

Front Porch

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

DENVER, COLORADO

STAPLETON

SEPTEMBER 2010



Keith Rabin, from the cast of Happy Days, gives a thumbs up for the free and open to the public show to be presented on The Green at the 29th Ave. Town Center in Stapleton.

Happy Days are Here Again

Fonzie Plans a Visit to Stapleton

By Nancy Burkhart

There are a great many folks who will remember television's Happy Days, aired from 1974 to 1984 and starring

Ron Howard as Richie Cunningham, the teenage dreamboat whose life focused around the restaurant hotspot called Arnold's; Henry Winkler as Fonzie, the

older motorcycle aficionado who had trouble moving into adulthood; Tom Bosley as the father and hardware store owner who had to get the teenagers out of trouble; and

Marion Ross as the mother and homemaker who always thought the best of everyone.

Garry Marshall created the TV sitcom, *(continued on page 30)*

Savoring the Harvest

By Susan Gamble

Before last weekend, I had no idea what to do with a squash blossom, but they were so pretty, I couldn't resist buying them. A golden cauliflower also caught my eye. Cauliflower isn't usually considered a seductive vegetable, but this one was orange, as if it had bred with a

Colors and tastes of fresh local produce inspire new recipes for Farmer's Market produce.



cheddar cheese. I found these treasures at the Stapleton Farmers market on Sunday. I also bought organic peaches and heirloom tomatoes from Ela Family Farms, and akane apples from Peter Forté Farms. The nice people from Leffler *(continued on page 8)*

Meet Stapleton's Newest Principal



Chuck Raisch, principal for Stapleton's new K-8 school, visits the construction site at Syracuse and 35th Street.

By Nancy Burkhart

In June, ground was broken at East 35th Avenue and Syracuse Street on a new Stapleton school that is ex-

pected to open for the fall session in 2011.

However, the school's new principal, Chuck Raisch, already is on the job with *(continued on page 31)*

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



The SUN Kickball Tournament will be held September 11 in Central Park.



CALENDAR

Events in or near Stapleton that are FREE and OPEN TO THE PUBLIC or are nonprofit events.
(See pages 20 - 24 for more events.)

SEPTEMBER

Every Sunday (through Oct. 17)
Stapleton Farmers Market, 8:30am–12:30pm
The Green*

Saturday, September 4
Denver Art Museum - SCFD 1st Saturdays Free
www.denverartmuseum.org

Monday, September 6
Pools Close—End of Day
F15, Puddle Jumper, and Aviator
Events@stapletoncommunity.com

Tuesday, Sept. 7 & Oct. 5
Children's Museum, Target Tuesdays
1st Tuesday nights free, 4–8pm, cmdenver.org

Thursday, September 9
Active Minds Seminar 7–9pm, doors open at 6:30
MCA Community Room
Events@stapletoncommunity.com

Saturday, September 11
Stapleton Rocks Concert 10am–10pm
The Green*

Saturday, Sept. 11
SUN Kickball Tournament, 10am
Central Park (see page 28)

Sunday, September 12
Dog Daze at F15 Pool, 1–3pm
Events@stapletoncommunity.com

Monday, September 13
SCFD Free Day—Denver Museum of Nature and Science - 303-322-7009 www.dmns.org

Saturday, September 18
"Happy Days" The Musical 6pm
The Green* (see page 1)

Sunday, September 19
Park Hill Home Tour, 11am–5pm
www.parkhillhometour.com (see page 6)

Sunday, September 19
"Happy Days" The Musical 4pm
The Green* (see page 1)

Sunday, September 19
SCFD Free Day—Denver Museum of Nature and Science, 303-322-7009 www.dmns.org

Thursday, September 23
Informational Meeting on Groundwater 6:30pm
MCA Community Room

SEPTEMBER

Saturday, September 25
"Happy Days" The Musical 6pm
The Green* (see page 1)

Sunday, September 26
"Happy Days" The Musical 4pm
The Green* (see page 1)

Sunday, September 26
Denver Botanic Gardens - SCFD Free Day
720-865-3500 <http://www.botanicgardens.org>

Thursday, September 23
Stapleton Activities, Inc. Potluck 6:30pm
MCA Community Room
Events@stapletoncommunity.com

Saturday, September 25
Sweet William Market 9am–2pm
The Green* www.sweetwilliammarket.com

Saturday, September 25
Urban Spaces, Wild Places Fundraiser 4–7pm
A Wild Beer Tasting & Adventure for Kids
Bluff Lake (see page 23)

OCTOBER

Saturday, October 2
SCFD 1st Saturdays Free—Denver Art Museum
- www.denverartmuseum.org

Monday, October 3
SCFD Free Day—Denver Museum of Nature and Science 303-322-7009 www.dmns.org

Thursday, October 7
Stapleton Community Meeting 6:30 pm
DSST, 2000 Valentia Street, Denver, CO 80238

Sunday, October 10
The 25th Anniversary One Sky One World
Kite Fly, 10am–4pm. Central Park in Stapleton
www.oneskyoneworld.org

Thursday, October 14
Active Minds Seminar 7–9pm, doors open at 6:30. MCA Community Room
Events@stapletoncommunity.com

Sunday, October 17
Pumpkin Patch 8:30am–12:30pm
The Green*

Thursday, October 24
Stapleton Activities, Inc. Potluck 6:30pm
MCA Community Room
Events@stapletoncommunity.com

The Front Porch welcomes submissions of upcoming local events (see format on p.21) and story ideas for future issues.
Email FrontPorchStapleton@gmail.com

*At The Green, 29th Ave. and Roslyn; Sponsored by Stapleton MCA. For info, email events@stapletoncommunity.com
(See page 24 for recurring monthly events and meetings)

movies music markets & more

Stapleton Rocks, Sept. 11...A Concert for a Cause

We have a day planned that will be filled with music, food and activities. The concert is free and open to the public. Stapleton Home Services will be sponsoring the trampoline bungee again this year. It was a huge hit last year and raised over \$1,200 for our charities. This year the ticket proceeds for the quad bungee (\$5), the slide (\$2) and the concession stand will benefit Odyssey School and WISH.

Jim 'N Nick's BBQ will be on-site selling an entrée, side and drink for \$5. There will be all kinds of fun, so plan to spend the day on The Green with us September 11, from 10am–10pm.

For more information, visit www.stapletoncommunity.com or call the MCA office at 303.388.0724.

Stapleton Activities, Inc.

The monthly potluck for this group is the 4th Thursday of each month. The September potluck will be Thursday, September 23 at 6:30pm under the big white tent at the west end of The Green (weather permitting). The inclement weather site will be the Stapleton Community Room at 2823 Roslyn St. Bring an item to share and a chair to sit on. The beverages, plates, and utensils will be provided by the MCA.

Active Minds Seminar

The Active Minds Seminar begins this month on Thursday, September 9. We are hosting the seminars in the Stapleton MCA Community Room at 2823 Roslyn Street. Doors open at 6:30pm; the seminar begins at 7pm. This is a free program open to the public.

The Lewis & Clark Expedition: Our first program of the season is on September 9 and will describe Lewis & Clark's expedition that opened the West. We will discuss its achievements and challenges as well as the mysterious death of Meriwether Lewis. Building upon experiences from the expedition, we will also discuss the evolution of our country's relationship with Native Americans.

Colorado Ballot 2010: The topic for our October 14 seminar will be the Colorado Ballot 2010. The fall 2010 Colorado ballot promises to stir up strong emotions in the state. With a variety of complex issues coming to a vote, it is important we understand the ballot and what is at stake. Join Active Minds for an objective review of the ballot issues and a presentation of arguments on each side of the proposals.

For more information about Active Minds, go to www.activemindsforlife.com/index.html.

Sweet William Market

The final market of the season will be Saturday, September 25, from 9am–2pm on The Green.

Sweet William Market is a great place to meet friends while wandering through the displayed treasures. If you haven't been, it's a treat to see the creative ways people express themselves.

Theatre on The Green

The Aurora Fox Theatre and Stapleton MCA are excited to bring theatre to The Green. We will be featuring the musical Happy Days on Saturdays September 18 and 25 at 6pm and then on Sundays September 19 and 26 at 4pm. This is a free event open to the public! Jim 'N Nick's BBQ will be on-site selling an entrée, side and drink for \$5. It should be a great time for everyone.

Dog Daze

The day the pool goes to the dogs has arrived. On Sunday, September 12 from 1–3pm, F15 pool will be open to dogs. Bring your furry friend for a dip in the pool. Cost is \$5 per dog in advance and \$10 at the door. Proceeds go to the Denver Animal Shelter. For more information, visit www.stapletoncommunity.com or call 303.388.0724.

Colorado Symphony Guild

Symphony Anyone?

If you appreciate classical music, you may want to support the Colorado Symphony Orchestra by starting a Stapleton Unit of the Symphony Guild. The Symphony Guild provides financial support by engaging in fundraising activities throughout the year.

All that is needed to form a Stapleton Unit is 12 members contributing \$25 each. The more established guilds provide support and guidance to the new units. Once a unit is formed, it has the freedom to determine the time, place, frequency and type of meeting as well as developing fundraising activities. Guild units receive the Symphonia, a quarterly publication to keep them up-to-date on current guild and fundraising activities of the symphony.

Interested persons, please contact Lucia Correll at lcurrell@dotnet.net.

Stapleton Pools

The summer season comes to an end at the swimming pools on Monday, September 6. For extended season information, check our website at www.stapletoncommunity.com.

If you have any questions or comments about the information above, feel free to contact events@stapletoncommunity.com or call the MCA office at 303.388.0724.

Diane Deeter

Director of Programming and Events

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long live summer

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Free and Open to the Public
Stapleton Rocks—Sept 11 from 10am to 10pm



Eastbridge band performing at Stapleton Rocks in 2009.

By Carol Roberts

Stapleton Rocks arose from a coincidence, says Diane Deeter, director of programs and events for Stapleton’s master community association. Two Stapleton residents, Corby Felsher and Bernard Douthit, independently came to her with the idea in April of 2009. They each thought a “battle of the bands” type event could successfully combine an opportunity for local bands to perform with a fundraiser for a good cause. With that coincidence it seemed there would be enough momentum to have the event over Memorial Day weekend. However, it turned out

more time was needed to “create a buzz,” about the event, says Deeter, so it was held in August. This year 13 bands are scheduled to play in the September 11 event—nine of them are returns from last year. With each band playing half-hour shifts and 15-minute breaks between bands, the event will last from 10am until 10pm. At the first Stapleton Rocks concert last summer, Stapleton Home Services sponsored quad bungee jumping, which raised over \$1,700 that was given to Summer Scholars and Denver Kids, Inc. “There were lines at the bungee jumping all day and, over the course of the day, probably about 1,500 people attended the event,” said Deeter. Stapleton Home Services will again sponsor the quad bungee. This year proceeds from the bungee tickets (\$5 each), the slide (\$2 each) and the concessions will go to Odyssey School and WISH. Jim ‘N Nick’s BBQ will be on-site selling an entrée, side and drink for \$5. The event, which is free and open to the public, will be held on The Green in the Stapleton Town Center from 10am to 10pm on September 11. For more information, visit www.stapletoncommunity.com or call the MCA office at 303.388.0724.



Bungee jumping at last year's event.

Event Schedule

Southern Acoustic	10:45-11:15am
Olivia Rudeen	11:30-12:00pm
Wabash Cannonballs	12:15-12:45pm
Outta My Alley	1:00-1:30pm
Break	1:45-2:15pm
Apolo	2:30-3:00pm
Mitch Lehn Trio	3:15-3:45pm
Humbuckers	4:00-4:30pm
3 Star Monday	4:45-5:15pm
School of Rock	5:30-6:00pm
Youth in Conflict	6:15-6:45pm
Control Tower	7:00-7:30pm
Bernard & Joel	7:45-8:15pm
Honor the Fallen	8:30-9:00pm

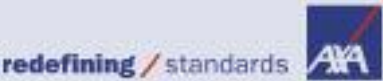
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New Zoo Curator Excited To Be Back in Denver



Denver native Brian Aucone is returning home after 14 years to serve as Denver Zoo's new general curator. Aucone's first zoo job was working as an intern at the Denver Zoo. Sally, one of the zoo's orangutans, sneaks glances at Aucone as she gets acquainted with the new curator.

By Nancy Burkhart

Brian Aucone started his zoo career as an intern in Denver, and about two months ago, after 14 years of experience, he returned to the Denver Zoo as general curator.

"I oversee the entire animal department, including the breeding programs, what animals we're bringing in and what animals we're sending out," Aucone said. "With the help of the animal care team, I'm in charge of the daily care of the animals."

Aucone's career has included working with reptiles, amphibians, aquatics and marine animals at the Oklahoma City Zoo. He was a zoo keeper and interim supervisor at the Dallas Zoo and

second in command at the Oklahoma City Zoo where he oversaw 595 species. Aucone says it's a great zoo and there are some great programs here, and having worked at other zoos and knowing the way they build their programs he feels he can add to the zoo's existing programs.

In Denver, Aucone will oversee a staff of 65 people. "The challenge will be that there are a lot of different personalities at the table. We have to be sure that we're taking everyone's ideas and positions into account. But, the Denver Zoo's been around a long time. I don't see anything insurmountable."

The first major project for Aucone is the Asian Tropics Exhibit.

"We have to decide how we're going to

staff that, how we're acquiring the animals to bring in and working with other zoos," he said. "The exhibit opens in spring 2012. We are working with other institutions and species survival programs to help identify who has surplus animals or what would be the best animals, the best fit."

The Asian Tropics habitat is expected to house such animals as Asian elephants, Indian rhinos and Malayan tapirs.

Other than the new exhibit, Aucone said he isn't planning on making changes yet.

"I'm not somebody who comes in and makes changes," he said. "I take the attitude of sitting back and identifying the areas where we have weaknesses. But I'm going to take time."

"I want to see that we continue to grow as an institution. We should be innovative with animal care, exhibits and always doing the best we can for the animals in our care. I want to see us continue to be leaders in that area. I'm excited to be back here and participate and continue the progression."

Zoo Staff Help Orangutan Mother Nurture Her New Infant

Hesty, the first Sumatran orangutan born at the Denver Zoo in 25 years, is now doing fine with her mother after becoming seriously dehydrated at 12 days old. She was then placed in an incubator where she could see her mother, Nias, and bottle fed for 18 days. Throughout the time in the incubator Nias remained interested in her baby, and responded well when they were reunited, however Hesty still did not know how to nurse. After a few days staff sedated Nias to teach Hesty how to find Nias's breast and ensure she could nurse on her own. The training appears to have been successful and Hesty has been nursing on her own.

