

# Front Porch

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

DENVER, COLORADO

STAPLETON

MAY 2011



## New Arsenal Visitor Center to Open May 21

By John Babiak

Landscape and construction contractors are putting their final touches on the grounds and building of the new “green” Visitor Center at the Rocky Mountain Arsenal National Wildlife Refuge. The building will play host to a

grand opening celebration that is currently slated for Saturday, May 21, from 9am-4pm. The celebration, including special family activities and programs will continue through Saturday, May 28.

The Rocky Mountain Arsenal (continued on page 27)

Refuge Manager Steve Berendzen and Visitors Services Manager Sherry James stand at the entrance to the exhibit hall at the new Visitor Center at the Rocky Mountain Arsenal National Wildlife Refuge.

## Mayoral Runoff Debate May 16, 6:30pm, Johnson & Wales

From May 3-10 readers can submit questions for the runoff debate at “Front Porch Newspaper” on Facebook or by email to [Info@EngagedPublic.com](mailto:Info@EngagedPublic.com).

The Front Porch is partnering with Engaged Public and the League of Women Voters of Denver for a mayoral runoff debate on May 16 from 6:30 to 8pm. Johnson and Wales University generously donated use

of the Jared Polis auditorium. The large facility offers ample seating—and all campus parking lots can be used by attendees. A link to a pdf map showing the building and the free parking locations is posted at [www.FrontPorchStapleton.com](http://www.FrontPorchStapleton.com).

Our prior forum, in order to accommodate six candidates, required time-limited responses to questions from the moderator. The upcoming runoff will be a more conversational/debate format, with the candidates able to respond directly to each other. Readers are asked to submit questions via Facebook or email by May 10 to have them considered for the debate.

## Groundbreaking Ceremony for Stapleton Library May 19, 2pm

The public is invited to join city officials, the architecture firm, the general contractor and library personnel at the groundbreaking ceremony for the Stapleton Library at 2pm on Tuesday, May 19. The library site is located at E. 29th Drive and Roslyn St.

Between now and May 19, residents may see Xcel Energy, Qwest and Comcast on site moving existing underground utility services to prepare the area. The new library branch is expected to open in mid-2012. More information about the branch can be found on DPL’s website at [denverlibrary.org/bond](http://denverlibrary.org/bond).



Attendees at the standing-room-only mayoral forum on April 14 at Central Park Rec Center raised their hands to show each candidate whether they clearly understood their position in response to the question from the moderator.



Moderator Chris Adams (far left) and candidates Boigon, Hancock, Linkhart, Mejia, Romer and Spahn at the April 14 mayoral forum.

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

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with Rep. DeGette

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Recall Effort

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Food trucks line up at the SUN Earth Day Celebration  
on April 23 in Stapleton's Central Park



## CALENDAR

Nearby events that are FREE and OPEN TO THE PUBLIC or are nonprofit events.  
(See pages 16 - 19 for more events.)

### MAY

#### May 5 - July 3

Stapleton Discovery Center  
Free Central Park West home tours and  
HGTV Green home tours (\$20)  
Daily 10am–6pm; Sundays 12–5pm.  
Free events Thur–Sat 11–1pm, Sun 12–2pm.  
StapletonDenver.com/discovery  
(Discovery Center events listed on p. 19)

#### Friday, May 6

Park Hill Bookstore 40th Anniversary Celebration, 6pm. St. Thomas Church, 22nd Ave and Dexter St., \$10 (See story p. 7)

#### Friday to Sunday, May 6-8

Park Hill Art Club Spring Show and Sale  
Fri 4:30–8pm; Sat 10am–6pm; Sun 9:30am–4pm  
Park Hill United Methodist Church  
Tavia Campbell at 303-808-4506 (See p. 11)

#### Saturday, May 7

Neighborhood Partners Environmental Team,  
Westerly Creek cleanup, 9am–noon  
26th and Beeler; coffee and bagels at 9am courtesy of Starbucks and Einsteins  
720-207-5091 or lcorrell@dotnet.net

#### Saturday, May 7

Free Women's Self Defense Class, 1-2pm  
Mike Giles Family Karate, Quebec Square  
7506 E. 36th Ave. #480, 303-377-5425  
mikegileskarate@comcast.net

