

# Front Porch

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

DENVER, COLORADO

STAPLETON

MAY 2010

## Stapleton Parks Get Greener on National Youth Service Day



Deja Sanders, 19, (left) who grew up in Park Hill and joined Mile High Youth Corps last summer, works with staff from Denver Parks and Recreation and other youth as they remove burlap from the base of a tree in preparation for planting it in Westerly Creek open space. Above, wet and muddy staff and youth workers carry their equipment after planting trees through a downpour.

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

By Carol Roberts

**D**renching 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

(continued on page 9)



By Carol Roberts

**T**he 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)

Three DSST students were selected to create the short video that will be submitted in the Commencement Challenge: Dan Albright, (left) cameraman, Nurin Ludin, project director, and Chris Ennis, video editor. Mark Bella of Viacom (right rear) acts as their coach, a resource provided to each of the six final schools.

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

"Cloud" Computing

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Bunny Brigade

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Free Exercise Classes

16

S.U.N. Block Parties

20

"My Mom" Art Contest Winner

22

I-70/CPB New Ramps

23



The crowd was shoulder to shoulder at the Egg Scramble. See story p. 8



## CALENDAR

Events in or near Stapleton that are free and open to the public or are nonprofit events.  
(See pages 12 -15 for more events.)

### MAY

#### Tuesday, May 4 & June 1

Children's Museum, Target Tuesdays  
1st Tuesday nights free 4-8pm  
cmdenver.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.parentpathways.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 heart health screening, 1 - 4pm  
Clayburn at Stapleton (26th & Quebec)  
303-320-8555 rigmaiden408@yahoo.com

#### Friday, May 14

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

#### 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 7351 E. 29th Ave  
RSVP brooke.jones@denvergov.org or  
720.865.4302 (see page 7)

### MAY

#### Thursday, May 20

East Side Mobility Plan Public Meeting,  
5:30-7:30pm, Denver School of the Arts  
7111 Montview Blvd. (see info p. 15)  
denvergov.org/eastside

#### Saturday, May 29

Sweet William Market 9am-2pm  
Founders Green  
www.sweetwilliammarket.com

#### Saturday, May 29

Pools Open for the Season - Noon  
Aviator, Puddle Jumper and F15 pools  
pools@stapletoncommunity.com

### JUNE

#### Friday, June 4

Movie Night-"Mama Mia" - Dark  
Founders Green  
events@stapletoncommunity.com

#### Saturday, June 5

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

#### Saturday & Sunday, June 5-6

Capitol Hill People's Fair  
Civic Center Park  
Sat. 10am-8pm, Sun. 10am-7pm

#### Sunday, June 6

City Park Jazz, Jon Romero y Amanecer, 6pm  
www.cityparkjazz.org (see page 15)

#### Friday, June 11

Bike Denver MLK Ribbon Cutting - 8-9am  
Founders Green  
piep@bikedenver.org

#### Saturday, June 12

Concert Series-The Hazel Miller Band - 6-8pm  
Founders Green  
events@stapletoncommunity.com

#### Friday, June 18

Movie Night-"Michael Jackson-This is it" - Dark  
Founders Green  
events@stapletoncommunity.com

#### Sundays, starting June 20

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  
www.sweetwilliammarket.com

#### Saturday, June 26

Beer Festival-Deja Blu & Wendy Woo 4-9pm  
Founders Green  
events@stapletoncommunity.com

The Front Porch  
welcomes submissions of  
upcoming local events (see format  
on p.13) and story ideas  
for future issues.  
Email  
FrontPorchStapleton@gmail.com

(See page 14 for recurring monthly events and meetings)

# Stapleton

## MASTER COMMUNITY ASSOCIATION

### 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](http://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](mailto: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 weekday? What a great opportunity to meet other neighbors and have fun playing. If you are interested or would like more information, please contact Christine Highnam at [kmuroyal036@yahoo.com](mailto:kmuroyal036@yahoo.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 [events@stapletoncommunity.com](mailto:events@stapletoncommunity.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 6:30-8:30pm. 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](mailto: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

PJ (2) available daily from 11am-5pm; F-15 available daily from 12-5pm; Aviator 12-5pm (M-F) and 11-5pm (Sat/Sun)

### After-Hours Private Party Pool 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. Amenities: exclusive after-hour access to any one of the pools, automatic deck/pool lights at dusk, barbeques 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 303.607.4795 or [mdugan@denver-redcross.org](mailto: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](http://www.stapletoncommunity.com).

If you have any questions about the information above, please feel free to contact [info@stapletoncommunity.com](mailto:info@stapletoncommunity.com) or call the MCA office at 303.388.0724.

Diane Deeter  
Director of Programming and Events

Sponsored by Stapleton MCA

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# Front Porch

[www.FrontPorchStapleton.com](http://www.FrontPorchStapleton.com)

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v.



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# "Cloud" Computing Comes to the Town Center



Kyle Roche, president and CEO of Isidorey, recently opened his new office in Stapleton's Town Center. Playing pool is Chris Chiappone, the company's Director of Software Engineering. The pool table has a top so it can double as a conference table. The monitor in the foreground shows a software application that allows a trucking company to monitor the speed, oil temperature, RPM's and location of their trucks.

By Nancy Burkhart

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 computer systems, 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 tinfoil, 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.

# Four Local Women to Walk 40 Miles in Support of Breast Cancer Research



Kristine Thomas, Karen Creamer, Liz Kegg and Rae Ann Bories-Easley, of Park Hill and Stapleton, walk in preparation for the 40-mile Rocky Mountain Avon Walk for Breast Cancer on June 26 and 27.

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](http://www.avonwalk.org). Click on the Rocky Mountain button. To donate through babysitting, email Liz Kegg at [lizkegg@yahoo.com](mailto:lizkegg@yahoo.com).

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uncover the genius



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



Nurin Ludin, project director

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.

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Stapleton Front Porch

5

May 2010



# Remember Earth Day—Walk or Bike to Dinner

By Kathy Epperson

On 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 Nguyen, owner

An's Lemongrass Grille is known for their quick, healthy Vietnamese food,

and their restaurant along Central Park Boulevard in Stapleton is their third Denver area location. Their menu includes fresh spring rolls, Vietnamese egg rolls, pho soup, and rice noodle bowls topped with grilled lemongrass-marinated meats, plus they offer a range of vegetarian options.

"We are currently doing a school donation program where 10 percent of the proceeds are going back to the school when parents, teachers, staff and students eat at the restaurant," says owner An Nguyen. "The participating schools are Blessed Sacrament, DSST, Westerly Creek, Odyssey and Bill Roberts, and we're looking for additional schools to participate."