Zoo staff worked with Nias during her pregnancy to train her to present her abdomen for inspection and to receive ultrasounds through a hole in the mesh of her enclosure. Since this was Nias' first infant, staff weren't sure she would know exactly what to do, so they worked with her extensively on ways to properly hold her infant and to allow zookeepers to closely examine the infant and provide supplemental feedings through the mesh of the maternity enclosure, if needed.

Orangutan means "person of the forest" in Malay and the species is among the closest relatives to humans. Physically they are known for their stout bodies, long arms and shaggy, red hair. The orangutans at Denver Zoo can often be seen showing off their talents, swinging from ropes and trees in their habitats. Sumatran orangutans are only found on the island of Sumatra in Indonesia. In the wild, they are critically endangered due to habitat loss stemming from logging, mining and forest fires. Also, the practice of killing a mother to secure an infant or juvenile for the live animal trade is a common practice. Currently there only about 6,000 left in the wild.

Hesty made her public debut on August 21, and can be seen by visitors between 10am and 3pm in the Great Apes building.



Hesty, a Sumatran orangutan born in June, snuggles with her mother Nias.

Photos by Dave Parsons/Denver Zoo

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By Barbara Neal

Artist Thomas Sayre from Raleigh, NC, will be installing 19 earthcast sculptures in Westerly Creek Park beginning September 9. Sayre has worked closely with Denver Parks to develop a low-impact process for installation that will be sensitive to

Sculptures To Be Installed in Westerly Creek Park



the native environment and minimize disruption for the many people who use this wonderful park. He and his installation team expect to complete their work by September 18. The public is invited to a dedication of the artwork on Friday afternoon, September 17th from 3 to 5pm at Westerly Creek. The invitation will be posted on the Stapleton Intranet.

Sayre's large earthcast vessel shapes subtly imply water, balance, man and nature; a focusing device for the many functions performed by Westerly Creek. The vessels will be placed on their sides in five different configurations in Westerly Creek Park between the bridges at Martin

Nineteen vessel-shaped sculptures were cast from concrete that was shot into molds created by a large tree spade and dug into clay soil in North Carolina.

Luther King Boulevard and East 26th Avenue (just east of Beeler St.).

Each sculpture is cast from concrete that was shot into molds created by a large tree spade and dug into clay soil in North Carolina. The final result of this process was 19 vessel-shaped sculptures with dimensions of 7 feet in diameter, 4-feet deep and 6-feet high. The placement and grouping of the vessels at each of the five locations will evoke narrative and perhaps stimulate questions. All of the groupings are visible from each site. As Sayre noted: "Just like Westerly Creek itself, this public art project intentionally plays with ideas about the relationship of human-built and nature-built: what are the differences and where should the balance between the two lie?"

For more information about Stapleton's Public Art Program, please contact Barbara Neal, public art consultant for Stapleton, at barbneal@mindspring.com.

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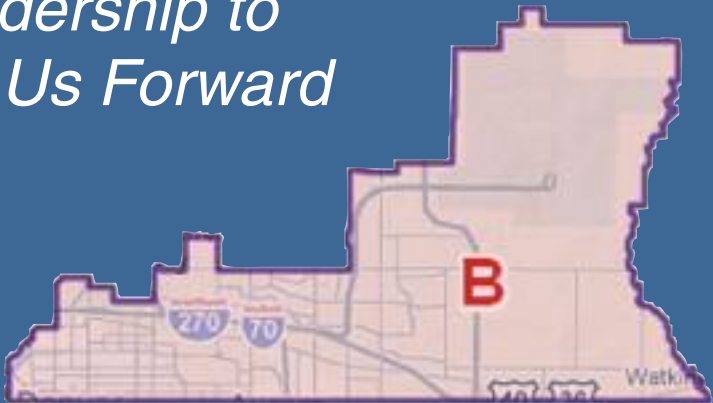
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- Three decades working on transportation issues facing Colorado (State Representative from North Denver 1979-1983)
- Executive Director of the Colorado Intermountain Fixed Guideway Authority (I-70 monorail feasibility study between DIA and our mountain resorts)
- Union Station Advisory Committee

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Park Hill



Above: Brian and Katherine Phillips sit in the high-ceilinged living room of their 1933 home. All of the windows, light fixtures and floors (except the master bath) are original. The sound of the door bell comes from four foot long chimes. The home was lived in from 1933 to 1989 by the Silverberg family, who owned Silco home heating oil.

Above right: A 4' x 4' room off the living room now serves as a bar. The Phillips speculate that it might have been built to be a telephone room. **Below and below right:** A sitting area at the top of the stairs overlooks the living room through a curved arch with a wrought iron grate. **Below left:** The home faces Montview. In the same block a similar home was built shortly after this home was built.



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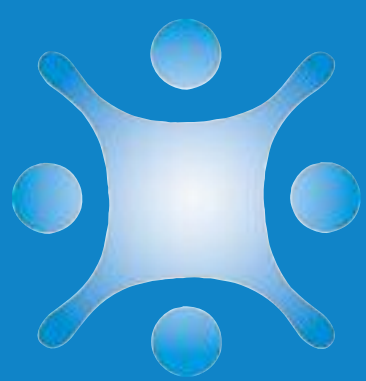
Home Tour

The Park Hill Home Tour will be held September 19, from 11am-5pm and the street fair will be held in the 2000 block of Kearney. See page 8 for more information about the tour and street fair.



Above: This 2755 sq. ft. Tudor home on Montview with three bedrooms and 2 1/2 baths was built in 1932. **Above right:** Owner Tannen Morris has been in the home for just 2 1/2 years and in that time has tastefully decorated it to complement the original style and highlight architectural details. The paintings in the living room are by Morris' favorite artist, Itzhak Tarkey. A built-in arched bookshelf nook and window seat are visible at the far end of the room. **Below left:** Wrought iron gates that were originally in the boiler room now fit perfectly between the living

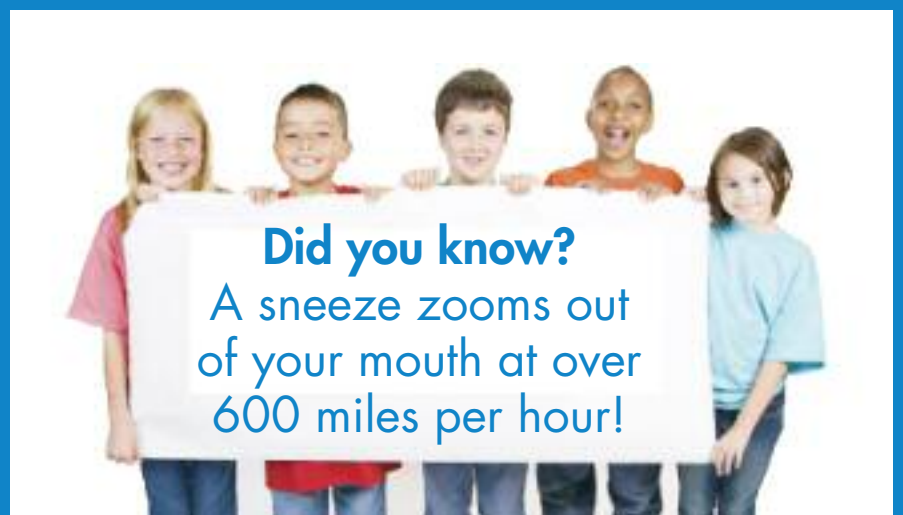
and dining rooms. Both the kitchen and the dining room open to a landscaped patio. Morris replaced the kitchen counter tops (not shown) with limestone reclaimed from the steps of the old courthouse. **Below right:** The master bedroom upstairs had already been remodeled when Morris bought the home. A wall between two smaller bedrooms was removed to create a spacious room with skylights and a peaked ceiling. Guests will not be able to visit the bedroom since the narrow winding stairway can't accommodate visitors going both up and down.



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The Phillips' kitchen contains an unusual 1950s Frigidaire electric stove that has burners that flip down when in use and store away when not in use, leaving the counter clear.



Morris heard a loud crash one day and discovered the squirrels had eaten away the supporting joists for his patio arbor. He rebuilt the arbor, distressing the new wood to match the old.

Park Hill Home Tour (continued from page 7)

The 32nd Annual Park Hill Home Tour featuring seven homes will be held September 19, from 11am-5pm. The homes were built between 1929 and 1938 and are within a six-block radius. The Home Tour offers an opportunity to gather ideas for decorating, remodeling, renovating and landscaping. Contractors and architects will be on hand to discuss plans with those contemplating projects. Proceeds of the tour will benefit Greater Park Hill Community, Inc. (GPHC), a nonprofit neighborhood organization established in 1961, and will fund a summer youth program, emergency food and shelter programs, and other community services. The Street Fair, will be held in the 2000 block of Kearney from 11am to 5pm and will have an impressive array of vendors offering their goods and services. The Food Court will have Oblios Pizza, Tocabe American Indian Tacos, Deluxe Burgers, Perk Hill ice cream, Cake Crumbs sweet treats and a beer/wine garden. The Silent Auction will include jewelry, personal trainer

opportunities, wines, restaurant coupons, spa certificates, pet services and goods, artwork, personal care baskets and a host of other options. All items have been donated by local businesses and individuals. Proceeds from the Silent Auction will benefit GPHC programs, such as the food bank, bike programs, Summer Scholars and the community newspaper. Booths will include local artists, wine tasting, massage, custom baby clothes, gourmet foods, beauty and body products, woodworking products and local jewelers. And for kids there will be face painting, henna tattoos and an art tent. In addition local non-profits, schools and churches will provide information on educational options and volunteer opportunities. Purchase tickets at ParkHillHomeTour.com, at King Soopers or at the event.

- Adults are \$13 online, \$13.50 at King Soopers and \$15 at the event. Seniors (60 and over) are \$9.
- Children 6-12 years old are \$6.
- Children 5 and under are free.



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Savor the Harvest

(continued from page 1) Family Farms had picked their corn the night before to have it fresh at the market that morning, so I couldn't resist getting a dozen ears. I also picked up some "on the vine" tomatoes, the usual stars of late summer Colorado produce. Coming home I stood in the kitchen and looked at the cauliflower, apples, peaches, tomatoes, corn and squash blossoms. The beauty of truly fresh fruits and vegetables is that you don't really have to cook them. They already taste good. So, I ate a peach and started chopping the cauliflower into florets. The cauliflower was such a nice color. The flavor of it raw, however, was, well, a little too raw for me. I tried blanching it in boiling water with honey. It tasted good—slightly nutty and firm but tender. I thought I could do better. So, I took the rest of the florets, drizzled them in olive oil and salt and pepper and roasted them in the oven until they were tender and just starting to brown. Yummier. (My daughter's friend rated it an 8 out of 10. That kid can come over any time.) I took an apple and a peach and made a little fruit salsa to put over the cauliflower, making a bright and flavorful side dish. Having eaten a peach, I tried an adorable little akane apple. These are a Japanese variety, grown locally. I like that they are a perfect size for a kid's lunchbox. They are firm and sweet-tart and cook up beautifully as well. I may have a new favorite variety. Next I turned to the corn. Again, I used my big pot of boiling water with honey in it. I put four ears in and took one out after two minutes, one out after three minutes, and two out after four minutes. Can you tell I was betting on four minutes being the optimal time? I was wrong. Two-minute corn was the winner. (I later tried one minute but still preferred two minutes.) Fresh corn is delicious and you can't do better than local organic corn picked the night before. Unfortunately, fresh corn doesn't keep and I still had eight ears and no guests expected for dinner. I took the raw ears we hadn't eaten and cut the kernels off and put them in a Ziploc bag in the freezer. A couple days later, I pulled out two cups of corn and added them to a cornbread recipe. Delicious. The moral of this story is buy now, eat what you can, and freeze the rest for later. I was eager to taste my fresh tomatoes since this is the most heralded seasonal vegetable of the year. The "on-the-vine" tomato was a sad disappointment—mealy and flavorless. The heirloom tomatoes were delicious. If you don't grow your own tomatoes, these are a great option. I

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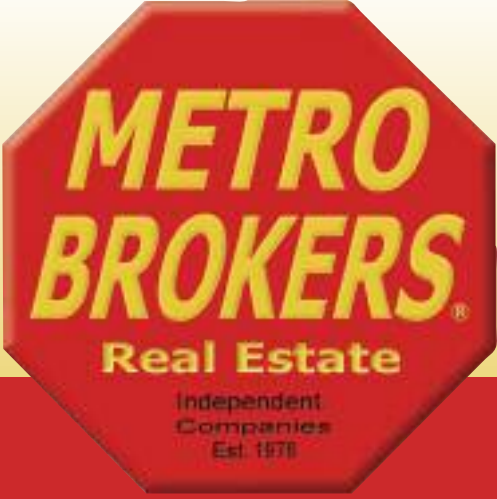
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September 2010

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Stapleton Front Porch



Susan Gamble talks with Stephanie Baldwin Urban of Forte Farms in Paonia as she shops for fresh produce at the Stapleton Farmers Market.

used most of the tomatoes in the tomato sauce recipe that follows.

The squash blossoms still needed conquering. First, I ate one. I would compare it to eating a delicate lettuce leaf. You could just toss it into a salad for a bit of color. I sautéed the next blossom in butter with salt and pepper. Mmmm, it's hard to go wrong with butter. You could use this as a side with burgers or other grilled meat. (In the same no-brainer column is battered and deep-fried squash blossoms. I didn't try it but I'm sure it would be good.) Finally, I mixed ricotta cheese with a cup of mixed herbs from the garden, stuffed it into the squash blossoms, and twisted the petals together at the top. I dredged the stuffed blossoms in flour and pan-fried them in oil. I served the stuffed and fried blossoms covered in tomato sauce as a vegetarian main dish, with corn on the cob and roasted cauliflower with fruit salsa as sides. Dessert was vanilla ice cream with sliced peaches.

Simple Tomato Sauce (for 1 pound pasta)

Most of the effort in making this sauce is prepping the tomatoes. Don't skip this step. Cooked tomato skin is icky and the seeds will make your sauce bitter.

- 2 pounds tomatoes
- 1 tablespoon olive oil
- 2 cloves garlic, skins removed and chopped

Cut a shallow "X" in the skin of each tomato. Put them in a bowl and pour boiling hot water over them. Move them after 20 seconds to a bowl of ice water. Remove the skins, cut them in half crossways, and squeeze the seeds out into the

sink. Use a paring knife to remove the core end. Chop the tomatoes into ½-inch dice.