#### Saturday, May 7

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

#### Thursday, May 12

Stapleton Activities, Inc. Potluck, 6–7pm  
Active Minds Seminar 7–8pm, MCA Community Rm\*

#### Thursday, May 12

Parenting, 1st in a series "Beyond Time Out: How to Raise Thoughtful Children and Keep Your Sanity, 6:30–8:30pm" Free. RSVP 303-962-2616 or sarif@milehighmontessori.org. Lowry Early Learning Center, 957 Ulster Way (See p. 19)

#### Friday, May 13

Swigert-McAuliffe Int'l Sch. Fiesta-themed auction, 7pm–12am, Parkside Mansion, 1859 York St; \$20/ smisauction.com; dawnaylorowens@hotmail.com

#### Saturday, May 14

Stapleton Block Party Day, amanda\_allshouse@yahoo.com  
http://sites.google.com/site/sunwebsite1/outreach/block-party-1;

#### Saturday, May 14

Free Princess Party at Menchie's Frozen Yogurt, Northfield, 1–4pm. Wear princess dress  
www.wandsandwishesoccasions.com

\*MCA Community Room, 2823 Roslyn Street  
Events@stapletoncommunity.com

Recurring monthly events and meetings – p. 16

#### Thursday, May 19

Stapleton Library Groundbreaking, 2pm  
29th Drive and Roslyn St., denverlibrary.org/bond

#### Thursday, May 19

Stapleton Community Forum, Bill Roberts School, open 6:30pm, meeting 7–8:30pm. StapletonUnitedNeighbors@gmail.com

#### Fri to Sun, May 20-22 & 27-29

Wildlife Film Festival at Rocky Mountain Arsenal National Wildlife Refuge (See story p.26)

#### Saturday, May 21-28

Grand Opening Activities at the new Rocky Mountain Arsenal National Wildlife Refuge  
New Visitor Center, 9am–4pm (See story p. 1)

#### Saturday, May 28

Opening Day at the Pools, Noon, Aviator, PJ, F15 & Jet Stream; Pools@stapletoncommunity.com

#### Saturday, May 28

Sweet William Market, 9am–2pm  
The Green. www.SweetWilliamMarket.com

#### Monday, May 30

DJ's at the Pools for Memorial Day Celebration, Noon–4pm. Aviator, PJ, F15 & Jet Stream

### JUNE

#### Friday, June 3 & June 10

#### Saturday, June 4 & June 11

Theatre on The Green, "Footloose", 7–9pm  
The Green. Events@stapletoncommunity.com

#### Tuesday, June 7

Children's Museum, Target Tuesdays  
1st Tuesday nights free, 4–8pm, cmdenver.org

#### Saturday, June 11

Stapleton Bicycle Safety Event 10am–2pm.  
MCA Community Room\* Used bicycle donations needed. 720-865-2356.

#### Saturday, June 18

Concert, "The Hazel Miller Band"  
6:30–8:30pm. The Green.  
Events@stapletoncommunity.com

#### Sunday, June 19

Farmers Market Opening Day  
8:30am–12:30pm (every Sunday thru Oct.)  
The Green. Events@stapletoncommunity.com

#### Wednesday, June 22

Bike to Work Day; Breakfast stations listed at  
http://www3.drcog.org/BikeToWork/Station

*The Front Porch welcomes submissions  
of upcoming local events (format on  
p.17) and story ideas. Deadline is the  
15th for the next issue.  
Email FrontPorchStapleton@gmail.com*



#### What is your Community DNA?

This month is the beginning of a busy summer season that finds many of us outside walking, running or riding our bikes, so our DNA topic this month will focus on safety. I was sitting in Udi's last week and had a view of the intersection just outside. I stopped counting after I watched 50 cars roll through the stop sign. This is a very busy intersection and not a single car came to a complete stop!

I decided it was time for me to take matters into my own hands and lead by example. Since that day, I come to a complete stop in front of the stop sign and before the crosswalk. What a difference it makes in my ability to take in the traffic, take in the cyclists and pedestrians, and it just slows me down so I can enjoy the drive. This month try to stop completely at all stop signs! See if you can do it. It will make our community a safer place if we just take the moment to stop completely.