An's Lemongrass Grille offers happy hour between 3 and 7pm, with 2-for-1 beer or wine, and half off appetizers. "We are also launching special monthly events, such as cooking classes, health and fitness seminars and more," says An.

An's Lemongrass Grille is located at 2373 Central Park Blvd., Call 303.321.3004 or visit [www.anslemongrassgrille.com](http://www.anslemongrassgrille.com). They offer catering for any office, home or party event.

## The Berkshire Restaurant



Andy, owner, and Krissy Ganick

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 potato, and steamers and corn-on-the-cob for \$35 a person (you must make a reservation to reserve a lobster). And we're looking forward to grilling hamburgers and hot dogs on the Founder's Green for movies and concerts, and we'll definitely bring 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 Avon Walk for Breast Cancer on June 23.

"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 7352 E. 29th Ave. For more information, call 303.321.4010 or see the full menu online at [www.theberkshirerestaurant.com](http://www.theberkshirerestaurant.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-steamed 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 coolers menu—both great for the patio! And every Thursday 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](http://www.caseysbistroandpub.com). They're open from 11am-2am Monday through Friday, and from 10am-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 Coda Coffee. Brunch 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 Kirk, "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.udisfood.com](http://www.udisfood.com).

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# Public Art Finalists Selected for Stapleton Library



View of the Stapleton Library from the northwest. The approximately 27,000 square foot building is scheduled to open to the public early in 2012.

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 Adolfson & 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 *seven* 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 350 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](mailto: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. Bravo!"



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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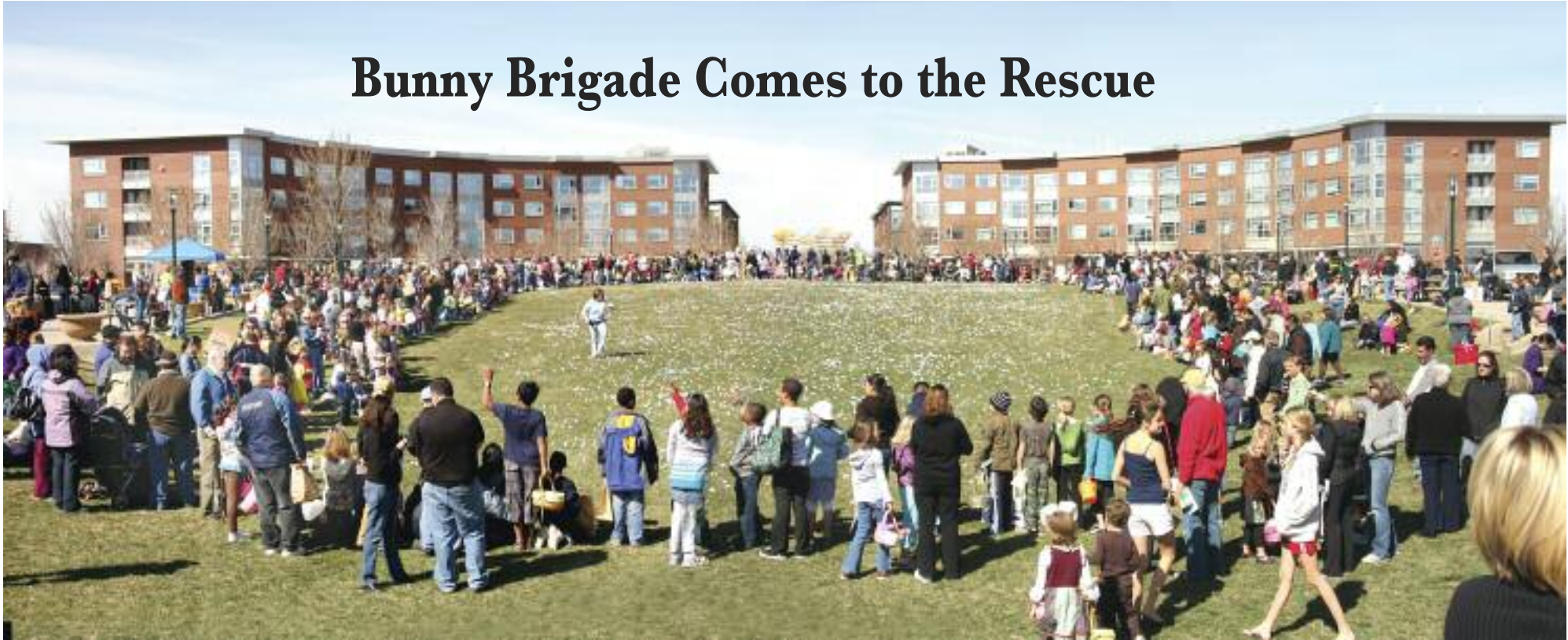
Stapleton Front Porch

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May 2010



# Bunny Brigade Comes to the Rescue



Above: A crowd estimated at nearly 1000 people showed up for the Egg Scramble on Founders Green April 3rd.

By Nancy Burkhardt

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."

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Tree Planting

(continued from page 1) reapplied to work as a senior corps member, giving her the opportunity to assist the supervisors and make suggestions for planning and implementing upcoming projects.

Deja feels her experience has given her the skills to get a job and be financially independent. "I have the people skills and the ability to work with a team." In the water conservation projects she has worked on she has learned, "just be ready to not know what to expect. Also be aware that you have to be flexible and willing to work with what's going on, because things could change at the drop of a hat. Also be ready to work hard and pull your own weight on the team and really stick it out through the worst weather, like today and just try to be optimistic and open to what's coming."

What would Deja tell someone if they're considering the Youth Corps? "The cause is

always a lot bigger than the labor. You might think, oh putting in toilets is not that glamorous. It's gross, it's icky. But once you see the impact that four million gallons of water are saved, people's water bills are going down... we're making a huge difference, not only with our own community but with our state, and hopefully starting a trend for the rest of the world. So try to have an open mind and really see the overall impact and not just the toilet at hand." (That's some exceptionally wise advice coming from a 19-year-old.)

Mile High Youth Corps participants are members of AmeriCorps. They can sign up for projects of varying lengths (12 weeks to 11 months). They get paid a stipend of \$320/week while in the program and can earn up to \$1250 in college scholarships based on the length of time worked. The youth do hands-on work four days a week, and on Fridays they work on resume writing, interview skills, and career exploration when they have the opportunity to meet with environmental and civic project sponsors

Mile High Youth Corps (MHYC) is currently recruiting 18- to 24-year-old young adults for conservation and green building Corps member positions. Working at MHYC gives youth the opportunity to gain real skills: technical skills, people skills, job readiness skills. Corps members also build friendships and help our community. Former Corps member Chris V. describes, "At MHYC I did not belong to one crew, I belonged to a community made up of youth, like myself, trying to better ourselves and the world." For more information about employment opportunities with MHYC, visit [www.milehighyouthcorps.org](http://www.milehighyouthcorps.org).

