offer Be Well Secrets/ Tips to be held at the Stapleton Master Community Association office.

Additionally, free heart health screenings to include blood pressure, height, weight, cholesterol and glucose will be available during the first week of the program at every Passport location and periodically throughout the Passport 2010 series. Participants can track their numbers throughout the program to determine if the consistency of exercising helped them to maintain and/or improve their screening numbers.

A Passport to Healthy Living Neighborhood Coach is working with each of the partner neighborhoods to promote and answer any questions participants may have about the Passport program. Neighborhood Coaches attend all of the Passport classes and will follow-up with those who need to be reminded of the next class. They are also attending area neighborhood association meetings to get the word out about the program. Finally, neighborhood coaches are giving special incentives such as restaurant coupons, gift certificates, tickets entertainment events and other prizes.

For more information contact Leslie Joseph at 303.468.3223 or visit www.bewellconnect.org.

Just Up the Street

By Jon Meredith

This year’s Mile High Music Festival, which is really Stapleton and northeast Denver’s because it is located here and the promoter and publicist live here, is really one of the top music festivals in the country this year. It is so big that it is at Dick’s Sporting Goods Park, August 14 and 15, instead of Founders Green or Central Park.

Tickets are $175 to $280 for both days depending on when you purchase them. No single-day tickets will be sold this year.

You are more than likely aware that the Dave Matthews Band is back again as Sunday’s headliner and Jack Johnson is headlining Saturday. Other than U2 at Invesco Field, Dave Matthews is the biggest act coming to Denver this summer.

Jack Johnson is not only a superstar but a local resident who has an album coming out this year called “In Your Honor.”

The 2010 concert series includes:

June 6 - Jon Romero y Amancero
June 13 - The O-Tone Brass Band
June 20 - Hazel Miller
June 27 - Father’s Day - Manuel Lopez Trio
July 4 - Independence Day - Denver Municipal Band Jazz Combo
July 11 – Chris Daniels and the Kings
July 18 – Redka Oldal
July 25 - Cocktail Revolution
August 1 - La Candela
August 8 - Tuxedo Junction

S of Vida Dance will offer a grand cultural experience, Festival de Vida, with dance and music performances from 1 to 4 p.m. on Sunday, May 23, at Guerrilla Garden, 3821 Steele St., Suite A.

“It’s a festival,” said Stapleton resident April Charmaine, artistic director and choreographer for Sol Vida Dance. “There will be performances, food vendors, arts and crafts, and activity areas for children. People can sit and watch performances with singers, hip hop artists, dancers, musicians, and spoken word artists. Or they can mill around. It’s an indoor festival.”

General admission is $5, with children under three years old admitted free.
Mile High Music Festival

The Dave Matthews Band

A great thing about this festival is that it completely lacks the hassle factor. Getting in, parking and getting out is really easy.

There are many more bands booked to play who I have never heard of, but I really enjoy listening to and getting to know bands that may not come around on my radio dial.

A great thing about this festival is that it completely lacks the hassle factor. Getting in, parking and getting out is really easy. Once inside, there is plenty of room, and during the hot part of the day, plenty of water and shaded areas.

When the festival was first announced three years ago, I believed it was going to be over-crowded and littered with drunks. I have not experienced either during both years the festival has been produced. It is well planned so the show-goers can have the optimum experience. There are five stages and they do not drown each other out.

The only problem is if you want to see two bands that play at the same time. The promoters, AEG and Chuck Morris, do a good job of staggering the bands’ start times so you can catch at least some of all the acts you care to.

MMMF always has had a local flavor by having Colorado bands that have made the big time and some up-and-coming stars. Last year, The Fray and Big Head Todd and the Monsters were on the bill. This year will also feature well-known Coloradans and introduce some who have not made the big time...yet.

The Samples, with all the original members playing for the first time together in 15 years, will be the most well-known local. They got their name because all of them went to King Soopers in Boulder when they were young and struggling and fed themselves on the free samples. Matt Morris grew up here and still resides in Denver. As a youngster, he was in the ‘60s version of the Mickey Mouse Club with Justin Timberlake. He and Justin are still good friends and on occasion perform together. The show will have a slot for the winner of the Westword Music Showcase.

That brings me to Danielle Ate the Sandwich. Danielle plays the ukulele and performs by herself most of the time. She was named best singer/songwriter by Westword last year. She has recently performed in New York, toured the Midwest and played Red Rocks last year as part of the Monolith Festival.