Heat the olive oil in a 12-inch pan over medium heat. Add the garlic and stir until fragrant, about 15 seconds. Add the chopped tomatoes and leave to simmer over low heat until the tomatoes dissolve into a chunky sauce.

This sauce can be eaten immediately or allowed to cool and put in the freezer. When reheating, I often dress it up with whatever I have on hand—bacon, onion, mushrooms, etc.

Roasted Cauliflower, serves 4

If you are serving this with the fruit salsa, add the salsa just before serving.

- 1 large head cauliflower, cut into florets
- Oil, salt, and pepper

Preheat oven to 400F. Put the florets onto a rimmed baking sheet, drizzle with a small amount of oil and stir to coat. Add salt and pepper and a tablespoon or two of water. Bake for about 20 minutes, or until the edges start to brown and are tender.

Fruit Salsa

- 1 akane apple
- 1 delicious Western Slope peach
- ¼ cup chopped onion
- 2 garlic cloves
- 2 tablespoons lime juice
- 1 Anaheim chile pepper (large green mild one)
- 2 tablespoons chopped cilantro
- Salt and pepper to taste

Chop the fruit, pepper and garlic into small dice. Mix all the ingredients together; salt and pepper to taste. Serve with chips or with the cauliflower.

Susan Gamble is a Park Hill mom who believes that if you eat seven to nine servings of fruits and vegetables every day, it's really okay to finish the leftover cheesecake in one sitting. She can be reached at susangamble@me.com.



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Dane Vierow and his wife, Caroline Batorowicz Vierow, have started a new architecture and full-service design firm at their home in Stapleton. The design/build gene runs strong in their family—three-year-old Vincent plays intently with his Lego and Brio city and a painting by nine-year-old Marcel hangs behind them. They also have a 6-month-old daughter, Trinity.

Home-Based Design Firm Offers Multiple Services

By Nancy Burkhardt

When Dane Vierow and his wife, Caroline Batorowicz Vierow, were laid off from their architectural jobs, they decided, as Stapleton residents, that it was a perfect location to start their own design firm.

Dane has 23 years of experience as an architect, while Caroline has 11 years. Both have LEED AP credentials, which stands for Leadership, Energy, Environmental Design Accredited Professional and is the accreditation for building certification systems.

Having lived in Stapleton for the past three years, the Vierows know local contractors and the rules and regulations of the HOA and MCA. They are aware that there are Stapleton homeowners who are considering building out unfinished basements, adding on to their homes or designing more planned and landscaped yards.

“We’re architects. We do entire space—commercial and residential—so a basement finish is part of that,” said Dane. “We’re going to do a full range of services. We will be working with contractors who work in Stapleton.

“We work with the homeowner to come up with the design that meets their needs for their basement and come up with not just the layout for the use they want, but the interior. If they want theme rooms, we design them with equipment like a bar or entertainment centers or a movie viewing area.

“Our full range of services provides any kind of remodeling. If they want to pop the garage and have a studio on top of their garage, or if there’s any exterior garden design or remodeling of fences needed, we can provide drawings and documents for them to get approval from HOA and MCA, as well as permitting from the City of Denver.”

The Vierows said their love for the Stapleton community has given them the desire to ensure quality design and offer a

professional group to do the work.

“We know sustainability, and if any clients want a sustainability addition to their houses, we can do it,” Caroline said. “Some people might want high-efficiency toilets or furniture, solar panels or new windows that are more energy-efficient. We can do that. On the exterior side of things, the landscaping part, if they want more sustainable landscaping, like xeriscaping, we can help with that.”

As full-service designers, the Vierows also provide service in graphic design. They can design business flyers or prototype cars, airplanes or “anything that people have an idea for but don’t know how to do,” Caroline said.

The Vierows have three children: Marcel, nine years old, Vincent, three, and six-month-old Trinity. Dane is cubmaster of Stapleton Cub Scout Pack 34 and Caroline is on the Stapleton United Neighbors Board. Visit their website at www.stapletondesigngroup.com or contact them at info@stapletondesigngroup.com, 303.731.7693

Options for Seniors

By Nancy Burkhardt

As we age, it becomes clear that at some point we will have to make decisions about taking care of our parents whose health has made it necessary for them to change their living arrangements. But how do you find the best options? And, should you choose home care, assisted living, skilled nursing or an independent living facility?

Park Hill resident Fred Merten is a community care specialist for Senior Living Options & Referrals (SLOR).

“Our business is helping seniors and their families when the time has come for alternate living options,” he said. “Our job is to help them sort through the options.”

SLOR has two registered nurses on staff who can do assessments of seniors to determine what the appropriate options for them might be.

“We try to make sure that as a person ages in a place, they can do so with dignity,” Merten said. “An assessment is an important part of the process so that a person can be placed in an appropriate setting. All we can do is give the family our assessment, and they need to make the decision.”

Once an assessment has determined the available options for the level of care needed by the seniors, SLOR starts looking at its list of care facilities.

“We have agreements with over 200 facilities up and down the Front Range, including assisted living, skilled nursing and independent living,” Merten said. “We also are very concerned about folks that have dementia or even mild cases of Alzheimer’s. We know places for that. The senior may start in assisted living and move across the hall to a more secure Alzheimer’s unit. Our goal is for them to age in place.”

Because SLOR has agreements with so many facilities and those facilities pay SLOR a placement fee, there is no charge for their services to the seniors or their families, Merten explained. There also is no fee if SLOR finds it most appropriate for a senior to go to a facility that doesn’t share an agreement with SLOR, he said.

“We will promise that we will help anybody anytime,” Merten said. “We want to put people in places where they will be happy and that their families will be satisfied with. If that means we put them in a place where we don’t have an agreement, that’s OK. We do that quite a bit.

“We take on low-income folks. We would be glad to help people with Medicaid. There aren’t many places that

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Who Need a New Living Arrangement



Fred Merten and Jen Neubert, a sales counselor for Heritage Club Senior Living Facility, talk with residents in their dining room.

do Medicaid from Day 1. They do “spend-downs” (where they have to use their own money until it is gone). Our job is to find a place that matches their needs.”

Merten had 30 years of experience in small-group healthcare insurance when the company he was with closed two years ago. At that time, his mother fell, went to the hospital and a rehabilitation facility before she returned home. Then four months later, she fell again and went to a medical center and then a rehabilitation facility. Merten worked hard during that time to find appropriate facilities for her. And, in the process, he met Connie Parenteau, SLOR owner. Parenteau helped Merten find an appropriate facility for his mother.

“She helped me place my mom, and I’ve been doing this ever since,” Merten said. “I wanted to make sure that my mom never had to move again. She didn’t. She was there with hospice, and she died there.”

SLOR has staff members who are state-certified facility administrators. The firm maintains current information on all facilities.

“Our job is to go into the facility frequently and do a site assessment, especially with new administrators,” Merten explained. “We bring to the table experience, and once we’ve talked with the family, then we can come up with no more than two or three options for them. It’s our job to do the footwork and make sure there’s availability. We take them on a tour. We do a lot of personal interaction.”

SLOR is able to help with families who live in Colorado and want to bring a parent from out of state to a Colorado facility. The firm also will help a family living out of state to move their parent from Colorado to be in a facility closer to the family.

All the facilities SLOR works with are

state-certified, according to Merten.

“We won’t go to a place where we think the staff is not adequate or where you walk into the facility and they walk past a patient without acknowledging them,” he said. “It’s more important to look at more subtle things than (to look at) the waiting room. It’s about the people that actually do the work.

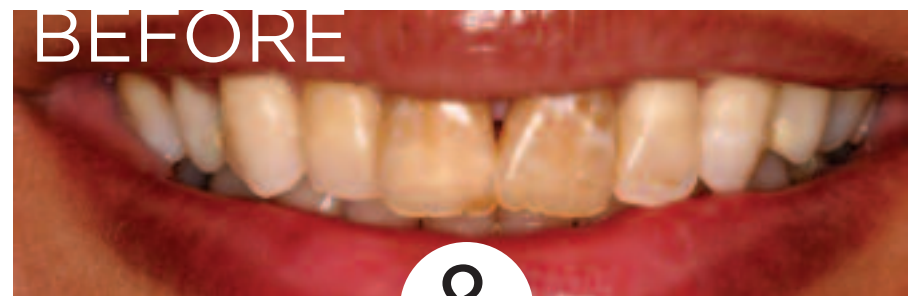
“We really take a hands-on approach,” he

said. “We really want to hear what the family has to say. We want to meet as many needs as we can. We want them to be in a facility they can afford. We want them to have the care they need.”

For information about Senior Living Options & Referrals, contact Fred Merten at 303.929.0693 or fmerten@sloptions.com. Also go to www.seniorlivingoptions.com.

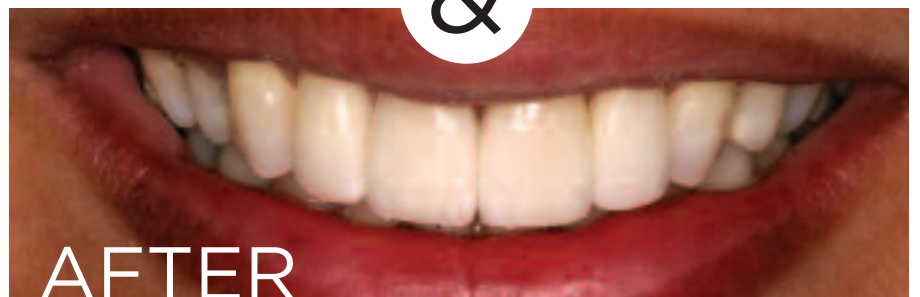
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Where in the World Is Jamie Horton?

For more than twenty years Jamie Horton was a large part of the heartbeat that is the Denver Center. If you attended any shows at the Center between the early 1980's and 2006 you undoubtedly witnessed Jamie enthral audiences with his charm, wit and unique style that made him stand out in any show. He played Hamlet, Macbeth, and the Ebenezer Scrooge several times. Jamie's favorite roles were in The Trials of Oscar Wilde, The Dresser and Orphans. Of course, I will never forget the story of a dog named Sylvia that had me laughing so hard I started to cry. He was, more importantly, a mentor, teacher and advocate for young actors at the Center's National Theatre Conservatory, a three-year graduate

acting school that accepts only ten new students each year. Jamie and his family lived on Montview Boulevard in Park Hill and to neighbors he was just a friendly guy who happened to golf during the day and work mostly at night. He used his front lawn for pitching practice and had, for an oh-so-brief period, a handicap under 10. Now his game is only a glimmer of the game that once was. In the late nineties the Center won the Tony award for the best regional theater. Jamie was given a standing ovation by 75,000 Bronco fans at Mile High Stadium when he was introduced at mid-field with the Tony prior to a game with the Dallas Cowboys. Annually, The Center has had budget cuts and many changes. It seemed that Jamie never knew for sure, despite his

popularity, whether his contract would be renewed from year to year. In 2006, he made the decision to make a career change that would allow a sense of stability he could never have in a small regional theater. He and his wife Nancy decided to go home; to the place where they both grew up and fell in love. They picked up and moved back to Hanover, New Hampshire where Jamie is now an associate professor of theater at Dartmouth College. He is teaching and directing theater on the very same stage where he had his first paid acting job at age 17, the Moore stage at Dartmouth. Jamie says that this is a great new chapter in his life. He is living close to his parents and is already tenured at the college. He is in New York often and says that if the circumstances and role are right you will see him again on stage there. He comes back to Denver every year before the holidays to participate in Stories on Stage at the Center and read Christmas snippets at the Tattered Cover in Lodo. He says very emphatically that he and his family have deep roots in Denver and they miss Colorado terribly, especially their friends and neighbors in Park Hill. Denver misses Jamie as well. Like the Bronco players forever immortalized on the stadium's Ring of Fame, Jamie entertained thousands of us for years. He made us laugh and cry, feel outrage and empowerment, showed us despair and gave us hope. He did all that and, unlike the Broncos, he always received a standing ovation at the end. 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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September 2010

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Stapleton Front Porch

Northfield Firm Does Ballot Tracking and Much More

By Nancy Burkhart and Carol Roberts

If you live in Denver County and voted in the August primary election, you had the ability to have your ballot tracked to be sure it was counted, thanks to a Northfield firm, i3logix, Inc.

But tracking ballots is just a small piece of what i3logix does, says Steve Olsen, executive vice president of i3logix. The work they do falls into four broad areas: information management, risk management, lead management and variable printing (where each piece is customized)—and their work often crosses over between the areas. Olsen agrees that explaining all four areas in a short answer is difficult, but offers some everyday examples that help a lay person better understand what i3logix does.

The information management function can be seen in software created by i3logix for a company that needs to be sure the nurses assigned to specific patients have the required credentials. The software enables the company to pull up a list of qualified nurses—and that information can then be used in a scheduling program that takes into consideration the availability of the nurses on different days. Those types of services can also be combined with the risk management function, which is an employment screening tool used by companies that do staffing for large employers. Every employee's file is in an electronic form that can be quickly pulled up by an employer.

Lead management is needed by companies that have online forms and potential customers requesting information online. When a request for information comes in, i3logix does the follow-up—sending out the appropriate information. i3logix is providing this service for some educational institutions—mostly adult and continuing education programs. Lead management is often combined with the variable printing operation, which develops and sends out customized literature through their digital print operation.



Steve Gatt, president, (left) and Steve Olsen, executive vice president of i3logix are shown in their company headquarters in Northfield. i3logix developed the software for a first-in-the-country system for tracking mailed ballots, which was used in last month's primary election in Denver.

A potential area of future work for i3logix is mailed ballots since they have two unique bar codes per ballot that require variable printing. The company started calling counties and election divisions and learned that Denver was already under contract for the printing, but was interested in software that could track the ballots. "So we created a new tool," says Olsen. "When industries come up with a need, we'll start figuring out how to make things work more efficiently and effectively using software platforms and web-based tools."

Ballot tracking is a web-based tool, Olsen explained. "A voter logs on, puts in voter information and ID, and can opt for either email messaging or text messaging," he said. "The voter also has the ability to check their ballot's status online. Once they set that up, they're done."

"The printer puts a code on each incoming and outgoing envelope containing the ballot. The envelopes are scanned through the bulk mail center at the post office. That data comes to us. This data is available to anybody. Lots of candidates will subscribe to this

data. We get a subscription to the data and then we turn it into a system. It's like any UPS or FedEx tracking system, except that you don't need to go find the information. Once you've signed up, you automatically get the information by text or email—you don't have to go online to look for it."