Other volunteer groups that have helped with tree planting in Stapleton include Visit Denver, KPMG, and the American Institute of Architects.

Blake Harrison—Candidate for Colorado State House, District 7

Editors' Note: The Front Porch will run announcements of candidacy for public office for those on the ballot in the Front Porch distribution area.

By Robert Layne

Meet Blake Harrison: a father, Denver deputy district attorney, public policy expert, consumer rights advocate and, most recently, a Democratic candidate for the Colorado State House of Representatives in District 7. Blake cares about his community and making Colorado the best place to raise a family, grow a business and promote a vibrant economy.

Blake grew up in Frisco, Colorado, and graduated from CU Boulder with a BA in political science and economics. He worked for Governor Romer and Senator Ben Nighthorse Campbell and later obtained a master's degree and law degree that led to his job as a policy specialist for the National Conference of State Legislatures (NCSL). There he became intimately familiar with states' rights and finding creative solutions for state policy issues.

Blake recently stated that he "shares Supreme Court Justice Louis Brandeis's philosophy that the States serve as the laboratories of democracy." He believes that "the best ideas for addressing our nation's problems originate at the state level." And that "we need to learn the successes of other states to help us formulate policy, and also share our success with others." For example, Blake explains that Colorado does not fund full-day kindergarten for all students. "We have a lot to learn from how other states fund education."



Blake Harrison

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 treating businesses 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](http://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 Safe2tell youth violence prevention initiative.

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# Take a Hike by Marko and John Babiak

## So What's Up With All of the Chirping, Yipping and Barking?

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 hurry 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 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 Slobodchikoff, Professor of Biology at Northern Arizona University, an authority on prairie dog communication and behavior. Dr. Slobodchikoff 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, squeaks and squeals 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 trespassers clothing. When out and about in their town, prairie dogs are vigilant watch dogs. When a prairie dog sees 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 chirping. Could this collection of calls have meant “Heads up dogs, there is bird of prey circling above us.” In an instant, the prairie dogs disappeared into their tunnels and the disappointed 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 number.” Wildlife census takers estimate that nearly five billion prairie dogs once inhab-

ited 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 coterie, 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 volcano-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 tall surveillance posts for the town. Some burrow networks have high and low

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.



point entrances. As the air inside of the burrow becomes warm, it rises and exits 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 bland looking towns are a life 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 classes 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, rabbits and prairie dogs are attracted to the plant life, consume the plants and receive their dose of energy. Songbirds like the Western meadowlark are



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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 alike 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.

### Eaglets Born at the Wildlife Refuge



Photo property of U.S. Fish and Wildlife Service.

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.

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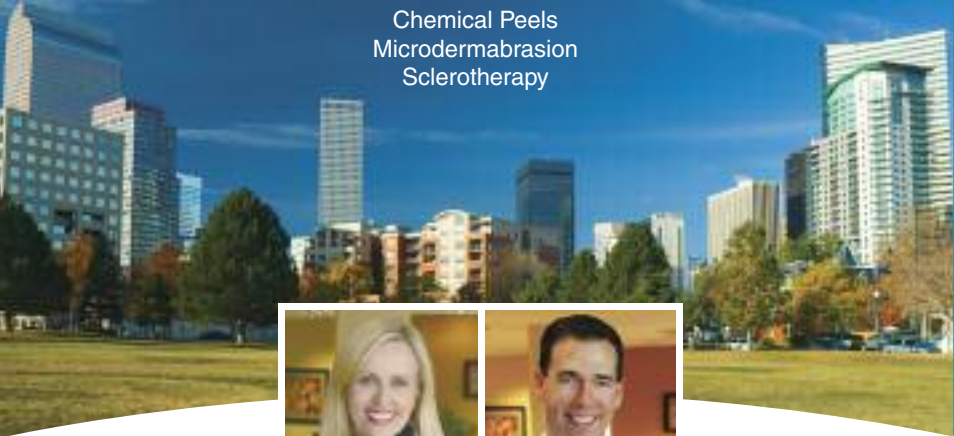
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**5/7 Friday- Colorado Symphony presents Broadway Rocks, from Phantom to Dreamgirls.** 7:30pm. Tickets \$15 up. [www.coloradosymphony.org](http://www.coloradosymphony.org)

**5/22 Saturday- 7th Annual 5 Points Jazz Festival.** 1–8pm. Welton St, historic 5 Points. FREE. [www.denver.org/5pointsjazzfestival](http://www.denver.org/5pointsjazzfestival)

**5/22 Saturday- CSO Pops presents Sock Hop Fifties.** 7:30pm. Martin Hamlish, conductor. Tickets \$15 up. [www.coloradosymphony.org](http://www.coloradosymphony.org)

## DENVER EVENTS

**5/7 Friday to 5/8 Saturday- Botanic Gardens Annual Spring Plant Sale.** 10am–6pm Fri. and til 4pm 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](http://www.botanicgardens.org)

**5/8 Saturday to 5/9 Sunday- Cinco de Mayo Celebrate Culture Festival.** Civic Center Park, downtown Denver. [www.cincomayodenver.com](http://www.cincomayodenver.com)

**5/13 Thursday- 7th Annual Colorado Corks and Cuisine Festival.** 5:30–8:30pm, Four Mile Historic Park with Colorado wineries. \$25–\$30, reservations encouraged. 715 S. Forest, Denver. 720.865.0815, [www.fourmilehistoricpark.org](http://www.fourmilehistoricpark.org).

**5/28 Friday to 5/31- 12th Annual Downtown Denver Arts Festival.** Denver Pavilions, 500 16th St, downtown Denver. FREE. 4–8pm Fri.; 11am–8pm Sat.; 11am–5pm Sun.; 11am–4pm Mon. [www.downtowndenverartfestival.com](http://www.downtowndenverartfestival.com)

**5/29 Saturday- Denver Day of Rock.** 20 bands, 4 stages in downtown Denver. FREE. [www.denver-dayofrock.com](http://www.denver-dayofrock.com)

**6/5 Saturday to 6/6- Capitol Hill Peoples Fair.** Civic Center Park. FREE. Sat. 10am–8pm; Sun. 10am–7pm. [www.peoplesfair.com](http://www.peoplesfair.com)

**6/5 Saturday to 6/6- Denver Chalk Arts Festival.** Larimer Square, downtown Denver. [www.larimerarts.org](http://www.larimerarts.org)

**6/19 Saturday - Park Hill Garden Tour,** 10am - 4pm. Tickets online at [www.gphc.org](http://www.gphc.org). Adults \$15.00 (15+) Seniors (+65) \$10.00. 303-388-0918

## HEALTH AND WELLNESS

**5/11 Tuesday- Stapleton Women's Center Open House.** Meet the care providers at Rose Medical Center's Stapleton Women's Center. 5–7pm. FREE. 303.320.2578

**5/12 Wednesday- 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 Rig- maiden, 303.320.8555. FREE

**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.denver-arthritiswalk.kintera.org](http://www.denver-arthritiswalk.kintera.org).