It would seem to me that a single female playing the uke would be an act that would have a hard time getting traction. However, Danielle has the right mix of on-stage wit and meaningful lyrics to pull this quirky combination off. She has relentlessly promoted herself through Facebook and YouTube. She cuts a new YouTube video about once a month. She has two CDs out now, available on iTunes and at Twist and Shout. A new recording will be out July 6. I think it would be worth the price of a $20 ticket just to hear Danielle Ate the Sandwich at the Mile High Music Festival. Even if she doesn’t live up to my hype, then stick around for Jack and Dave. Very soon you will be paying $50 just to see her alone, and up until recently she has been playing the Walnut Room for tips. If you plan to go, check the website (www.milehighmusicsfestival.com) for the festival rules and bring lots of sunscreen.
We’ve Come Undone
By Karen Best

Dr. Robert Wester

I-V-O-R-C-E. Most of us think it will never happen to us, but when it does, hard decisions have to be made. In times of financial difficulties, for many couples it is not feasible to move apart from one another. The bills left over from the good times are crushing the family, and some couples no longer have equity in the home to pay off the bills and get a fresh start.

There are two basic ways to get divorced: Fill out the paperwork and (1) agree on everything and only go to court for required appearances, or (2) don’t agree on all the issues and go to court, with or without an attorney, to let the judge decide what is a fair division of assets and debts and what is in the best interests of your children. Judges say they are seeing more and more couples handle their own divorces, without attorneys. These are called pro se (Latin for “for oneself”) parties. For many couples, attorneys are not required appearances, or (2) don’t agree on all the issues and go to court, with or without an attorney, to let the judge decide what is a fair division of assets and debts and what is in the best interests of your children. Judges say they are seeing more and more couples handle their own divorces, without attorneys. These are called pro se (Latin for “for oneself”) parties. 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A mediator may or may not be an attorney. Mediators do not represent either person, and cannot offer legal advice, but they will help couples identify all the decisions that have to be made, and help them try to agree on how to settle their differences. The mediator will tell each person that he or she should consult with an attorney before signing any agreement. The mediator will prepare a written agreement for the couple to sign and file with the court, and may offer other services that will help the couple end the marriage, such as preparing forms to be filed with the court. Mediation is also used by couples who are represented by attorneys. Most, if not all, of the courts in the Denver metro area require every person who is involved in any type of domestic relations case to participate in mediation before the judge will hear the case in court. When successful, mediation is far less expensive than fighting it out in court. More importantly, couples who amicably settle their differences have a better chance of moving forward with their lives and sitting near each other at soccer games, graduations and weddings. When one or both of the spouses hires an aggressive attorney with a scorched-earth approach, they are in for several things: a big attorney bill, disappointment and anger when the case turns out badly, future conflicts with the ex-spouse, and traumatized children whose parents can never get along.

There is an ever-growing body of attorneys who advocate for their clients while working cooperatively and professionally with the other side to end the marriage in a way that is least destructive to the client and the children. If you must I-V-O-R-C-E, and you decide to be represented, select your attorney very carefully. Karen Best has been a Stapleton resident since 2004, and is a family law attorney and mediator. Contact her at karen@bestmediation.net or 303.708.1300.

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Still looking for the right elementary school? Denver Green School (DGS), a DPS performance school, is enrolling now for Fall, 2010. DGS is Denver’s only school focused on environmental sustainability, using a project-based learning approach to help students master the skills they’ll need for the careers of the future. DGS is located at 6700 E. Virginia Ave. and will offer grades ECE, Kindergarten, 1, 2 and 6 for the 2010-2011 school year – eventually serving all grades from ECE-8. To learn more, visit www.denvergreenschool.org or call (303) 549-4525.
RSV
Respiratory Syncytial Virus

By Katherine Bakes, M.D.

Respiratory syncytial virus (RSV) is a common cause of acute respiratory infections in children. Almost all children will have had RSV at some time by three years of age. Some children may only have symptoms of a common cold with a runny nose, cough and headache, but approximately 50 percent of children will progress to developing a more severe respiratory infection known as bronchiolitis. RSV occurs primarily in infants between 2 and 8 months of age. Infants with RSV will have symptoms including lower airway mucus plugging accompanied by a low-grade fever, cough and wheezing. RSV typically affects children during winter and spring months, with time of illness onset after exposure usually three to five days, and a duration of the illness between one and three weeks.

Infants with known lung or heart disease, those who are immunocompromised, those born prematurely, and those less than three months of age are more susceptible to the complications of RSV, which include: low blood oxygen levels, respiratory distress, poor feeding and dehydration. Approximately 1 to 2 percent of infants with RSV can require hospitalization due to these severe complications.

Transmission occurs through respiratory secretions, thus making isolation from other sick children and hand washing important measures.