According to Olsen, there was a glitch in the ballot-tracking process in Denver's primary election—some ballots were printed with the bar codes reversed. The incoming bar code was printed on the outgoing ballots, so the tracking data showed that completed ballots were being received when, in fact, the outgoing ballots were just being mailed. The error was caught quickly and corrected.

The U.S. Postal Service plays a large part in the process. "The postal service knows that all across the country mailed ballots is a growing market for them," Olsen said. "The cost to hold an election using mail-in ballots is much more cost-effective than holding a traditional election. The post office looks at it as a growth area."

Currently Denver is i3logix's only client

using ballot tracking. "We have intentionally taken it slow," Olsen said. "We wanted to be sure it was ready for market. It requires a lot of testing and has to be as close to perfect as possible."

The primary election was the second Denver election to use ballot tracking. The November election will be the third. In the 2009 election, 350 voters participated in a beta test of ballot tracking. In the primary 2,300 participated, and it is hoped that in the November election 20,000 voters will participate, according to Olsen.

"For the elections division, ballot tracking will reduce administrative costs," he said. "They spend a lot of money to hire temporary help to answer phone calls. The biggest question is about voters' ballot locations. With ballot tracking, they will know where it is in the mail stream. We're hoping that will increase voter confidence,

which could have an effect on voter turnout.

"The interesting thing about mail ballots is that the voters don't trust the postal system to deliver their ballot. We're providing visibility to the voter that they didn't have before. Hopefully, that gives them peace of mind."

The ballot tracking process "isn't terribly expensive," Olsen said. Therefore, i3logix will be talking with many other counties about using their product after the November election. "There are similar tools out there that offer the county some visibility to follow the ballots, but this is the first tool that gives the voter some visibility to follow their own ballot," he said. "We have a patent pending on this process."

For more information about i3logix, Inc.'s software development, contact i3logix Vice President of Sales Steve Wolffs at: swolffs@i3logix.com.

Ballot TRACE is available for sign up for mail ballot voters in the November general election beginning September 1. If you signed up for Ballot TRACE in the August primary, there is no need to sign up again. To sign up, go to DenverGov.org/ballottrace.



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New Northfield Restaurant to Open Mid-September A Fishing Lodge Motif with “All the Games All the Time”

By Carol Roberts

A new option for casual family dining with a fishing lodge and sports theme expects to open its doors in the Shops at Northfield in mid-September.

“This is a casual restaurant with something for everybody,” says Terry Dearden, one of a team of three people who came up with the concept for “Guy Harvey’s Perfect Spot.” Denver is their first location and they hope to open many around the country. “We’re very excited about our concept because it’s so unique, it’s something you just don’t find every day—and we’re very excited to be in Denver. We did our demographic homework and chose this area.” Dearden will be the start-up manager in Northfield and will remain at this location until the Guy Harvey Perfect Spot management team finds the location for their next restaurant.

“We’re going to have a strong sports influence. There will be 35 TVs; even TVs and speakers in the bathrooms for sporting events. Our slogan is ‘We share all the games all the time.’” Dearden calls it “family fun in a casual, upscale, sports-themed restaurant in a lodge setting.” He says the restaurant will have a fireplace, the walls will be lodge-like, and the furniture will have a lodge motif. And they will have Guy Harvey’s original freshwater artwork hanging on the walls, and it will be for sale.

There will also be a gift shop in the front of the restaurant. “We’re going to sell a lot of clothing and trinkets like coffee mugs and license plate



Terry Dearden (left) will be the start-up manager for Guy Harvey’s Perfect Spot Restaurant, which will be opening this month in Northfield. With him are Sean Bernal, (middle) vice president of culinary development and Kevin Amiot, vice president of operations for Wylands Ocean Blue. Located next door to “The Perfect Spot,” Wylands Ocean Blue is a sister restaurant that will open next month.

frames—a bit of everything and it’s all going to be influenced by Guy Harvey. There’s also another artist, Al Agnew, that will have clothing in our retail shop.”

According to Dearden, Guy Harvey is both a Ph.D. marine biologist and a conservationist. The restaurant won’t sell any fish, whether they’re freshwater or from the sea, if they’re overfished. “A few examples of freshwater fish on our menu are rainbow trout, walleye and steelhead trout. But we have a little bit of everything for everyone. It’s casual American fare, but the theme of the restaurant is freshwater fishing in a lodge motif—with sports on TV.

The price range is from \$6.99 to \$16.99. We’ll have appetizers, soups, salads, entrées, sandwiches, burgers, desserts. And the restaurant will have a happy hour Monday through Friday from 3–7pm.”

Dearden’s partners in this new venture are Peter McFarland and Darcy Boyd from Marco Island, Florida. Dearden says he has opened about a dozen restaurants in his 20-year restaurant career. He is from Orange Beach, Louisiana.

The restaurant will seat approximately 200 people indoors and outdoors and will have an indoor/outdoor bar, weather permitting. It is located at 8336 Northfield Boulevard (across the street and east of Harkins Theatres) in the Shops at Northfield. The restaurant will be open Monday–Saturday, 11am to 2am and Sundays from 10am to midnight.

Those interested in working at Guy Harvey’s Perfect Spot Restaurant should call Terry Dearden at 678.492.1481 to set a time to meet him at the restaurant.

Guy Harvey’s Perfect Spot Restaurant will have a grand opening on Friday, October 8. The public is invited to meet Guy Harvey and enjoy drink and dinner specials from 6:30 to 10pm.

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By Nancy Burkhardt

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Stapleton Dentist Helps Transfo

By Nancy Burkhardt

When dentist Brett Kessler and his wife, orthodontist Gina Kessler, first moved to Stapleton and set up their joint practices, the airplanes had just moved out.

"We opened Town Center Dentistry & Orthodontics when there were just tumbleweeds and us," Dr. Brett Kessler said. "Ours was one of the first 100 homes. We were just so into the grand scheme of Stapleton that we jumped on it. The opportunity to live and work in the same neighborhood was just awesome."

Today the Kesslers and their four children, Abbey, 10; Max, 8; Sydney, 4; and Riley, 1, remain Stapleton residents and business owners.

Dr. Brett Kessler is a recent recipient of the 2010 Golden Apple Award from the American Dental Association. It was given to him for leadership and mentoring new dentists. Kessler teaches half a day a week at the University of Colorado School of Dental Medicine. His classes are morphology—the science of the shape of teeth—and occlusion, which is how the teeth come together for the mouth's bite.

"I teach their first dental class. I like to get them before they get ruined," Kessler said. "Dental school is very competitive now. There's one-tenth the number of slots for dental school than medical school. These are the best of the best students. They're very book smart, but we're also artistic. You've got to teach your brain to see things and then teach your hands to recreate things. I love the opportunity to get them while they're still fresh."

Kessler's teaching requires volunteer effort. As a mentor, he gathers a group of dental students together to learn more from him than class time offers. The students have opportunities to visit his practice and learn from the real world what they would be unable to garner in a class.

"I mentor a group of young dentists who are struggling to see what they want to do," he said. "We meet on a regular basis. We leave the egos at the door. Not everyone is invited to this kind of session because others just want a competitive advantage over everyone and not to share openly. You have to be invited in."

"I learn so much by teaching," he said. "It's made me a much better dentist."

Kessler works with dentistry as comprehensive care, focusing on more than the health of the teeth. Therefore, he doesn't work with insurance companies in the usual way. His office provides insurance companies with letters to detail treatment, but his patients pay his office directly and receive payment from their insurance companies.

"Insurance acts as a barrier between me and the patient," Kessler explained. "I'm able to focus on what the patient needs and not what the insurance covers. We're for people who really value their oral health. It allows me to do the best work I can do."

Working with his orthodontist wife also makes Kessler's practice unique.

"It's awesome working with my wife," he said. "From the dental standpoint, it's great to have a specialist next to

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Stapleton Parking Struc

By Tom Gleason

The deteriorating three-story parking structure that once served the former Stapleton International Airport will undergo demolition to make way for new residential development in the area.

The demolition is scheduled to begin this month and be completed by the end of the year. The RTD Stapleton Transfer Center/park-n-Ride, which operated on the site until last month, has been relocated to an interim facility on 36th Avenue between Ulster Street and Central Park Boulevard until a new multi-modal RTD transit facility, which will include a rail station for FasTracks, is ready on Smith Road east of Quebec Square.

According to Charlie Nicola, senior vice president for Forest City, Stapleton, Inc., who will oversee the demolition work, the demolition activities will likely run six days a week. The structure will be demolished by conventional means utilizing track-mounted equipment and a ball and crane. This approach safely deals with the "post tensioned strands" of the parking structure and permits better segregation of debris for the purpose of recycling.

From Students into Professionals



Dr. Brett Kessler, standing in front of his Stapleton Town Center Office, is a recent recipient of the 2010 Golden Apple Award from the American Dental Association. It was given to him for leadership and mentoring new dentists. Kessler teaches half a day a week at the University of Colorado School of Dental Medicine.

me to get advice from and to refer. If the orthodontist is across town, communication is missing. And, it's great to schedule our lives around our family so that we can keep our business going and be there for soccer games and dance recitals. Our kids are often at the office.

"It's a satisfying practice life," Kessler added. "I love what I'm doing. Patients look to us for leadership and to guide them in their health. When the students come and hang out with us for a day or two, they get to see I truly am what I say I am and I'm good at it. They learn so much more in the real world. That gives me energy."

Kessler is treasurer of the Colorado Dental Association and will move up to president in five years.

"I do a lot of advocacy work on behalf of dentistry and improving patient care and access for the underprivileged," he said.

To learn more about Dr. Brett Kessler's practice or to make an appointment, call 303.321.4445 or go to www.makeyoursmilegreat.com.

Structure to Be Demolished

"Though many had hoped to see the structure imploded, it was really never an option," Nicola said.

Debris from the demolition will be removed by dump trucks traveling north on Syracuse Street to 35th Avenue and west to Quebec Street. Most of the material will go to a recycling plant on Stapleton north of 56th Avenue. There will be an estimated 4,000 truckloads of concrete debris hauled away over a four-month period. A brief lane closure may be required on westbound Martin Luther King Jr. Blvd.

Nicola added that some of the recycled debris will be processed into road base to be used to construct streets in Phase 2 of Filing 32, which is in the general area where the structure stands today.

The demolition site will be contained much as it is today with a construction fence perimeter and main access points at Trenton, Uinta and 33rd Avenue. Dust will be controlled in accordance with city and state regulations.

The demolition of the parking structure does not include the former control tower, which has been stabilized for a potential future use that has yet to be identified.

Tom Gleason is Vice President—Public Relations Forest City Stapleton, Inc.

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Why Prostate Cancer is Important to African-American Women

By Ralph Kennedy

“When it comes to health care, women play a unique and significant role in our families,” said First Lady Michelle Obama back in September 2009 in the heat of the health care reform debate. She went on to say that, 8 out of 10 women and mothers report that they are often responsible for everything from choosing doctors to managing follow-up treatment and care for their families, including their spouses. The woman’s role as health care decision makers and even guardian of men’s and overall family health must not be overlooked.

The Center for African American Health quickly discovered the huge importance of African-American women when it took on the Prostate Cancer Initiative for African American Men two years ago with funding from the Colorado Office of Minority Health. Black women became key stakeholders in the process as they encouraged not only close family

members but also their friends to attend education workshops on making informed decisions about prostate health.

Prostate cancer continues to devastate Black men at a rate more than double that of Caucasians. The significance of the woman’s role in helping men defeat this controllable disease is clear and necessary. Twice a year, the Center for African American Health offers free prostate cancer screenings with a sharp focus on the Black com-

munity. The screenings take place at the Annual Collaborative Health Fair and again in September for the National Prostate Cancer Awareness Month. Last September, nearly 300 men (mostly African American) were screened for prostate cancer at the Center’s annual September event, largely due to the influence of Black women.

With September upon us, many of the men in your lives need encouragement and coaching to get their annual prostate cancer check-up. The screening will consist of a

blood test and a physical exam and it will be administered to any male age 40 or older (age 50 depending on their race/ethnicity).

Ladies, if there is a Black man in your life who has not had a prostate cancer screening within the last year, give him a nudge to call the Center for African American Health NOW at 303-355-3423 or call us yourself and the Center’s staff will follow up.

So, what are the top five reasons why prostate cancer is important to African American women? The answer may be sitting right next to you in the form of your husband, father, son, or other relative or friend.

Ralph Kennedy is the Director of Research and Evaluation with the Center for African American Health. In addition, he has managed the prostate cancer education, awareness and screening effort for the past five years. The Center for African American Health is committed to improving the health and wellbeing of the African American community.

Library Offers a Chance to Browse History Online

History buffs who once had to plan time on their calendars to go to the Denver Public Library Western History Genealogy Department to scan files now can go to their computers or iPhones to retrieve the information.

The website, www.creatingcommunities.denverlibrary.org, contains digitized photos, maps and documents from seven of Denver’s historic neighborhoods. There are historical records that will allow you to document the history of the building or house you are in. You can pursue maps and building permits. And you can share your own Denver history by uploading photos, telling stories and having conversations with other historically minded citizens.

The digitized neighborhood information includes Auraria, Barnum, Capitol Hill, Five Points, Park Hill, University Park and West Colfax.

The website is funded by a grant from the Institute of Museum and Library Services. The historic resources and digitized archival materials are the efforts of the partnership between the Denver Public Library Western History Genealogy Department, the City of Denver, Blair-Caldwell African American Research Library, History Colorado, Auraria Library and the University of Denver Penrose Library.



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Children's Hospital Breaks Ground for Expansion



Top: Bob the Builder, the popular children's character from PBS, appears just after Jim Shmerling, president and CEO of Children's Hospital, asked the crowd at the groundbreaking, "Can we build it?" and the crowd shouted back, "Yes we can."

Right: Cathey Finlon, Children's Hospital board chair, Aurora Mayor Ed Tauer, Children's Hospital President and CEO Jim Shmerling, Bob the Builder from PBS Kids and Children's Hospital patient ambassadors participate in the groundbreaking ceremony for the new 10-story patient tower.

Above: Children's Hospital Ambassadors Ayla Charness and Hannah Kropp show off their new hard hats after the groundbreaking ceremony. The expansion will bring the total beds at the hospital to 500 and add 500 new full time employees.