**5/19, Wednesday- Age-Smart Weight Loss Study Information Lecture** by Carrie Louise Daenell, ND. Solve the problem of weight gain with age. FREE. Cafe of Life, 29th Ave Stapleton Town Center. 303.984.7483

## LECTURES AND DISCUSSIONS

**Active Minds** – For info on all sessions, visit [www.ActiveMindsForLife.com](http://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, 350 Dahlia St, Denver. RSVP: Lil Shaw, 303.316.6359. 5/10 at 2:30–3:30pm. Springbrooke, 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.

**5/11 Tuesday- Japan.** 6–8pm. Trace evolution of modern Japanese state from ancient roots to present, impact of Japan in WWII and their 1990s' economic recession. Repeats Tuesday 5/18, 10:45am–12pm. Temple Emanuel, 51 Grape St, Denver. RSVP: 303.388.4013 x307.

**5/25 Tuesday- The European Union.** Explore historical roots of EU's formation and economic/social issues that challenge its future. 5:30–6:30pm. Tattered Cover, 2526 E Colfax.

**Walking Conversations** - For more info on FREE urban park walking conversation events, check events calendar at [Meetup.com/Topic-Talk-Walks-Denver-Metro](http://Meetup.com/Topic-Talk-Walks-Denver-Metro). Contact Fran Rew: 303.321.1064, [info@TopicTalkWalks.com](mailto:info@TopicTalkWalks.com).

**5/9 Sunday- Stapleton Central Park.** Lunch 1–2pm, Chipotle in Stapleton Town Center. Walking Conversation "Open Topic" in Stapleton Central Park 3–5pm. Kite flyers RSVP at [Meetup.com/RockyMtnKite](http://Meetup.com/RockyMtnKite).

**5/16 Sunday- Denver City Park, Ferril Lake Walk.** 3–4pm, "Health and Open Topic"; 4–5pm, visit Health Expedition in Denver Museum of Nature and Science. 5 free passes first-come, first-served.

**5/26 Wednesday- Denver City Park monthly**

**walk around Ferril Lake.** 6–7pm "Open Topic"; 7–8:30pm, visit FREE *60 Minutes in Space* presentation in DMNS planetarium.

## LIBRARIES

For more info on these and other library programs, check events calendar at [denverlibrary.org](http://denverlibrary.org).

**Central Library,** 10 W 14th Ave Pkwy. Registration required for some programs, [www.dpl.org](http://www.dpl.org) or 720.865.1111

**5/03 Monday- Caveman Knitting,** Beginning Knitting for Men. 5:30–7:30pm. All the cool guys are doing it; don't be left out! Materials list with required registration. Mondays, May 3, 10, 17, 24. 5:30–7:30pm. FREE. Level I Fresh City Lounge

**5/15 Saturday- Stylish Parties for the Cash-Challenged.** 2–4pm. Use inexpensive materials already on hand. Hip hostess Tran Wills shows how to create fabulous tablescapes and party décor that won't break the bank. All materials provided. Registration opens 4/30. FREE. Level I Fresh City Lounge

**5/16 Sunday- Nuts 'n Bolts Basic Bike Maintenance Workshop.** 1–3pm. Learn to patch that flat and adjust your brakes. Track Shack mechanics offer short demo and answer biking questions. FREE. Acoma Plaza (outside west entrance)

**Saturdays in May- Food Rules: Cooking Demos.** Using Michael Pollan's new book *Food Rules*, Chef Shellie 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, 10:30am–12pm. Cooking demos May 1, 8, 22, Central Library Level B2 Conf. Center; May 15, Central Library Level 7 Training Rm.

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

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

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

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

**Schlessman Family Library,** 100 Poplar St, 80220 (1st and Quebec), 720.865.0000, closed Tuesdays and Fridays.

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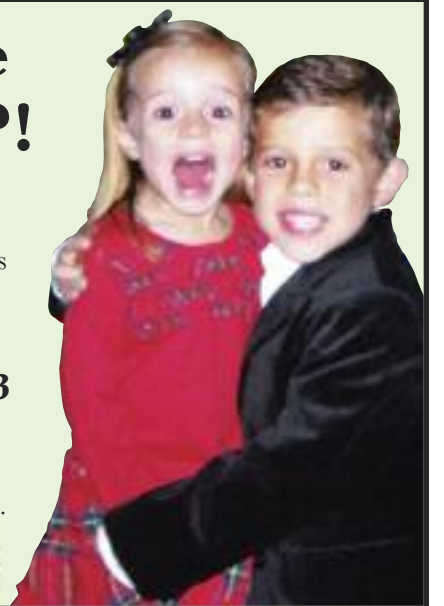
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**Thursdays- All Ages Storytime.** Stories and songs. 10:30–11:00am.

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

KIDS AND FAMILIES

**5/1 Saturday- Jewish Children’s Activities.** First Saturday every month little ones dance, sing, hear a story, do a craft and play at monthly Shabbat experience, Me’at Shabbat. 9–10am. FREE. Temple Micah, 2600 Leyden St. 303.388.4239. [www.micahdenver.org](http://www.micahdenver.org)

**5/7 Friday- Tales from the Jungle.** Weekly storytime at JCC with professional storytellers and entertainers for kids 1–5. 10:30am. FREE. RSVP 303.316.6336. [www.jccdenver.org](http://www.jccdenver.org). 350 S Dahlia St. Repeats 5/14, 5/21, 5/28.

**5/7 Friday and 5/8 Saturday- Colorado Chocolate Festival.** 100 vendors from across U.S. selling chocolate & other treats (free samples!) Guest speakers, live music, events, demos and contests. Includes Mother’s Day Gift Market. Denver Merchandise Mart, I-25 at 58th Ave. Fri Night Gala 6–10pm: \$12. Sat. 10am–6pm: \$7. Kids 5–12: \$3. [www.chocolate-festival.org](http://www.chocolate-festival.org), 303.347.8252

**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. Included in museum adm.; 5 and under free. Denver Art Museum, 100 W 14th Ave Pkwy. 720.865.5000, [www.denverartmuseum.org](http://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.denverarthritismuseum.org](http://www.denverarthritismuseum.org).