Until the time when vaccination is an option, parents should be aware of the signs and symptoms of RSV and seek medical attention for any child experiencing difficulty breathing, and good oral hydration. These and other findings were part of “Taking Neighborhood Health to Heart,” a local project with the goal of learning about and improving the health and well-being of neighborhood residents. The 2007–2008 health survey was taken in a five-neighborhood area: East Montclair, Northwest Aurora, Stapleton, Park Hill and Northeast Park Hill. Taking Neighborhood Health to Heart, composed of community members and researchers, is committed to finding ways to elevate health outcomes in these communities. Meetings, which include dinner, are held on the second Wednesday of every month from 6 to 8pm, with the location rotating between the different areas. All residents of these neighborhoods are welcome to attend and provide input.

Below are some of the results for Stapleton and for the five neighborhoods combined (each neighborhood’s information will be published in their own neighborhood newsletters). The project is a community-university partnership between the University of Colorado Denver, the Stapleton Foundation, 2040 Partners for Health and the five neighborhoods. For meeting locations or more detailed briefs on the survey data, please contact Kyla Krause at 303.468.3246 or KraskeK@2040PartnersForHealth.org. If you have questions or want to learn more about the data, contact Debbi Main, principal investigator, at 303.556.6743 or Debbi.Main@ucdenver.edu. Katherine Bakes is a native Park Hill resident as well as CU researcher.
Stapleton's Block Captain Network: Keeping you informed

By Amanda Baldwin

Why do we need block captains in Stapleton?

Having a reliable means of spreading information efficiently in Stapleton is crucial for a number of reasons. Our neighborhood is growing rapidly and it is hard to keep up communication regarding things such as crime, community events, concerns of the residents, etc. The most common way information is shared is by email. An email is sent to each block captain who in turn sends it on to each block member. It is that easy to keep everyone safe and informed.

A new block captain recently shared a story at our Block Captain meeting. One morning she noticed a neighbor’s garage door left open and she could see the valuables in his garage. This seemed unusual and she felt it was left open by accident. Then she remembered she had the neighbor’s cell phone number because she had recently gathered contact information for her block. When she called him, she found out he was at DIA about to get on a plane to go out of town. The neighbor told her how to close the garage door and was very grateful to her for getting in touch with him. Had it not been for the block captain directory she put together, she would not have had any way to contact him. This is one example of why it’s so important we have a way to get in touch with our neighbors.

What are the responsibilities of a block captain?

A block captain’s job is not hard and can be very rewarding! The first thing they do is gather contact information for all neighbors on his/her block and act as the communication conduit for their block to SUN. Our goal is to have every block in Stapleton Neighborhood Watch certified and would appreciate the block captain taking the lead to get that accomplished. Other than that, additional things such as parties are entirely optional and will vary by block. We have a Stapleton-wide block party each spring, where we encourage each block to plan a party for their neighbors. The block captain typically makes sure someone plans the party.

Block Captain meetings are held the fourth Monday of the month in the Stapleton Community Room at 2823 Roslyn St. to discuss neighborhood happenings, but we welcome any resident to attend. All information discussed at the meeting should be emailed to all block residents by the captain.

How do I become a block captain?

If you think you would like to become your block’s captain or would like to learn more, visit www.StapletonUnitedNeighbors.com where you can submit your contact information or contact Amanda Allshouse at 919.641.7424. We currently have 180 Stapleton block captains but there are blocks not covered. For a map of Stapleton and block captains, please visit the SUN website and look under “Outreach.”

Stapleton Block Party Day Is Saturday, May 15

The days are getting longer, the weather is warming up, the grass is getting greener—you know what that means. It is almost time for Stapleton's Annual Block Party Day! Mark your calendars for Saturday, May 15 as that is the day we will be partying with our neighbors. Every year this celebration gets bigger and better! This is the perfect way to get out and spend time with your neighbors and enjoy this wonderful community in which you live.

Last year, we had 30-plus block parties with over 2,500 residents participating!

If you have been part of the Stapleton Block Party Day in the past, then you know what to do! For those of you who are new or have not participated, the first step is to find out if you have a block captain. Go to www.StapletonUnitedNeighbors.org 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.

Stapleton Block Party

Day Is Saturday, May 15

May 18, 2010

Stapleton Front Porch

20

Stapleton United Neighbors

The independent voice of Stapleton

Brought to you by Stapleton United Neighbors
Q. What are the plans for the land south of 26th Avenue and east of Westerly Creek?

A. Plans for that portion of Stapleton, which lies within the City of Aurora, include a 25-acre park that stretches from Boston Street on the west to Fulton Street on the east. Current plans for the park include youth athletic fields and a playground. East of the park will be residential development very similar to the existing new residential development on the north side of 26th Avenue. Timing for the development of the Aurora portion of Stapleton is undetermined at this point due to the delays in cleaning up the environmental issues in Filing 16 (the parcel bounded by Havana/Moline/MLK/26th Ave.), because drainage for that area and the land south of 26th must be done in a comprehensive program. As always, development plans are subject to change.