The Children's Hospital had its groundbreaking in late July for a 10-story, 350,000-square-foot addition. The new building is projected to begin admitting patients in late 2012 with 124 beds initially and two floors of space for expansion—bringing the total beds to 500 upon final completion. The expansion is also expected to bring 500 new jobs to the hospital. During 2009 Children's saw a record number of patients with more than 12,800 inpatient visits and more than 452,000 outpatient visits.

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9/3 Friday- First Friday Art Walks:

Santa Fe Arts District.

www.artdistrictonsantafe.com

North Denver's Tennyson Artwalk.

Tennyson St and 44th Ave.

www.denverartwalk.squarespace.com

Cherry Creek Arts District.

www.cherrycreeknorth.com

9/3 Friday to 9/26- Art Exhibition featuring Mark Bowles and Jim Pittman. Translations Gallery, 1743 Wazee St. www.translationsgallery.com 303.629.0713

9/3 to 9/6- Festival of Mountain and Plain, A Taste of Colorado. FREE admission, food for purchase, artisans, carnival rides. Atasteofcolorado.com

9/4 Saturday- Early Bird Holiday Crafts Fair. 10am-8pm. FREE admission. Adult Learning Center (outside) and Mountain View Room (inside) at Regis University, Lowell Campus. 3333 Regis Blvd. Contact: Karen Cordova at kcordova@regis.edu

FREE Learn to Compost classes. Offered by Denver Recycles various Wednesdays and Saturdays in Sept. 9/11 is Worm Workshop about worm composting techniques. Registration required, 720.865.6810 or www.denvergov.org/DenverRecycles

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9/9 Thursday and 9/18 Saturday- Family Holiday Worship at Temple Emmanuel. Rosh Hashanah (Thurs., 9/9) and Yom Kippur (Sat., 9/18). 2pm. FREE. Open to all. 303.388.4013 or Sigman@EmanuelDenver.org

9/10 Saturday to 9/19- Art and Soul Community Art and Fine Crafts Show. Hosted by Church of the Holy Redeemer, 2552 Williams St. Local artists. Opening gala 9/10. FREE. 6-8pm daily. www.lameretss@hotmail.com

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9/11 Saturday and 9/12 Sunday- Belmar Festival Italiano. Italian food, wine and artisan vendors, 10am-7pm, FREE admission. www.belmarcolorado.com

9/11 Saturday and 9/12 Sunday- Miniature Show & Sale sponsored by Denver Museum of Miniatures, Dolls & Toys. FREE kids' workshops 11am-3pm Sat.; 12-4pm Sun. Low-cost adult make-it/take-it workshops: Sat. 10-5 Sun. 11-4. Adults \$7, Children \$4. Doubletree Hotel Denver Tech, 7801 E Orchard Rd. Marjorie Smelt: 303.333.0925 or marjorie.smelt@gmail.com

9/12 Sunday- Bicycle Tour of Denver's City Park. Sponsored by Denver Historical Society. \$20

members/\$25 nonmembers. 9-11am. Reservations required, 303.866.4686. www.coloradohistory.org

9/14 Tuesday- Denver Women on the Move Luncheon to Free the World of MS. Annual Colorado Chapt. National Multiple Sclerosis Society Luncheon with Cami Walker, author of 29 Gifts, How a Month of Giving Can Change Your Life. 11:30am-1pm, Denver Marriott City Center 1701 California St. \$125/person. cureMScolorado.org or Emily Seuss: 303.698.5405

9/16 Thursday to 9/18 Saturday- Great American Beer Festival. Colorado Convention Center. Tickets: www.greatamericanbeerfestival.com

9/17 Friday to 9/19 Saturday- Just Between Friends, Denver's largest kids' gear/clothing resale event. National Western Complex, I-70 and Brighton. Fri. 10am-7pm, Sat. 9am-5pm. Sunday is half-price day, 10am-3pm. Reduced parking \$5, includes free admission and return visit to half-price sale. www.jbfsale.com/denver

9/17 Friday- Overdue Love Club, Singles Night for Intelligent People. Come and chat with other interesting singles, indulge in wine and coffee. Michelangelo's Wine and Coffee Bar, every 3rd Fri., 6:30-8pm. 1 S Broadway. Registration required: 720.865.1206

9/17 Friday to 9/19 Sunday- 43rd Annual Denver Gem and Mineral Show. Denver Merchandise Mart, 451 E 58th Ave, I-25, exit 215. Tickets \$4-\$6, under 13 free. Cash or check only. www.denvermineralshow.com

10/04 Monday- Blessing of the Animals. 10:30-11:30am. Bring 4-legged friends to Dumb Friends League, 2080 S Quebec St. for brief ceremony held in Sheilagh R. Malo Pet Memorial Garden. FREE. RSVP: 303.751.5772 x7081. www.ddfl.org, or 303.751.5772 x1378.

Adopt a Sophisticated Cat- Denver Dumb Friends League offering FREE adoptions of cats 6 years and older. www.ddfl.org or 303.771.5772

HEALTH AND WELLNESS

9/14 Tuesday- Healing the Aging Metabolism Lecture. 6:30pm. Weight gain with age? Heal and reverse this trend while preventing diseases of aging. Find out how! FREE. Carrie Louise Daenell, ND, LiveWell Center, 255 Detroit St. 303.399.8050

9/25 Saturday- Walk with a Doc. 8am. Denver doctors walk with the public, answer questions, give free health information and giveaways. Crestmoor Park, S. Cedar and Locust Sts (by tennis courts). http://www.njhealth.org/walkwithadoc

10/12 Tuesday. Estrogen Fights Cancer and Alzheimer's? 6:30pm. Review latest research and learn the "Timing Theory" for hormone replacement. FREE. Carrie Louise Daenell, ND, LiveWell Center 255 Detroit St. 303.399.8050

LECTURES AND DISCUSSIONS

Aurora Central Library, 14949 E Alameda Parkway: Free admission; no registration required. www.auroragov.org/powerofone or 303.739.6600

9/26 Sunday- The Midnight Judges: Marbury vs. Madison and Concept of Judicial Review. 2pm

Active Minds – Info on all sessions, www.ActiveMindsForLife.com. FREE.

9/7 Tuesday- Women of Denver History. 10am. Jewish Community Center, 350 S Dahlia St. RSVP: Lil Shaw 303.316.6359

9/9 Thursday- Lewis and Clark Expedition. 7-8pm. Stapleton Master Community Assoc, 2823 Roslyn St. RSVP: 303.388.0724

9/13 Monday- Women of Denver History. 2:30-3:30pm. Springbrooke, 6800 Leetsdale Dr. RSVP: 303.331.9963

9/14 Tuesday- NASA and Future of Space Exploration. 12:30-1:30pm. Tattered Cover, 2526 E Colfax

9/28 Tuesday- China: Closing for Business? 5:30-6:30pm. Tattered Cover, 2526 E Colfax

LIBRARIES

For info on library programs, check events calendar at denverlibrary.org. All Denver libraries closing Friday 9/3 for citywide furlough day and Monday 9/6 for Labor Day holiday.

Park Hill Library, 4705 Montview Blvd. Closed Mondays, Wednesdays and Sundays. Registration required for some programs, 720.865.0250.

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

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

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

Schlessman Family Library, 100 Poplar St (1st and Quebec). 720.865.0000. This branch will close for remodeling from approx. 9/20 to early November. No children's programming in September.

9/12 Sunday- Colorado Authors Series: Dr. Michelle Anthony, Little Girls Can be Mean. 2pm

9/18 Saturday- Introduction to Nia. Body-mind-spirit fitness class set to danceable world music beats. FREE. 10:30am

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9/19 Sunday- Colorado Authors Series: Rebecca Rosen, Spirited: Connect to the Guides All Around You. 2pm

KIDS AND FAMILIES

9/8 Wednesday- "Create Playdates" at Denver Art Museum. Kids 3–5 can roar, bang and stomp 2nd Wed. every month, 11am. Drop in, meet other tots for art making, story times, scavenger hunts. Included in museum adm.; 5 and under free. 100 W 14th Ave Pkwy. 720.865.5000, www.denverartmuseum.org

9/10 Friday- Tales from the Jungle. Weekly storytime at JCC with professional storytellers/entertainers for kids 1–5. 10:30am. Repeats 9/17 and 9/24. FREE. RSVP: 303.316.6336. www.jccdenver.org. 350 S Dahlia St.

9/25 Saturday- Dumb Friends League Wag N Trail. 1.6 mile hike with your dog to help homeless pets at Buddy Center. 8am–12pm. Glendale Farm Open Space, Castle Rock. www.ddfl.org or 303.751.5772 x1378

Through September 6- Colorado State Fair. Pueblo. www.coloradostatefair.com

Through 9/12- Super Sand Dome Summer Experience. Denver Children's Museum. Play inside huge, colorful inflatable dome filled with wet sand piles. Daily 11am–3pm; Wednesdays 11am–7pm. Free with museum adm. 2121 Children's Museum Dr. (I-25 and 20th St) 303.433.7444, www.mychildsmuseum.org

Sundays through 9/19- Yoga Rocks the Park. Yoga and live music; yoga activities for kids 3–10 next to adult area. \$10 adult, \$10 1st child, \$5 addl. children. City Park, York St and E 21st Ave. 970.390.4318 www.yogarocksthepark.com

Embracing Horses at Urban Farm- Fall session riding classes begin 9/13. Only a few openings remain. Contact info@theurbanfarm.org to register your child

Small Hands Art Studio in Stapleton registering for fall classes. Parent tot, preschool and K–5th grade. www.smallhandsart.com

The Art Garage in Park Hill registering for fall classes, ages 4 and up. www.artgaragedenver.com

Through 1/2/11- Tutankhamen: The Golden King and the Great Pharaohs. Denver Art Museum, 13th at Broadway and Bannock. Tickets: Ticketmaster or Tickethorse, \$16.50 up. www.tut-denver.com

MUSEUMS

Aurora History Museum, 15051 East Alameda Parkway. To register for class with class number, call 303.326.8650 or register online at auroragov.org.

9/11 Saturday- Walk Where the Dinosaurs

Walked. 8:30am–3:30pm. Ages 8–adult. Hop on bus & explore Front Range for evidence of dinosaurs. See amazing rock formations, dinosaur footprints, cool fossils with geologist Dick Jensen. Bring walking shoes, camera, sack lunch. CLASS number 143829. \$21 (\$16 Aurora resident)

9/16 Wednesday- Hoffman Heights. Noon–1pm. Sam Hoffman, self-described "Henry Ford of home-building industry," was responsible for development of Hoffman Heights. Learn about homes he created & results of recently completed 12-month Hoffman Heights architectural survey. CLASS number 143825. \$4 (\$3 resident)

9/18 Saturday- Discover Japan. 1–4pm. Learn Japanese culture/traditions in family-focused event. Hear taiko drummers, watch artist demos, experience folk dancing, learn origami/Japanese calligraphy, more. CLASS number 144179. \$2 (\$1 resident)

Through 10/31- Moving Portraits: Illustrating Native America. Western Native American art highlighting colorful depictions of movement/ceremony/natural life. Artists include Woodrow Wilson Crumbo, J.D. Roybal, Harrison Begay, and others from Aurora History Museum Hensler Collection. 9am–4pm Tues.–Fri.; 11–4 Sat. and Sun.

Denver Museum of Nature and Science, Montview and Colorado Blvd. www.dmns.org

9/16 Thursday- Science Lounge. Cocktails and entertainment every 3rd Thurs. of month. 6:30–9:30pm. \$8/members/\$10/nonmembers.

Planetarium- Journey to the Stars. Narrated by Whoopi Goldberg, various times; tickets \$6/ages 3–18, \$8/adult

NORTHFIELD EVENTS

Support Breast Cancer Survivors with "Back In The Swing" at The Shops at Northfield Stapleton. www.NorthfieldStapleton.com

Harkins Theatres 18 – 720.374.3118. New releases every Friday! www.HarkinsTheatres.com

Opening Fall 2010

Toby Keith's I Love This Bar & Grill
Guy Harvey's Perfect Spot Bar & Grill
Wyland's Ocean Blue

The Twisted Olive – 303.373.8100, www.TwistedOlive.com. Weekly live entertainment. Visit website for details.

Martini Society- 5pm, Every Tuesday–Sunday
Spoken Word/Poetry- 9pm, Every Wednesday
Longest Happy Hour in the City- Every Friday
Dream Saturdays- Every Saturday

Bass Pro Events - 720.385.3600

www.BassPro.com.

9/1, Wednesday - Fall Brown Trout Fishing (Every Wed. in Sept.)

9/2, Thursday - Saltwater Fishing (Every Sept. Thurs.)

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

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

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

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

Press releases for suggested stories should be sent separately to FrontPorchStapleton@gmail.com.

9/3, Friday - Archery Hunting Elk (Every Sept. Fri.)

9/4, Saturday - Introduction to Fly Fishing (Every Sept. Sat.)

9/10, Friday - Tactics for High Country Blue

9/11, Saturday - Basic Handgun Safety

Improv Comedy Club and Dinner Theatre –

Tickets: 303.307.1777 www.ImprovDenver.com.

9/2–9/5 - Thursday–Sunday - John Paul Morgan

9/9–9/12 - Thursday–Sunday - Loni Love

9/17–9/19 - Friday–Sunday - Maz Jobrani

9/23–9/26 - DeRay Davis

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

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

9/2 Thursday- Home on the Range. 1–3pm. Explore the world of the American Bison

9/4 Saturday- Bike the Refuge. 8–10am. Bring a helmet, bug spray, and fat, puncture proof tires

9/4 Saturday- Sunset Photo Tour. 5:30–8:30pm

9/7 Tuesday- Tuesday Tots: Nature's Orchestra. 10–11am. Ages 2–5. Parent or guardian must accompany child. See music you can make with natural objects found outdoors. Repeats 9/28

9/11 Saturday- Refuge Hike. 8–10am. 2–3 mile hike with volunteer naturalist. Repeats Thurs. 9/30.

9/11 Saturday- I-Spy. 1–3pm. Join this mystery exploration and test your observation skills. See if you spy tracks, bones, feathers and other signs animals leave behind that identify who they are

9/12 Sunday- Ranger Read-along. 11:30am–12pm. Join Park Ranger for story time under the great elm tree. All ages welcome

9/16 Thursday- Friends of a Feather. 8–11am. Explore prairie, lakes and woodlands with Refuge naturalist in search of our feathered friends

(continued on page 22)



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ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE (continued from pg 21)

9/18 Saturday- Autumn Nature Hike. 1–3pm

9/18 Saturday- Buffalo Soldiers. 7–8pm. Known as buffalo soldiers, African-American soldiers played a major role in the American military in the 19th, 20th centuries. Enjoy a presentation on role and daily life of these unsung American West heroes. Recommended for adults.