**The Urban Farm is now registering for summer classes and workshops:** Embracing Horses, Storybook Farm, Fun with Farm Animals and adult classes: Urban Agriculture, Horseback Riding for Grownups and Fiber Arts. Space limited. A few community garden plots still available. 10200 Smith Rd. 393.307.9332, [info@theurbanfarm.org](mailto:info@theurbanfarm.org)

MUSEUM

**Children’s Museum of Denver, 2121 Children’s Museum Dr (I-25 and 20th St).** 303.433.7444, [www.my-childsmuseum.org](http://www.my-childsmuseum.org)

**Wednesdays in May- Pajama Party Wednesday Nights.**

4–7:30pm. \$2 off admission for everyone wearing pajamas.

**5/15 Saturday- Bubbles grand opening!** Enter the whimsical world of bubble play at new exhibit.

**5/27-6/09 Junior Jobsite-** Explore nuts and bolts of construction with this popular temporary exhibit.

**Denver Museum of Nature and Science,** Montview and Colorado Blvd. [www.dmns.org](http://www.dmns.org)

**5/8 Saturday- Space Day 2010.** Get the latest info on Mars, learn about phases of moon, what causes seasons, make a sundial. 10am–4pm. Free with general admission.

**5/20 Thursday- Science Lounge: Wine & Chocolate—The Science of the Perfect Pair.** 6:30–9:30pm. Cocktails and entertainment every 3rd Thursday of month. Ages 21 and up. Entertaining look into the science behind antioxidants. Taste wines and chocolates and enjoy an evening in *BODY WORLDS* & *The Story of the Heart*. \$8/members, \$10/nonmembers.

**IMAX: Hubble.** Amazing journey of Hubble Space Telescope, the greatest space success since the moon landing. Leonardo DiCaprio, narrator. Various times; tickets \$6/ages 3–18, \$8/adult.

**IMAX: Arabia.** Experience the culture, history and religion of this unfamiliar world region. Various times; tickets \$6/ages 3–18, \$8/adult.

**Through 7/18– BODY WORLDS & The Story of the Heart,** Denver Museum of Nature and Science. All-new exhibition reveals through lenses of anatomy, cardiology, psychology and culture how the heart nourishes, regulates and sustains life. 200 human specimens include whole-body plastinates, organs and translucent body slices. Tickets \$8–\$12/member, \$13–\$25.50/nonmember. [www.dmns.org](http://www.dmns.org)

NORTHFIELD EVENTS

**Harkins Theatres Events-** 720.374.3118, [www.HarkinsTheatres.com](http://www.HarkinsTheatres.com)

5/ 7 Friday- New Release: *Iron Man 2*  
5/14 Friday- New Release: *Letters to Juliet*  
5/21 Friday- New Release: *Shrek Forever After*  
5/28 Friday- New Release: *Prince of Persia: The Sands of Time*

**Improv Comedy Club and Dinner Theatre**  
Tickets: 303.307.1777, [www.ImprovDenver.com](http://www.ImprovDenver.com),  
\*special engagement  
4/29 Thursday to 5/2 Sunday- Ian Bagg  
5/6 Thursday- Refried Comedy Night\*  
5/7 Friday to 5/9 Sunday- Bill Bellamy\*  
5/13 Thursday- Divas of Comedy  
5/14 Friday to 5/16 Sunday- Mike Epps\*  
(continued on page 14)

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

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

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

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

Press releases for suggested stories should be sent separately to [FrontPorchStapleton@gmail.com](mailto:FrontPorchStapleton@gmail.com).

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NORTHFIELD EVENTS (continued)

5/20 Thursday to 5/22 Saturday- Jim Breuer\*  
5/27 Thursday to 5/30 Sunday- Mike Fotel\*

Bass Pro Events- 720.385.3600, www.BassPro.com  
5/8 Saturday- Handgun Safety seminar  
5/15 Saturday- Hunter Education seminar

The Twisted Olive- 303.373.8100, www.TwistedOlive.com Weekly live entertainment.

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. 5-8pm. Photograph the Refuge. FREE.

5/4 and 5/25- Tuesday Tots: Nature's Nursery. 10-11am. Discover the Refuge's springtime nursery full of fawns, pups and chicks. One-hour program for young naturalists 2-5 years old. Parent/guardian must accompany all children. FREE.

5/8 Saturday- Migration Across the Nation. 2-4pm. Nearly 350 bird species migrate through North America every year. Adults and children learn firsthand what it's like to be a migratory bird in an afternoon of games and hiking. FREE.

5/9 Sunday- Mother's Day Hayride. 1-3pm. Bring mom let Mother Nature do the rest. Don't forget cameras and binoculars. FREE.

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 fine feathered friends! FREE.

5/15 Saturday- Buyer Beware. 7-8pm. Careful buying your next souvenir, it could be an endangered species. A National Eagle and Wildlife Property Repository agent will show items and tell how to prevent your treasures from turning into fines. Geared for adults. FREE.

5/22 Saturday- Froggy Night Out. 7-9pm. 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. Fat, puncture-proof tires recommended. FREE.

SPORTS & FITNESS

5/1 Saturday- Dumb Friends League Furry Scurry. 2-mile walk for animals. Denver's Washington Park. Benefits Denver Dumb Friends League. 9am. Register: www.ddfl.org

5/2 Sunday- Colorado Rockies Home Run for the Homeless 5K. Coors Field, Denver. Register: www.coloradorockies.mlb.com

5/8 Saturday- Parent Pathways Annual Miles for Moms. Central Park, Stapleton, Festival Area. Register: www.parentpathways.org

5/9 Sunday- Mother's Day 5K. City Park, Denver. Register: www.mothersday5k.com

5/16 Sunday- 5th Annual Kaiser Permanente Colfax Marathon. Marathon, half-marathon and relay. www.coloradocolfaxmarathon.org to volunteer,

register

5/25 -7/25- JCC Youth Baseball League. Grades 1-5 registering now. Tuesdays and Sundays, times vary. Learn baseball basics, leadership, teamwork while having fun. \$96/nonmember; \$80/JCC; \$70/S&F. 303.316.6304, www.jccdenver.org

5/31 Monday- Dick's Sporting Goods Bolder Boulder. 10K road race. www.bolderboulder.com to register.