Q. How much will the monthly dues be for Stapleton residents at the new rec center?

A. The development underway is residential development of the type already completed to the south of Stapleton and Park Hill. The completion of the rec center, the Stapleton Clubhouse, and the Stapleton Clubhouse Condominiums has not yet been determined. Since You’ve Asked...
The grand prize winner of the “My Mom” art contest was Tristian Dunhill, age 9, for his drawing of his mom Sally Huriaux. The prize is a photography session with Laura Mahony Photography and an 8x10 print from the session. Art & Framing at Stapleton will custom frame the 8x10 photo and custom frame Tristian’s entry drawing of his Mom. Second place was a three way tie between Graham Meurer (3½) and Gabriella Meurer (5½), whose mom is Carrie Meurer, and Hailey Stephan (5¼), whose mom is Nicole Stephan. All three of the 2nd place winners will have their entries custom framed by Art & Framing at Stapleton. The 3rd place winner was Luke Velte (4) for his drawing of his mom Kyle Velte. The 3rd place prize is a gift certificate to Small Hands Art Studio. Honorable mentions go to Nancy Yoder (8), Katy Boehm (10), Bella Smith (6), and Christina Doolan (7). Entries were displayed in the windows of Art & Framing and Café of Life Chiropractic. For more information about Art & Framing at Stapleton contact Lin Clark at 303-534-1979 or visit www.ArtandFramingStapleton.com.

Young artist Tristian Dunhill, 9, shows off his winning portrait of his mother, Sally Huriaux, who is holding Tristian on her shoulders. At left are Bob Huriaux, holding Kai, and at right is Lin Clark, owner of Stapleton Art and Framing and sponsor of the “My Mom” art contest, which had 128 entries.
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**Premium Fishwrap**

**by Jon Meredith**

A Great Family Float on the Niobrara

As Coloradans, we typically don’t vacation anywhere outside of our beautiful state unless there is a beach involved. We really don’t think about going to Nebraska on holiday unless we go to the beach at Lake McConaughy and that is really part of Colorado because it is our water that fills it. Most of us drive through Nebraska as fast as we can, give a hoot salute as we pass Lincoln, hoping the Buffs win there someday, and move on to somewhere much more interesting.

I spent thirty years thinking that, until last summer when I floated the Niobrara River near Valentine, Nebraska. It is close to a 600-mile drive but the sand hills make the trip go by quickly. Turn north at North Platte and left on Nebraska 97 toward Mullen (population 410). The sand hills are rolling hills of prairie grass with thousands of sunflowers, multitudes of other native blossoms and cattle waving their tails as you go by. A few miles south of Mullen there is an old wooden sign about two feet across that says “Sand Hills Golf Club.” Drive down that road three miles to what some golf course rankings call the number one private course in the world and maybe see Michael Jordan who is a member.

Once in Mullen go to any store, there are about four of them, and ask to go “tanking.” Someone will come out to where you are, pick everyone up, provide life vests, and let you tank down a river for about as long as you want. Don’t know what a tank is? It is a large aluminum circular tank that holds about twelve people. It is primarily used to water range cattle from wind-pumped wells. You can do this for about $15 per person plus the cost of beer.

The Niobrara National Wildlife Area is just east of Valentine. It is full of rolling hills, wildlife and has over 200 waterfalls cascading down the sides of the sandstone cliffs. The trip is a full day on the river or about 35 miles and it is much more of a social occasion than sport. I can hear the Coloradans reading this groan at this thought. You can rent canoes, kayaks, tandem kayaks or tubes. The tubes have canvas covers and are the local favorite (lots of Big Red hats and Big Red bikinis on the tubes); there are even tubes that are specifically to float your beverages along beside you. The riverbanks provide plenty of official campsites that are mowed grass areas.

If you ever fall out of your canoe or off your tube and start to drown, simply stand up as the water is no more than two feet deep the whole way. It is like the lazy river at Water World with much better views and that is why it is so much fun for kids.

You will need a reservation with one of the many outfitters in the area. Drive to their site by about 9am, check in and they will shuttle you and your equipment up the river and pay your Wildlife Area Use Fee. Once on the river, sit back, relax and enjoy. Bring squirt guns and a sundry of military capability for water fights because you will be in them. You will need your own food and drink as well.

Plan to be exhausted when the day is over. I could not believe how tiring floating down a river and basically doing nothing all day can be. Maybe, that is because I’ve never done that before.

If you have any questions about this trip, do not hesitate to contact me. Have fun.

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

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