9/19 Sunday- Resident Wildlife. 1–3pm. Sure, there are more than 330 wildlife species at the Refuge, but do you know which make your Refuge “wild” year-round? Meet the locals during this informative program/bus tour

9/23 Thursday- Harvest Moon Hayride. 6–8pm. Crisp, cool air and fall’s first full moon. Celebrate with evening hayride.

9/25 Saturday- National Public Lands Day. 9am–12pm. Make a difference on your Refuge by collecting trash along Refuge trails and perimeter on this special day. Teams with most bags of trash receive a prize. Bring water, sunscreen, gloves.

9/26 Sunday- Sunrise Photo Tour. 7–10am.

SPORTS & FITNESS

9/11 Saturday- First American State Bank Fitness Festival and 5K. 7:30-10:30am. Crescent Park, Greenwood Village, Bellevue and DTC Blvd. \$15 kids 17 and under, seniors 60+; \$27 for adults; prices increase day of. After party food sampling, \$10, \$15 at door. www.fasbfitnessfestival.com.

9/18 Saturday- 4th Annual Women’s Soccer Celebration. Women’s League Force (Ft. Collins) and Colorado Rapids present a soccer double-header. Force vs. Colorado Rush at 4pm; Rapids vs. New England Revolution at 7pm. \$16 ticket includes both games. Dick’s Sporting Goods Park. Tickets: Dick’s Sporting Goods, TicketHorse 303.53-HORSE or ColoradoRapids.com. Under 18 interactive soccer clinic between games, additional \$25 at www.ForceSoccer.org.

9/19 Sunday- Lowry Community Master Association presents Machebeuf 5k family fun run and walk. 10am; race starts and finishes at Machebeuf High School, 458 Uinta Way in Lowry. Register: www.active.com

9/19 Sunday- 4th Annual Hop Skip and a Jump Start. Stroller and family-friendly 5K and Expo starts 9am. Benefits Children’s Museum of Denver. Register: www.mychildsmuseum.org

10/10 Sunday- Fans on the Field 5th Annual Denver Stadium 5K and 10K Walk/Run. Benefits National Sports Center for Disabled. Run through Denver’s 3 sports stadiums. Register: www.fansonthefield.com

10/17 Sunday- Denver Rock ‘n’ Roll Marathon, Marathon and Relay. Register: www.denver.competitor.com

Stapleton All Sports- Registering for fall classes, soccer, football, early ball skills and cheer. Ages 2+. www.stapletonallsports.com

STAPLETON/PARK HILL/LOWRY EVENTS

Live Music at Soiled Dove. Voted Denver’s best live music venue of 2008, The Soiled Dove is located

at 7401 E 1st Ave in Lowry. Tickets: www.soiled-dove.com

9/9 Thursday and 9/10 Saturday- The Jewish Experience High Holiday Experience. For Rosh Hashanah choose class-style presentation with Rabbi Tzvi Gluckin or Explanatory Learner’s Services with Rabbi Raphael Leban. Kids’ holiday activities, Shofar blowing at 12pm, followed by Festive Holiday Kiddush, both days. Lowry Town Center, 200 Quebec St, bldg 500, #105. \$50/adult, \$18/child, \$136/family max. Register: 303.316.6412 or rsvp@theje.com or www.theje.com

9/12 Sunday- Lowry Bike Treasure Hunt. Discover treasure of historic Lowry. Families, come with decorated bikes and go on bike scavenger hunt, discovering art and history of Lowry. 1–4pm. FREE. Start/finish at Eisenhower Chapel, 293 Roslyn. www.lowrylink.com

9/18 Thursday- Yom Kippur Learners Service. 10:30am, Join The Jewish Experience for Yom Kippur Learners Service with kids’ holiday activities. Memorial Service at 12pm. Lowry Town Center, 200 Quebec St, bldg 500, #105. \$50/adult, \$18/child, \$136/family max. Register: 303.316.6412 or rsvp@theje.com or www.theje.com

10/7 Thursday to 12/9- Conversational Hebrew. The Jewish Experience offers Denver’s only Ulpan-style Hebrew learning experience. Thurs. nights, 8-week sessions, 3 class levels. Jewish Community Center, 350 S Dahlia St. \$140/session. 303.316.6412 or rsvp@theje.com

9/18 Saturday- Farm Fest to Benefit The Urban Farm. Local bands, kids activities, silent auction. Gates open 1pm, music from 3–7pm. Bring

own lawn chair. Tickets \$5–\$20, kids under 5 free. 10200 Smith Rd. info@theurbanfarm.org or austinsirus@yahoo.com

9/19 Sunday- 33rd Annual Park Hill Home Tour and Street Fair. Tickets at ParkHill-HomeTour.com and King Soopers.

THEATER

9/17 to 10/30- The Love List. Avenue Theater, 417 E 17th Ave. 303.321.5925, www.aveneuetheater.com

9/17–19 and 9/24–26- Cleo Parker Robinson Dance Ensemble in concert with Rituals presents Rites de Passage. Cleo Parker Robinson Dance Theater, 119 Park Ave W. Fri./Sat. shows 7:30pm; Sunday shows 2pm. Tickets: cleoparkerdance.org, 303.295.1759 x13, www.cleoparkerdance.org or black-tiecolorado.com

9/23 to 10/10- Innocent Thoughts. Shadow Theatre, 1468 Dayton St, Aurora. 720.857.8000, www.shadowtheatre.com

10/1 to 10/31- Something Wicked This Way Comes. Aurora Fox Theatre, 9900 E Colfax, Aurora. www.aurorafoxartscenter.org, 303.739.1970

9/22–26 -Tap Dogs. Buell Theater. www.denvercenter.org

To 9/25- Showtune. John Hand Theater, 7653 E 1st Pl, Lowry. 720.880.8727, www.johnhandtheater.com

To 9/19- On Golden Pond. Vintage Theatre, 2119 E 17th Ave. 303.839.1361, www.vintagetheatre.com

DENVER ZOO

9/10 Friday- Brew at the Zoo. Pair samples of Colorado-brewed beer with great food from well-known restaurants; dance under the stars. 7–10pm. \$60/member; \$65/nonmember before 9/8; \$70/\$75 after. \$30 designated-driver ticket; \$85 preview ticket includes admission at 6pm. No guests under age 21 (including infants) admitted. Tickets: www.denverzoo.org or 303.376.6741

9/12 Sunday- Early Morning Photo Safari-Fall Colors. 7am. Capture images of zoo animals in early morning light; lesson and photo tour with Denver Zoo staff photographer Dave Parsons. \$40 member/\$45 nonmember. Advance registration required, 303.376.6741. Repeats 10/9.

9/12 Sunday- Date Night- An Evening South of the Border. Dinner and romantic stroll after hours at zoo. \$70/couple. Advanced registration required. 303.376.6741. No guests under age 18 (including infants) admitted.

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More Events...

Sept. 7 Kids' Stuff Swap Meet
Trade What You Don't Need for
What You Do

The Swap Meet will be held at Jumpin' Jordy's, 7055 W 88th Ave, Westminster, from 5-7pm on September 7. Bring a bag (or 2 or 3) of kids' stuff you no longer need, and leave with a bag (or 2 or 3) of kids' stuff you DO need! Suggested items for trading include: gently used kids' clothing, toys/games/books, sporting equipment, strollers and gear, etc. The fee to enter is just \$1, but kids can come play on the giant inflatables for \$5 each while parents browse. Every half-hour there will be a drawing for Free Prizes, including entry passes to Jumpin' Jordy's and Jumpin' Jordy's T-shirts. Remaining items after the swap meet will be donated to a local children's charity.

For directions to Jumpin' Jordy's, go to www.jumpinjordys.com or call 303.427.2505. The Swap Meet is sponsored by Living Quarters Realty, Jumpin' Jordy's and Chase Park Writing Services.

Sept. 10, DAVA Kids Showcase Art
Imagination in Art and Life

At Downtown Aurora Visual Arts, better known as DAVA, students can explore the power of their imagination as a stepping stone toward innovation. Super Kids, a new exhibition, opens with a reception on Friday, September 10 from 4 to 8pm.

The show features science fiction movies, clay animations, paintings and mixed media works by DAVA computer art lab students and job training in visual arts students. The middle-school students took on every aspect of film production from writing stories to filming and editing. Their first official movie screenings will be at 6pm at the reception and play in the gallery for the length of the show, which runs through October 29. Also featured is imagination artwork created in DAVA's drop-in programs by students ages 3 to 17 and works by professional artists Katie Taft, Tracy Weil and Alicia Ordal.

The show is free and open to the public. DAVA is located at 1405 Florence St., one

block south of E. Colfax in Original Aurora. For more information, visit www.davarts.org or call 303.367.5886.

Sept. 17-19 and Sept. 24-26, 40th
Season Celebration
Cleo Parker Robinson Dance
Performs Rituals

The Cleo Parker Robinson Dance Ensemble (CPRDE) opens its 40th season with Rituals, with choreography not seen in the U.S. for over 30 years! Katherine Dunham's Rites de Passage is a timeless work previously seen at Carnegie Hall and on Dance in America. Rituals also features a world premiere by Milton Myers, one of America's most prolific choreographers. Myers' Arranged is a tribute to Marceline "the Queen" Freeman who passed away July 15. She was artistic associate to Ms. Robinson for nearly four decades, a 38-year veteran dancer, rehearsal director, teacher, mentor and friend to the global dance community.

CPRDE will also perform excerpts from one of the company's most important works, Carl Off's Carmina Burana. Choreographed by founder/executive artistic director Cleo Parker Robinson, it was created in the late '70s to open the Boettcher Concert Hall with the Colorado Symphony Orchestra. Former company member of 10 years Gary Abbott, now artistic company director of Deeply Rooted in Chicago, has restaged Sweet Re music by Aretha Franklin.

Rituals can be seen Sept. 17-19 and Sept. 24-26 at the Cleo Parker Robinson Theatre, 119 Park Avenue West. For information and tickets, go to www.cleoparkerdance.org or call 303-295.1759 x20.

Sept. 19 Dog Fest in Aurora
Six-toed Dogs and Canine Crafts

Some of the rarest dogs in the world—with six toes on their front feet—can be seen at Bark in the Park and Lundefest Too, an all-day dog fair from 10am-3pm Sept. 19 at Expo Park, 10955 E. Exposition Ave. Celebrate AKC Responsible Dog Ownership Day with educational sessions and demonstrations as well as a Kids Corner to create original ca-

nine crafts. Numerous AKC-recognized dog breeds will be shown. The six-toed canines will strut their stuff at 11am in the Norwegian Lundehund Dog Show. Only 1,200 exist worldwide. Their unusual sixth toe on each fore foot enables them to climb steep inclines.

Bark in the Park is free and will be held rain or shine. Well-behaved dogs on a leash are welcome. Restricted breeds must abide by City of Aurora ordinances. For more, call 303.696.7106 or email cinergyboxers@aol.com. Presented by the Arapahoe Kennel Club; sponsored by the Norwegian Lundehund Breeders Association and Plum Creek Kennel Club, together with the City of Aurora Recreation Division.

Sept. 24, New Museum of Nature &
Science Exhibit
Journey to the Amazing World of the
Amazon

Amazon Voyage offers a fascinating virtual journey down the world's largest and most biologically diverse river and lets visitors meet amazing creatures—piranhas, anacondas, electric eels, stingrays and more at the Denver Museum of Nature & Science. Amazon Voyage: Vicious Fishes & Other Riches is an interactive, bilingual (English-Spanish) ex-

hibition that will run until January 2, 2011, and is free with museum admission. It combines real scientific research with humor, dance, music and whimsical artwork to create an interesting experience for all ages, particularly families with children ages pre-K and up. Encounter field researchers making incredible new discoveries. Become a scientist and investigate the scientific, social and economic choices that will shape the river's future. More at www.dmns.org.

Sept. 25 Bluff Lake's "Urban Spaces,
Wild Places"
Wild Beer Tasting and Kids' Wild
Adventure

On September 25, Bluff Lake Nature Center will host a Saturday night outing from 4-7pm for the whole family. Urban Spaces, Wild Places will offer a wild beer tasting for adults and a wild adventure for kids. It benefits the Center and supports urban vitality, habitat preservation and environmental education.

The wild beer tasting for adults will offer three varieties of beer, scrumptious food and well-shaded spaces. The party will start at the top of the bluff and there will be wild surprises for those venturing out to the pavilion and the boardwalk.

The kids' wild (continued on page 24)

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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.
Alternates between Lunch & Happy Hour
tbrislina@gmail.com
www.stapletonhomebusiness.co

2nd Wed. (Odd-numbered mos.)

SUN Transportation Committee 6:30pm
MCA 2823 Roslyn St.
stapletonneighbors@msn.com

3rd Thursday

Stapleton Citizens Advisory Board Mtg.
7350 E. 29th Ave.
7:30-9am 303-393-7700

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

2nd Sunday

Collaborative Kite Fly & Walk, (free) Stapleton Central Park,
2:30-5pm. Please RSVP at
Meetup.com/RockyMtnKite
or Meetup.com/TTWalks

Periodically

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

The community is invited to dinner and a program Sept. 15 Launching the be well Community Action Plan

The community is invited to a dinner and program on September 15 from 5:30 to 8:00pm at DSST. The program will highlight how communities, together with public health and medical professionals, can reduce the challenges that lead to chronic illnesses.

People in the community are the heart of the be well movement—people who understand that good health and access to healthy living options are essential to improve quality of life, both for individuals and for the community. be well is a social movement that connects individuals, policy makers, and people in organizations and

businesses.

At this presentation, participants will learn how they can support healthy lifestyles in the be well zone* and how to develop and share resources to address the challenges. And they will learn how communities can serve as catalysts for changing policies, programs and environments to support healthy lifestyles.

Sarah Strunk, Director of "Healthy Kids Healthy Communities," will be the speaker. Please RSVP to 303.486.3223 or ljoseph@stapletonfoundation.org.

*NE Park Hill, Greater Park Hill, East Montclair, Northwest Aurora, and Stapleton neighborhoods

More Events...

(continued from page 23) adventure will be a guided tour around Bluff Lake with three educational stations, ending at our bluff-top fire pit for a campfire meal.