Starting 6/1, Tuesdays (through Aug.) - 11th Annual Sunrise Tai Chi in the Parks, City Park, Denver (west side of the museum) 7 - 8 am. By The Tai Chi Project & TCM College of Sports Medicine 303-744-7676 www.taichidenver.com, Sponsored by Denver Parks & Rec. FREE

6/06-7/25- JCC Pre K-Kindergarten Tee Ball. Registering now. 7 one-hour Sunday sessions: half-practice, half-scrimmage. \$84/nonmember; \$70/JCC; \$60/S&F. 303.316.6304, www.jccdenver.org

6/26 Saturday- Undy 5000, A Brief Run to Fight Colon Cancer. 5K walk/run and 1-mile kids fun run. Denver's City Park, 7:30am register, 9am start. www.undy5000 to register.

6/26 Saturday and 6/27 Sunday- 25th Anniversary Great-West Life Bike MS, Colorado's Ride. Colorado Chapter, National Multiple Sclerosis (MS) Society's annual Colorado fundraising ride. Ride 150 or 25 miles over two days from Front Range Comm. College, Westminster to Colorado State U., Fort Collins and back. Age 12 and older. \$65. 303.698.7470, www.bikeMScolorado.org

THEATER

5/7&8, Friday & Saturday, My Mama Monologues. True stories about mothers written by men, women and children. 7:30 pm at New Hope Baptist Church Family Life Center, 3701 Colorado Blvd. Tickets \$20, 10% discount for groups of 10 or more. www.MyMamaMonologuesDenver.com

5/8 Saturday to 5/29 Saturday- The Booty Guard. Avenue Theater, 417 E 17th Ave, Denver. 303.321.5925, www.aveneuetheater.com

Through 5/8 Saturday- Oleanna.. John Hand Theater, 7653 E 1st Pl, Lowry. 720.880.8727, www.john-handtheater.com

Through 5/9 Sunday- The Rainmaker. Aurora Fox, 9900 E Colfax. 303.939.1970, www.aurorafox.org

Through 5/9 Sunday- In the Heights. Tony-award best musical about home, family, finding where you belong. \$15 and up. Buell Theater. 1.866.464.2626, www.denvercenter.org,

Through 5/15 Saturday- Schoolhouse Rock Live! Arvada Center, 720.898.7200 www.arvadacenter.org

Through 5/16 Sunday- Leading Ladies, a hysterical cross-dressing comedy. 2119 E 17th Ave, Denver 80206. 303.839.1361, www.vintagetheatre.com

5/18 Tuesday to 5/23 Sunday- Fiddler on the Roof. Ellie Caulkins Opera House. Tickets from \$15. www.denvercenter.org

5/28 Friday to 6/20- Hospitality Suite. Vintage Theatre, 2119 E 17th Ave, Denver. 303.839.1361,



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RECURRING EVENTS

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

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

**Every Tuesday**  
AA Open Discussion Mtg. 7:30pm  
MCA Community Room, 2823 Roslyn Street 303-912-7075

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

**3rd Tuesday**  
Greater Stapleton Business Assoc.  
8am MCA Comm. Rm., 2823 Roslyn Street 303-393-7700

**Every Wednesday**  
Weekly Weeders, Bluff Lake Nature Center 9am-12pm, 303-945-6717

**1st Wednesday**  
"1st Wednesdays" Home-based businesses. 11:30am-1pm  
tbrislina@gmail.com  
www.StapletonLife.com

**2nd Wed.** (Odd-numbered mos.)  
SUN Transportation Committee  
6:30pm MCA 2823 Roslyn St. stapletonneighbors@msn.com

**Every Thursday**  
(when school's in session)  
Bill Roberts Elementary School Tour, 10am, 2100 Akron Way, 720-424-2640

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

**3rd Thursday**  
Stapleton Citizens Advisory Board Mtg, Stapleton Development Corp (SDC)  
7350 E. 29th Ave.  
7:30-9am 303-393-7700

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

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

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

**Periodically**  
Stapleton Wine Appreciation Group  
e-mail meighanm@aim.com

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More Events...

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.

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 9am on Saturday, May 8. Both a 5K and a 2K course will be offered. Race fees are \$25 for individuals with pre-registration or \$30 the day of the race. Students ages 6 to 17 will pay \$15 or \$20 the day of the race. Children under five are free. Prizes will go to the top three men and women and the top three boys and girls ages 6 to 17 in the 5K race. Participants can do individual registration or set up an on-

line fundraising page at [www.firstgiving.com/parentpathways](http://www.firstgiving.com/parentpathways). The Florence Crittenton School is a Denver Public Schools alternative school for pregnant and parenting teens and their families.

Cinco de Mayo Event at Mile High Marketplace May 8th and 9th

Mile High Marketplace will host a collection of the region’s top performers of authentic Mexican music during their annual Mile High Cinco de Mayo event held on May 8th and 9th, from 11:00 a.m. to 5:00 p.m. The celebration will include live music, Mexican food specialties, a live appearance by Dora the Explorer, and a free Mother’s Day Zumba Pachanga dance and fitness class. The Cinco de Mayo entertainment and festivities in the Event Center are included with Marketplace admission of \$3 per person. Kids under 12 are admitted free. For more information and times and dates of specific programs, visit [www.milehighmarketplace.com](http://www.milehighmarketplace.com) or phone at 303 289-4656.

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, 10am -3pm; Anschutz Outpatient Pavilion. RSVP: 303-231-6210, [www.uch.edu/integrativemed](http://www.uch.edu/integrativemed).

Lectures:  
10:15 – 11am, Lisa Corbin, MD  
“Integrative Medicine: What the Health!?”  
11:15am – 12pm, Ban Wong, L.Ac, Ph.D.  
“Acupuncture: Points to Wellness”

12:15 – 1pm, Brian Enebo, D.C. PhD.,  
Chiropractor “Managing Pain Through Posture and Self-Care”

1:15 – 2pm Lisa Corbin, MD  
“ABCs 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 I-70 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](http://www.denvergov.org/eastside), email [eastside@denvergov.org](mailto:eastside@denvergov.org) or contact the Project Manager, Terry Ruiter, by email [Terry.Ruiter@denvergov.org](mailto: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)

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Free Classes!