Adult nonmembers/\$35; adult members/\$30; nonmember children/\$30; member children/\$25. For event information and directions to Bluff Lake, go to www.blufflakenaturecenter.org or call 303.344.0031.

Sept. 11, Hiawatha Davis Rec Center District 11 City Services Summit

Questions, Ideas, or Concerns about City Services? Join Councilman Michael Hancock and City Department leaders on Sept. 11 from 9am-12pm at the Hiawatha Davis Rec Center, 3334 Holly St. The District 11 City Services Summit is designed to improve communications between the city and district residents. Ask about services such as trash collection, recycling, traffic planning, road repair and maintenance; police, libraries, parks & recreation, animal control and neighborhood inspections. Attendance is free.

Just Between Friends Consignment ReSale Event Sept. 17 - 19

Just Between Friends, the largest kids' gear & clothing event in Metro Denver and will be held at the National Western Complex at I-70 and Brighton Blvd. from Sept 17 to 19. Volun-

teers shop a private sale on Sept 15. Consignors shop a private sale on Sept 16. More information at www.jbfsale.com/denver or contact Tracey at tracey@jbfsale.com or 303 884 9198.

Uncork Your Inner Artist Adult Art Classes Starting in Sept.

Paint by Wine offers a new way for people to find their inner artist. Adults can spend two hours with an instructor to learn to create artistic masterpieces. Paint, brushes, canvas, aprons, glasses and corkscrews are included for \$35 per class. Students are asked to bring their favorite bottle of wine or other beverage. September classes for beginners as well as seasoned artists will be held on Thursday and Friday evenings beginning September 9. Private parties of 8 to 12 students can be booked on other evenings.

Paint by Wine also offers Open Studio where participants can paint without instruction from 11am to 2pm for a fee of \$25 on Mondays, Tuesdays and Wednesdays. Students may work on previously begun pieces

Central Park Boulevard Bridge Update

According to Derek Brown, director of infrastructure for Forest City, Stapleton, Inc., Conoco Phillips is nearing completion of its work to relocate petroleum pipelines to their permanent location in the CPB corridor, and removing certain abandoned pipelines that result from this work. Construction proposals for the interchange connections project were received last month.

For more information or to sign up for email alerts visit www.denvergov.org/CPBinterchange, call the project information line at 303-991-4588 or email cpbinterchange@wilsonco.com.

or purchase canvas to start anew.

The age limit for classes and Open Studio is 16 years old. Any student under 18 attending evening classes must be accompanied by an adult class member. Paint by Wine will strictly enforce Colorado law, which does not permit anyone under the age of 21 to consume alcoholic beverages.

Art & Framing is located in the Town Center, 7483 E. 29th Ave. For information, call Lin Clark at 303.834.1979, email Lin@ArtandFramingStapleton.com or visit www.paintbywine.com.

Free and Open to the Public This Fall Visiting Lecturers Analyze Current Political Issues, Comm. College of Aurora

"Current Political Issues," a new course at Aurora Community College about how policies are made in the state legislature, will feature presentations by well-known guest lecturers, and the talks are free and open to the public:

Sept. 7: "The Bureaucracy: Where Policies Are Implemented," presented by Jim Carpenter, chief of staff, Office of Gov. Bill Ritter, Jr.

Sept. 14: "Public Finance and Budgets," presented by Henry Sobanet, former budget director, office of Gov. Bill Owens

Oct. 5: "Topics in Health Care," presented by Cody Belzley, vice president of public affairs, Colorado Children's Campaign

Oct. 12: "Financial Reform and Bank Regulation," presented by Rich Martinez, Young Americans Bank

Oct. 26: "Executive Leadership and Politics," presented by Bill Ritter, Jr., governor of Colorado
Nov. 9: "K-12 Education Reform," presented by state Sen. Nancy Spence

Nov. 16: "Higher Education Finance," presented by Dr. Linda Bowman, president, Community College of Aurora

Gov. Ritter's presentation begins at 6:30pm, all others will start at 6pm in the Fine Arts Building Forum on CCA's CentreTech Campus, 16000 E. CentreTech Parkway, Aurora.



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Take a Hike by Marko and John Babiak

When a Two-Tailed Tiger Swallowtail Butterfly Came Knocking

Last spring Marko and I started to draft a list of prospective wildlife candidates that we could write about in the months ahead. In our usual way, we thought of practically every kind of animal and plant that inhabit metropolitan Denver. Our ambitious list could have filled up a school room white board. One creature that was high on our wish list was a butterfly. Perhaps we would discover a handsome purple and orange Colorado Hair-streak, our official state insect, patrolling an oak thicket. Better yet, maybe we'd cross paths with a graceful Monarch, drinking nectar from the pink flowerets on the Butterfly Bush of our longtime friends, Nature Rangers Mason and Avery.

I recall setting some expectations with Marko and telling him that capturing a resting butterfly with his macro lens would be no easy goal. Butterflies are very mindful of their immediate surroundings. In my experience, the greatest challenges would be—being at the right place at the right time to point and shoot and having a cooperative butterfly, all in hopes of generating one worthy image for this column.

Spring and summer were speeding by. No butterfly encounter. As July came to a close, I doubted that this photo op would ever materialize. Then, almost fortuitously, it did, and in the most delightful way. It started with a ring of our doorbell. It is important to understand that our neighborhood is crawling with nature-loving children. And it is fair to say, not a week goes by without a child appearing at our front door, ready to share their specimen from wild Denver or eager to convey an experience that they had with our natural world. I have genuinely WOWED at tens of window-well-dwelling toads, listened to many a camping tale complete with bears and moose, helped rescue fledgling birds, and even once relocated a



A Two-Tailed Tiger Swallowtail uncoils his proboscis and draws up nectar from a butterfly bush. Missing from its left hind wing tip is a pair of protruding lures that may have caught the eye of a hungry bird. Photo by Marko Babiak

landed on Nicholas's bright yellow shirt. This dynamic duo 'really needed' to show me their friend. I gazed at the gentle giant and wondered could this be the encounter that we have been waiting for? Could this magnanimous creature stay put while Marko dashed for his camera? Would it remain tame long enough for us to gingerly walk it over to Avery and Mason's blooming bush? The risky trek took an eternity, but the end result was magical. We admired the tiger's breath-taking beauty as it patiently sat in what appeared to be a deliberate picture-perfect pose for my wildlife photographer. As I looked at the mesmerized kids I thought, nature is gifting us a one-of-a-kind moment, in the first person and free of any charge. I felt very privileged.

Colorado is home to four Tiger Swallowtail butterfly species. They reside in distinct regions, and sometimes share habitats, especially along the Front Range. Our grasslands to the east are home to the Eastern Tiger Swallowtail. Western Tigers live up to the foothills. In the mountains we find the Pale Tiger Swallowtail version. The most common species found in the lowlands of our eastern and western slopes is the Western Two-Tailed Swallowtail. With wingspans in excess of six inches, these Tigers are one of the

lost Prairie Dog pup. Two little heads were peering through our door window pane—it was our dear next door neighbors, Junior Rangers Nicholas and Eva. While on a stroll, a Tiger Swallowtail butterfly

largest North American butterflies that live north of the Tropics.

This summer's Swallowtail sightings have been numerous. Our balmy weather and an occasional deluge of rain have enabled their favorite host plants to flourish. In the spring and early summer, females lay their dark green eggs on color matching Ash, Aspen, Birch and Maple tree leaves. At night time her voracious caterpillars exit their silken hammocks and proceed to gorge themselves so much that they need to molt their busting cuticle four times in the days ahead. Some caterpillars increase their body mass by as much as 1000 times before they enter into their sedentary chrysalis phase. During this final insulated stage, nearly all of the caterpillar's organs and tissues are consumed and transformed into a butterfly. The lifespan of the emerging adults is about 14 days. Their action plan is straightforward. Seek out water and nectar rich plants like Purple Coneflowers, Phlox, Bee Balm and Lilacs to feed on, court and reproduce.

Swallowtail butterflies do not migrate like the Monarchs. Most of Colorado comfortably supports two, possibly three generations of Swallowtails per year. Eggs that are laid late in the summer season will progress to the next stage, however if stressed by cold weather, the metamorphosis process pauses wherever, and enters into a state of suspended development until the environment is conducive for the cycle to continue. That wait could be as long to the following spring.

Tiger Swallowtail caterpillars and butterflies have many natural enemies. They employ clever self-defense mechanisms, including mimicry and camouflage to protect themselves. The distinctive shape and brown-white coloration of the Two-Tailed Swallowtail caterpillar mirrors that of an unappetizing bird dropping. The resulting adult butterfly grows a twin pair of deceptive hind tail protrusions that lure predaceous birds to aim their beaks here, versus their more crucial head. Whether flying through our sunlit gardens or resting in the shadows of a broadleaf tree, these Tigers marry with their natural surrounds and avoid detection much like their namesake in the Savanna.

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

A photograph of a woman with long brown hair and a young boy in a striped shirt, both smiling and holding a large white sign. The sign has handwritten text and a drawing of a sun.

FALL KICK-OFF
September 26th
I hope you can make it

A circular logo for Stapleton Fellowship Church. It features a mountain range, a sun, and a cross. The text "STAPLETON" is at the top, "FELLOWSHIP CHURCH" is at the bottom, and "REAL RELEVANT" is in the center.

More details at
www.StapletonChurch.com

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Elder Abuse Awareness and Prevention

By Benita Muñiz

The Elder Abuse Resource & Community Victim Advocacy Program is an outreach and awareness effort to help detect and prevent elder abuse.

Older persons deserve honor and respect... not abuse. Unfortunately many of our elders reach their so-called golden years abused and alone. Many elderly are taken advantage of by the people who are supposed to care for them. If you know an elderly person who is being mistreated, neglected, or harmed in any way The Denver District Attorney's Office can help.

Types of elder abuse include the following:

- Physical Abuse – Hitting, slapping, pushing, kicking, burning, confining, or restraining an adult.
- Sexual Abuse – Sexual activity or touching without the adult's consent or understanding.
- Financial Exploitation – The use of an at-risk adult's money or property for another's advantage.
- Neglect – A lack of food, shelter, clothing or care by a caregiver for an at-risk adult.
- Self-Neglect – The inability or unwillingness of an at-risk adult to care for herself or himself. Choice of lifestyle, by itself, doesn't indicate self-neglect. For example, if we choose to fast because of our religious beliefs we have the freedom to do so.

Benita Muñiz is a Community Victim Advocate in the Denver District Attorney's Office. She can be reached at 720-913-9261.

The Denver District Attorney's Office is currently recruiting volunteers for the Elder Abuse Resource and Community Victim Advocacy Program. If you are interested in learning more about this opportunity, contact Benita Muñiz, community victim advocate, at 720.913.9261 to apply.

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Screaming Baby in Seat 28C

By Bethany Smith

Several hours into a flight, after the blaring of the intercom has quieted I wiggle for what seems like ages to find a position where the airplane armrest doesn't jab my ribs as I lay over towards the window and try to sleep. Just as I begin to dose off to the roaring of the airplane engine I hear a shrill baby's cry. I look around for the culprit and spot an infant and mother a few seats behind me. The mother looks exhausted and complacent as her baby screams with angst. I wonder to myself, "why is this woman not doing more to shut this kid up!"

Fast forward a couple of years and I am now that very woman. Our luggage is packed to the brim with everything Baby could ever possibly need for the trip. I hoist the massive bag onto the scale at the airline check-in counter and it is 56 pounds, which exceeds the 50-pound limit. The ticketing agent instructs that I'll need to remove six pounds. Just then, my sweet baby begins to cry with such agitation that the surrounding area quiets as it is impossible to talk over the screaming child. The ticketing agent slaps a claim tag to my bag and hurls it onto the belt. She hands me my ticket with haste and ushers us away without another word. Baby and I walk away from the counter and he innocently giggles. We are quite a team; like a Bonny and Clyde of the sky, not paying for our six extra pounds of luggage.

On to security we go, through the family line. While holding my squirming baby I put my belongings onto the x-ray machine belt. I am instructed to put the cumbersome stroller through the x-ray machine as well. I am getting dirty looks from business travellers, other families and even old people who think I'm taking too long. I tinker with the stroller and after what seems like forever, a saintly TSA officer takes pity on me and manually scans it.

We arrive at our gate and I feel like a V.I.P as I pre-board with Baby. We find our seat and settle in for the flight. The young man seated beside me is dressed in black, listening to an iPod, blaring death

rock. He must have been chugging his coffee all morning because I've never seen anyone have to pee so often. Finally his bladder calms and Baby falls asleep only to be awoken again by his manic twitching. I look at him with agitation and look for a possible seat change candidate. Just then, Baby cocks his head back and begins to projectile vomit on me. I go to the lavatory covered in a mess; I lock the door and wish I can stay in there for the duration of the flight. I manage to change the baby into fresh clothes and vow to also bring a change of clothes for myself next time.

I make my way back to my seat and find the strength to endure the last hour of the flight. Baby is tired and cries despite my best efforts. I pretend to not speak English when barraged with accusing comments on his crying. Travelling is hard on anyone, especially a little guy with the attention span of an ant. He does not have colic, his ears are fine, he's not hungry...he is a baby on a plane. If he had a mute button I would use it!

I ponder why exactly I pre-boarded with the other poor saps that brought their babies along. Am I a masochist? After nearly four hours of misery, an air-nanny or a kiddie-corral at the back of the airplane sounds like a great idea. Just as I am about to push the flight attendant call button to request a parachute, the airplane touches down on the runway.

Though a serious challenge, travel at any age is a rewarding and educational experience. If you are a parent and haven't travelled with your kid out of sheer fear, coax those anxieties and travel anyway. In hindsight, you'll be happy you did...just don't forget your earplugs and a good stiff drink!

Bethany Smith is an avid traveller and has been writing about her adventures long before she became a "travel writer." She has visited 35 countries on six continents and lived and studied abroad in Scotland and France. She writes for her travel blog www.farawaypillow.blogspot.com and lives in Stapleton with her husband and young son.

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A Warning About Drop Side Cribs

By Tracey Gifford

Recently I have seen many cribs, including drop-side cribs, at garage sales and on Craigslist. This concerns me as a parent and safety advocate, and I'm hoping this article will inform and inspire action in your home and neighborhoods. It's easy to miss information such as important CPSC recalls with the everyday routines and busy-ness that comes with children and work schedules—this is what you need to know about crib recalls.