	MAY	JUNE	JULY	AUGUST
<b>MONDAYS</b> at 7-8pm <b>East Montclair</b> Montclair Recreation Center 729 Ulster Way 720.865.0560	 <b>Yoga</b> May 3,10,17,24,31	 <b>Aerobics</b> June 7, 14, 21, 28	 <b>Funky Dance</b> July 12, 19, 26	 <b>Fitball Fitness</b> August 2, 9, 16, 23, 30
<b>TUESDAYS</b> at 6-7pm <b>Stapleton</b> MCA Office 2823 Roslyn Street, Denver CO 80238		 <b>Be Well Secrets/Tips</b> June 8, 22	 <b>Be Well Secrets/Tips</b> July 6, 20	 <b>Be Well Secrets/Tips</b> August 3, 17
<b>WEDNESDAYS</b> at 6:30-7:30pm <b>Moorehead Rec. Center</b> 2390 Havana Street Aurora, CO 80010	 <b>Aerobics</b> May 5,12,19, 26	 <b>Funky Dance</b> June 2, 9, 16, 23, 30	 <b>Fitball Fitness</b> July 7, 14, 21, 28	 <b>Yoga</b> August 4, 11, 18, 25
<b>THURSDAYS</b> at 6:30-7:30pm <b>Hiawatha Davis Rec. Ctr.</b> 3334 Holly St. Denver, CO 80202	 <b>Fitball Fitness</b> May 6, 13, 20, 27	 <b>Yoga</b> June 3, 10, 17, 24	 <b>Aerobics</b> July 1, 8, 15, 22, 29	 <b>Funky Dance</b> August 5, 12, 19, 26
<b>SATURDAYS</b> at 10:30am <b>Martin Luther King Rec. Center</b> Hiawatha Davis Recreation Center 3880 Newport Street	 <b>Funky Dance</b> May 8, 15, 22, 29	 <b>Fitball Fitness</b> June 5, 12,19, 26	 <b>Yoga</b> July 10, 17, 24, 31	 <b>Aerobics</b> August 7, 14, 28

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 free sessions on be well secrets and 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.

Classes are open to everyone and no prior registration or membership is required. The classes are facilitated by certified professional instructors.

A Passport to Healthy Living Neighborhood Coach is working in 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](http://www.bewellconnect.org).

Just Up the Street —



Danielle Ate the Sandwich

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 \$200 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

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City Park Jazz (continued from p. 15)

Visit [www.cityparkjazz.org](http://www.cityparkjazz.org) for more info. The 2010 concert series includes:  
June 6 - Jon Romero y Amanecer  
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 - Rekha Odal  
July 25 - Cocktail Revolution  
August 1 - La Candela  
August 8 - Tuxedo Junction

Sol Vida Dance Offers

Sol 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 Guerilla 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.



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Mile High Music Festival

singer/songwriter; he was a professional surfer while growing up in Hawaii. I once met him while I was enjoying some fine dining at Pete's Kitchen on Colfax and he sat and spoke with me while we both ate. I actually did not know at the time who Jack Johnson was, but I have certainly followed him and really enjoyed his music since.

Other names that may tweak your interest are legendary rockers the Steve Miller Band whose 1973 album The Joker I still have and listen to, and Derek Trucks of the Allman Brothers Band teams up with his wife and local favorite Susan Tedeschi.

I am personally looking forward to catching Keller Williams and Donavon Frankenreiter on Saturday and Weezer, My Morning Jacket and Drive-By Truckers on Sunday. These are bands that I wouldn't go out to see and pay \$50 a ticket for on five separate occasions, but I do appreciate their music and this venue gives me a chance to see their live act and decide if I want to go see them again.

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



The Dave Matthews Band

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.

MHMF 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 locals. 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 '90s version of the Mickey Mouse Club with Justin Timberlake. He and Justin are still good friends and on occasion perform together. The show will also 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 onstage 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 \$200 ticket just to hear Danielle Ate the Sandwich at the Mile High Music Festival. 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.milehighmusicfestival.com) for the festival rules and bring lots of sunscreen.



Jack Johnson

Photos courtesy of Mile High Music Festival

Grand Cultural Experience

"My ultimate goal is to expose the community to the multitude of talent that exists with our youth," Charmaine said. "This is an opportunity to bring some of those people together and to give people a different artistic experience. I wanted to give them something cutting edge and urban."

The show is multi-generational and will include Sol Vida Youth Tribe, Anomaly and Thriftonista displaying and selling their goods in booths. Children will experience tribal face painting and a photo booth. Health checks will be offered by All Families Natural Health.

Sol Vida Dance provides the study of international dance forms and works to preserve ancient dance traditions. Classes are held at Sacred / Yoga, 2212 Kearney St.

Charmaine has taught for Catchpenny Kids Theatre, Colorado Ballet, Cleo Parker Robinson Dance and others. She is the choreographer for the East High School Drama & Vocal Music Departments and Rocky Mountain Children's Choir.

For information about Festival de Vida or Sol Vida Dance, go to: www.solvidadance.com or call 303-564-7009.

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Stapleton Front Porch

17

May 2010



## We've Come Undone

By Karen Best

**D**-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, particularly now, and especially if there are no children, getting a divorce is not that complicated, and lately, it is more about di-

viding the debt than dividing the assets. Adding the cost of attorneys to the pile of debt does not seem to make sense. This is good thinking, unless one of the parties later finds out that he or she gave up something important, or agreed to do something that he or she hadn't anticipated.

Some couples who don't want attorneys anywhere near their divorce, but who need someone to help them, decide to go to a mediator. 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 D-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.*

## Denver Green School Enrolling Now

**S**till 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](http://www.denvergreenschool.org) or call (303) 549-4525.

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RSV  
Respiratory Syncytial Virus



Katherine Bakes, MD

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 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 afflicts 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 feeding, dehydration or labored breathing. However, parents should also know that the majority of otherwise healthy children infected with RSV will have nothing more than a severe cold, which in most cases can be managed at home with over-the-counter fever medication, nasal suctioning and good oral hydration.

But, if your child develops a high fever (greater than 102° F) and/or difficulty breathing, you should take him/her to an emergency department that specializes in pediatric care.

Dr. Katherine Bakes is director of the Denver Emergency Center for Children.

Parent pathways  
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Improving Health and Well-Being in Five Neighborhoods

By Katherine Fedde

A survey of 950 adults in northeast Denver showed 30 percent delayed seeking medical care due to cost and 23 percent ran out of money to buy food in the past 12 surveyed months. 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 KrauseK@2040PartnersForHealth.org. If

Sample survey questions	Stapleton	5 Neighborhoods
Do not have health care coverage	3%	20%
Delayed seeking medical care in past 12 months because of worry about the cost	12%	30%
Ran out of money to buy food in past 12 months	3%	23%
Eat 5 or more servings of fruits or vegetables each day	17%	19%
Have high blood pressure	11%	22%
Agree: “People in this neighborhood can be trusted”	90%	67%
Agree: “There is a high crime rate in my neighborhood”	9%	37%

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 Fedde is a native Park Hill resident as well as CU researcher.

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# The SUN Spot

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



## 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](http://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'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 their blocks. 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



Eastbridge 2009 block party

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 caring enough to get in touch with him. Had it not been for the block captain directory that 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 so they get out and meet 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. The purpose is to get block captains together 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.

## 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/expect. 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](http://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](mailto:stapletonunitedneighbors@gmail.com).



Jim N Nick's BBQ catered the 2009 Eastbridge block party.

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Since You've Asked...

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 decision about monthly dues for the new Central Park Recreation Center has yet to be made. Watch the Front Porch for more information when it becomes available.

Q. What is being built south of the ReMax building off Central Park Blvd?

A. The development underway is residential development of the type already completed to the west. The parcels along the western frontage of Central Park Boulevard will be kept available for a future use yet to be determined.

Responses by Tom Gleason, Vice President-Public Relations, Forest City Stapleton, Inc.

Call for Volunteers! be well Healthy Neighborhoods Council



The be well Healthy Neighborhoods Council of the Stapleton Foundation is an advisory group that serves as the “guiding voice” for the be well Health and Wellness Initiative.

Its mission is to create a community based health model that enables residents and employees in the be well zone neighborhoods of Northeast Park Hill, Greater Park Hill, East Montclair, Northwest Aurora and Stapleton to affect programs, policies and practices that impact individuals “health” and the “health” of our communities.

The council is looking for candidates who share the Council’s vision; have skills in at least one of the following: community organizing, health policy, health, membership development, marketing, and/or fundraising; a strong work ethic; and an interest in our entire strategic action plan.

Terms & Time Commitment: Council members are elected to a two-year term,

which may be renewed once, and they volunteer an average of 6 hours a month. Council members meet the first Monday of each month, 6:00pm-8:00pm and participate in one standing committee which typically meets 6-12 times a year via conference call or in person.

How do I become a Volunteer?

Submit the following in writing to the Healthy Neighborhoods Council via e-mail to Alisha Brown, Director, be well Health and Wellness Initiative at abrown@stapletonfoundation.org or by mail at 7350 E., 29th Avenue #300 Denver, CO 80238 no later than July, 2010.

Please include the following:

1. Volunteer Name.
2. Telephone and email contact information for nominee and self.
3. Name and residing neighborhood of nominee.
4. Brief summary of the candidate’s strengths and experiences

For more information about the be well program visit: www.bewellconnect.org.

Letters to the Editor

The Front Porch will publish letters to the editor as space allows. Please email Carol Roberts, editor, The Front Porch at FrontPorchStapleton@gmail.com.

Display Advertising

To place a display ad, please visit www.FrontPorchStapleton.com or see the Front Porch ad on page 24. Display ad reservations are due the 10th of the month.

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# “My Mom” Art Contest Winner Announced

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 (3 ½) and Gabriella Meurer (5 ½), whose mom is Carrie Meurer, and Hailey Stephan (3 ½), 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](http://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, 6. 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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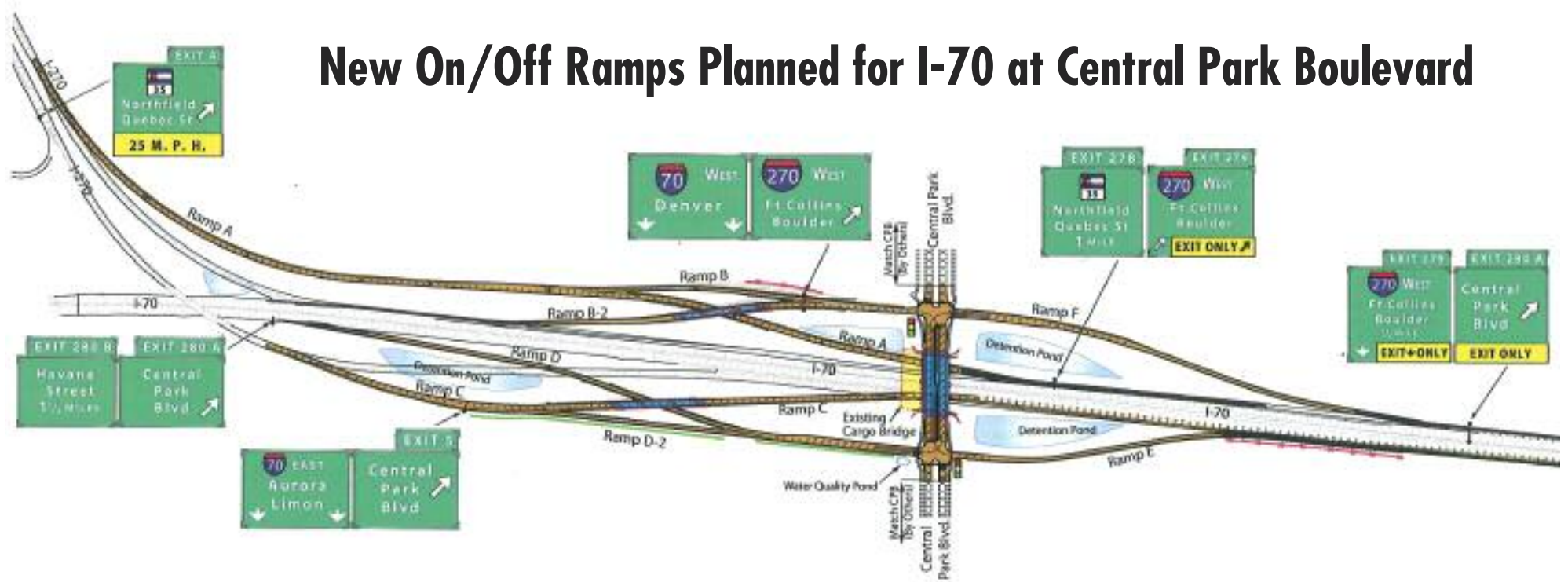
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# New On/Off Ramps Planned for I-70 at Central Park Boulevard



The new I-70 interchange is scheduled to open in late 2011. Drawing courtesy of City and County of Denver and SEMA/Wilson



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### 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 Bronx salute as we pass Lincoln, hoping the Buffs win there someday, and move on to someplace 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 400-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 canvass 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 8am, 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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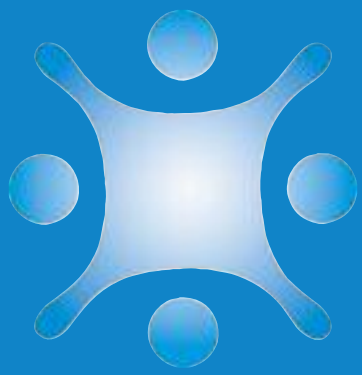
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