Since 2007 the Consumer Product Safety Commission has recalled over 10 million drop-side cribs. At least 32 children have died, with many more becoming entrapped due to the drop side feature and changed manufacturing methods of cribs. This recall was not limited to cribs from lower price-point manufacturers, it affected many higher-end cribs as well. A drop-side crib is any crib that has a front or side rail that slides down to gain access to a child. The whole front or side of the rail moves up or down. Drop-gate cribs are not part of this safety concern. In July, the CPSC proposed new standards that would ban the manufacture, sale and resale of all drop-side cribs and prohibit use in hotels and daycare centers by the end of 2010. The new CPSC standard in crib construction will make crib manufacture with four fixed sides mandatory. Major retailers and some resale venues have already stopped selling drop-side cribs

What should you do if you have a drop side crib in your house?

If you are currently using it for a child, please check the recall status of your crib by going to www.cpsc.gov and checking the manufacturer and date of your crib. Participate in any recall that exists and get the replacement hardware to make your crib safer. Recalls provide free replacement parts to you. Some companies are even providing vouchers to obtain a free replacement crib at national retailers. My personal recommendation is to not use any drop-side crib, regardless of recall status, until you have made the drop-side or sides completely immobile with replacement hardware.

Don't consider purchasing a used drop-side crib. Drop-side cribs should simply not be resold, unless the recall has been completed to immobilize the drop-side. The financial savings can be significant, but the risk is just not worth it. Also, please don't donate your crib to any local charity without completing the recall and immobilizing the drop-side of the cribs.

Thanks for taking a few moments to understand this huge safety concern and how important it is to share this information with your family, friends and neighbors.

Tracey Gifford is a Park Hill parent, and Organizer of the Just Between Friends of Denver Consignment ReSale event, which will be at the National Western Complex Sept 17-19. Contact Tracey, at tracey@jbfdsale.com or 303 884 9198.

Parents' Good Intentions May Lead Them Astray

By Nancy Burkhardt

Sometimes alternative methods for good health potentially could harm children. Recent news stories related two children suffering from kidney failure who had been drinking unpasteurized goat's milk, a practice that their well-intentioned parents had believed would be good for them.

"I think the parents believed that unpasteurized milk leads to the persistence of active enzymes that are in the milk and these parents perceived it as good for health," said Dr. Robert Brayden, a general pediatrician at The Children's Hospital and professor of pediatrics at the University of Colorado Medical School.

"Really, there is no evidence to support that," he explained. "Think about what happens to the enzymes in the protein that you eat when it goes into your stomach. It has very acidic pH. Proteins break down and by the time they get to your intestines, they are amino acids, and then they are absorbed into the body. There's very little protein or enzymes. They're broken down. It doesn't really support that you would not heat the milk to pasteurize it to kill the bacteria. Heat will damage the enzymes and change the configuration, but that will happen in your stomach anyway. You might as well kill the bacteria before you use the milk. Pasteurization has stood the test of time to keep people from harm."

Some parents also believe that lots of vitamins and herbs in a child's diet help with their growth and good health. However, there are other things to keep in mind, according to Brayden.

"Children's nutrition should contain a variety of foods and different nutrients," he said. "If a child's diet is varied and comes from all food groups in a good balance, vitamins are generally not needed in supplementation of that diet. You'll get all the vitamins that you

need in a well-balanced, varied diet.

"There's nothing harmful about taking a daily multi-vitamin, except that if you sacrifice a balanced diet, you may think that you will have a balanced diet if you eat candy bars. That's not a good choice," he added.

Iron deficiency is an important thing for parents to watch for in their children, Brayden said.

"A fair number of children have mild iron deficiency," he said. "Red meat has a lot of iron, but sometimes children don't like the texture of red meat and don't get enough iron." Dr. Brayden points out that it's important for parents whose kids don't like the texture of meat to make sure their children are getting enough protein.

Fat in food is important in a child's diet, Brayden said.

"For an infant or during the first and second years of life, children need the high calories that fats give them," he explained. "It's probably a good idea for an adult to drink skim milk. But a baby or a toddler needs to drink whole milk because they need those calories to grow."

Parents should consult their children's doctor to maintain good health for their children, he said.

"You have to watch the growth and the nutrition with your doctor because we are, indeed, all different, and some people and some conditions are such that we over nourish and wind up obese or too heavy," Brayden said. "Some conditions are such that we aren't getting enough calories or nutrition."

"Some people may be able to read and use their judgment, understand and make good choices, whereas other people are better off talking to their grandmothers and their mothers and talking to their doctors," he said of parenting for good health. "Every parent should bring their child in for regular checkups to help them understand whether they are growing effectively."

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



SUN Kickball Tournament September 11 in Central Park

The SUN kickball tournament presented by Jim 'N Nick's BBQ is right around the corner! Get your team together today for an afternoon of great food, fun with friends and neighbors and some good old-fashioned kickball.



Proceeds from the event support the SUN board and the Denver March of Dimes. The tournament is at Central Park and begins at 10am on Saturday, September 11. There is only room

for 20 teams, so register today at www.StapletonUnitedNeighbors.com. For questions, contact Gabe Hurley at gabehurley@gmail.com or 720.985.6642.

Residential Groundwater Meeting September 23

SUN's ad hoc committee on residential ground water continues to collect and map data reports from homeowners. The next meeting is Thursday, September 23, 6:30pm in the MCA Community Room. A professional hydrologist will make an educational presentation about how ground water flows. The study group has collected data from approximately 100 homeowners who have reported "excessive" sump pump activity or other possible symptoms of ground water levels rising.

Date: Thursday, September 23, 2010

Time: 6:30pm

Location: MCA Community Room, 2823 Roslyn Street

Details: www.StapletonUnitedNeighbors.com_Contact:

Steve Lawrence, 303.733.2111,

SteveLawrence@2111USA.com

SUN and MCA Sponsor Community Update Meeting October 7

Transportation Oriented Communities Discussion

The Fall Community Meeting will be Thursday, October 7 at 6:30pm at DSST. The primary focus will be on Transportation Oriented Communities (TOCs). With the planned development of the P3 East Corridor Commuter Rail by RTD, and the building of a new residential neighborhood between Smith Road and MLK (District II), SUN wants to help residents of Stapleton and the surrounding communities learn about and provide input regarding transportation design and our community. Planners from RTD will present a comprehensive plan for TOCs and Forest City will present concepts for the residential and commercial development near the new train station. Current RTD board members and candidates for election for District B (including Stapleton) will be there too.

Short updates about education/schools, library, recreation center, and residential and commercial development at Stapleton will also be on the agenda.

Date: Thursday, October 7, 2010

Time: 6:30pm

Location: Denver School of Science and Technology, 2000 Valentia Street

Contact: Steve Lawrence, 303.733.2111, SteveLawrence@2111USA.com

www.StapletonUnitedNeighbors.com

Letters to the Editor

Bicycle Theft

On August 13, 2010, my Bianchi mountain bike was taken from the bike racks on the south side of the entrance to the Stapleton King Soopers. The bike was secured with a cable-type lock 1/2" in diameter. I reported the incident to the police. The officer who responded said there had been a rash of this type of theft recently. I found out later that there is no video surveillance of this area. My purpose in writing is to let the people in the area know about this situation.

Randall Winter

Children's Center at Park Hill United Methodist church

The Board of Directors and staff of the Children's Center at Park Hill United Methodist Church are shocked and deeply saddened by the recent allegations of abuse involving a summer aide. Our family has been shaken to its core; that this kind of pain could infiltrate our home has left us reeling. We are grateful for and honored by the outpouring of support from our community and ask for your continued prayers. For further information, please contact the Children's Center at 303.333.1335.

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Crime Prevention Tips

By Amy Esten, Community Resource Officer, Denver Police Department

We have noticed an increase in residential burglaries in the area and wanted everyone to be mindful and keep their doors and windows locked. Since the beginning of the year, 24 of the 26 reported burglaries in Stapleton have been “no force” burglaries. This means that the perpetrator made entrance into the house or garage through an unlocked door or window.

Following are some other crime prevention tips:

Here are some of the things that we discuss at Neighborhood Watch presentations that can assist you in deterring crime at and around your home:

House Numbers

Visible house numbers are important. They can save police officers, firefighters and paramedic’s valuable time. House numbers are especially important if you live where there is an alley. Police officers and firefight-

ers will often respond in the alley, as access is sometimes better.



Lighting

Motion detector lights are very effective in deterring crime. They also light up your driveway or entry doors when you are leaving or coming home.

Dusk to dawn lighting is a strong deterrent against criminal activity, and it constantly lights up your entry doors and possible ob-

stacles that would otherwise be unseen.

Landscape lighting is low voltage lighting that can highlight your property line, light up your sidewalk and also light up the exterior of your windows – making your home a less attractive target to night time burglars.

Interior lighting using light timers makes a home look occupied. Good lights to leave on are bedroom and/or bathroom lights.

Radios and televisions are also good items to have on timers. If a radio playing a talk station is heard from the outside of a home, it gives the appearance that a conversation is being carried on and someone is home.

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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.

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Happy Days, The Musical Comes to The Green in Stapleton

(continued from page 1) and has just created a new musical called Happy Days to bring Fonzie and Richie back into our lives and to remind all of us of our teenage years.

The Stapleton Master Community Association is acting as executive producer to bring the Happy Days production to the Theatre on the Green. Charles Packard of the Fox Theatre, Aurora, is producing the musical with local professional talent.

The musical will be held at 6pm on Saturday, September 18 and September 25. It will also run at 4pm on Sunday, September 19 and September 26.

"This is a regional premiere," Packard said. "It has not been produced anywhere in this market. At the Fox, I make an effort to find shows that my audience doesn't know or doesn't think they know—but there are surprises while you're there. Happy Days works really well for that. Everyone remembers the series, but this has a new take on those characters."

Those who remember the TV series



Charlie Packard, producer of Happy Days

will also remember Richie's friends, Potsie and Ralph Malph, as well as Richie's sister, Joanie.

"The musical goes along with the series," Packard explained. "All of the characters are there. It plays a little bit like a series finale, so the conflicts are a little bit more serious. But we have a little more time for the story to unfold—just under two hours."

In the musical, a developer of a restaurant chain is trying to buy Arnold's and turn it into a Denny's, so the town rallies to try to save Arnold's.

"I chose the play because I would go see it, and there are an awful lot of people at Stapleton who would go see it," said the 40-year-old Packard. "My little daughters would go down to the stage and dance during the show. It's OK to bring the kids. The really funny jokes the kids won't get."

The music is '50s rock 'n' roll—doo-wop. Packard promised that

there will be plenty of poodle skirts.

"I generally look for plays that are by American playwrights and represent unique American subcultures, plays from different times and different experiences," he said. "When this came up—that Stapleton wanted me to put together something for them—I wanted that Americana. I was looking at musical revue-type shows when I stumbled on Happy Days. It wasn't technically available for production yet, but we started bugging the agent and they finally said, 'Yes, go do it.' We're very fortunate that we got this."

Packard's involvement in the Stapleton production is a move toward a closer relationship between Stapleton and the Fox, he said.

"For the Fox to get to know everybody at Stapleton is a great opportunity," he said. "We want to be Stapleton's community theatre and this is our first opportunity to make that introduction."

Elections

Democratic Primary Results

State House District 7 (95 precincts)

Angela Williams 57.0% 5,149 votes
Jon Goldin-Dubois 24.3% 2,199 votes
Mark Mehninger 18.5% 1,679 votes

November General Election

The Front Porch will run the League of Women Voters' information on the ballot initiatives in the October issue.

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Stapleton's Newest Principal



View of Stapleton 3 school from 35th and Syracuse. The corner of the building in the foreground is an auditorium that will also be available for some community uses.



View of Stapleton 3 school along Syracuse (from the west). The three-story portion of the building houses the classrooms for the upper grades, while the younger children are on the east side of the campus.

(continued from page 1) two Early Childhood Education classes for four-year-olds, three kindergartens and one first grade class in session at Westerly Creek Elementary School. Raisch explained that these will be the starting classrooms but DPS will rearrange as needed to accommodate student enrollment.

"People started applying to the school last spring. That's how we determined the classes we have now. In January, we will have an active recruitment for additional grades. As the need in the community rises, we'll add classrooms. We weren't originally planned to have a first grade this year, but enough showed up that we needed a first grade."

Raisch started his career as a principal in Iowa. He moved to Colorado in 1983 and was a principal in Loveland's Thompson School District until 1998. He then served as director of elementary school education in that district until 2002, when he retired. Retirement didn't last long for Raisch—he has spent the last few years working on and off as a principal in the Denver Public Schools.

"The major thing is, working with kids and parents and teachers you're able to accomplish something," Raisch explained. "You're able to make a difference in the lives of families. It's challenging, but at the same time it's very rewarding."

"Stapleton's new school is a specific challenge because it's creating a school from the ground up," he said. "In my profession, it's really rewarding. Not everyone gets that opportunity. We're going to create a blue ribbon school in the Stapleton area. Responding to the community's desires and creating a top school will be a goal that a lot of people would like to do."

Raisch brings with him a strong background in education and considerable experience working in multiple settings and curriculum.

"I have been part of a school that more than doubled in size, so adding physical space and staff provided a unified goal," he said. "That equipped me for this job. I know the Denver system. I know the curriculum very well. I've worked with a lot of groups in consensus building. It's all necessary when you're trying to start a school from the ground up."

Raisch said he doesn't see a problem in working with Colorado's Senate Bill 191 that changes the way teachers acquire tenure.

"I think there are some aspects of that bill that can be very useful for the profession," Raisch said. "I don't think it's something to be feared, but to be embraced. I'm sure all the people working on that will make it a useful law."

Bringing a new school into a community offers both opportunities and challenges, Raisch said.

"We're building an airplane while it's in the air," Raisch explained. "I think the opportunity for the community is to provide the guidance and the vision of how they want this school to respond to the needs of the greater Stapleton area. The challenges are that each year you have to be flexible to respond to the growth and make it attractive enough to bring in the students to make it a school."

"The other challenge for it is building a school culture," he said. "Because it's new, it needs a culture and an identity. Every school has its own feeling about how it's trying to educate kids. Schools aren't clones of each other. They have individual feel and focus. Defining that vision and mission that's unique and then becoming that is a challenge."

Raisch says he is particularly happy to be living in Denver at this point in his life since he has grandchildren here and wants to be able to spend time with them.

Stapleton 3's new principal, Chuck Raisch, is eager to talk with parents about the new school, answer questions and discuss what the Stapleton community wants to happen. He can be reached at Westerly Creek Elementary School, 303.322.5877, or email him at Charles.Raisch@dpsk12.org.

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