#### Sweet William Market

The summer market season opens on Saturday, May 28 with the first Sweet William Market of the year. Grab breakfast with your friends in the 29th Avenue Town Center and then head over to The Green to shop among the unique, uncommon treasures you will not find in any store.

The market hours are 9am–2pm. Sweet William will happen the last Saturday of every month through September. For more information, visit www.sweetwilliammarket.com.

#### Theatre on The Green

The Aurora Fox Theatre and the Stapleton MCA are excited to bring theatre to The Green again this summer. This year we will feature the musical Footloose the first two weekends of June. The actors put on an excellent show last year and you won't want to miss it this year.

The performances will begin at 7pm on The Green on Friday, June 3; Saturday, June 4; Friday June 10; and Saturday June 11. This is a free event open to the public! For more information, visit www.stapletoncommunity.com.

#### Active Minds Seminar

The topic this month is The Impact of Japan on Nuclear Power. Active Minds will follow the Stapleton Activities, Inc. potluck at 7pm on Thursday, May 12 in the Stapleton MCA Community Room. Join Active Minds as we evaluate the impact of recent events in Japan on the ongoing debate regarding the pros and cons of nuclear energy. For more information, visit www.ActiveMindsForLife.com.

#### Stapleton Activities, Inc.

Join us for our monthly potluck in the Stapleton MCA Community Room. This event is open to everyone! You do not need to be a resident of Stapleton. Come for dinner and then stay for the Active Minds Seminar on Thursday, May 12. The potluck will begin at 6pm. Please bring a dish to share with the group. MCA will provide beverages, plates and utensils.

#### SUN/CAB Community Forum

The annual community forum is scheduled for Thursday, May 19 at Bill Roberts School. Receive updates on commercial and residential development in Stapleton as well as other pertinent community information. Doors open at 6:30pm and the presentations begin at 7pm.

#### New Pool Opening

The MCA is excited to open its fourth pool this summer north of Central Park. Jet Stream Pool and Park will open Memorial Day weekend and should be an immediate hit. The pool will feature lap lanes, a shallow wading area and a diving well separate from the lap lanes. For more information, visit our website at www.stapletoncommunity.com.

#### Save a Life Program

Stapleton MCA is doing our part to stay healthy, safe and prepared! Through the Save A Life Denver program of the American Red Cross, we will be placing automated external defibrillators (AEDs) at all four of our community pools, and our staff will be receiving life-saving CPR/AED skills training.

Save A Life Denver is a public access defibrillation (PAD) program designed to empower people in the community to save lives by making AEDs broadly available in public places and areas of need. The American Red Cross is able to offer grant-funded and discounted AEDs to qualifying organizations throughout Colorado. To find out how your school or business can get AEDs through the Save A Life Denver program, go to www.savealifedenver.org or call Gwen Wernersbach at 303.607.4740.

#### Volunteer Booth Requests

If you have a nonprofit that would like to raise funds this summer by working our movie concession booth, please contact events@stapletoncommunity.com with your request.

#### Sponsorship Packages

If you own a business and would like to sponsor one of the many summer events, the MCA has put together a sponsorship package. You can access this information by visiting www.stapletoncommunity.com.

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

Diane Deeter  
Director of  
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# Front Porch

www.FrontPorchStapleton.com

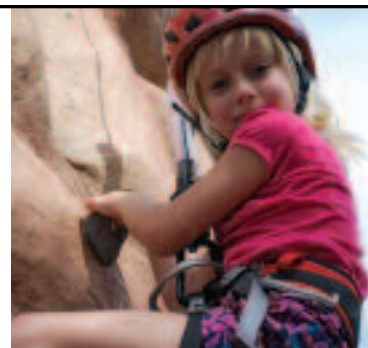
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# altogether outdoors

## summer camps



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Tommy Feldman  
Founder/Director

## denver camps (visit [aocamps.com](http://aocamps.com) for our Boulder camps)

### junior

**ages:** 4 - 6 (Pre-K and K)

**session length:**  
MWF or 1-week,  
8:30am - 2:30pm

**summary:** Junior themes include Dinos, Flowers, Butterflies, Earth, and more!

### explorers

**ages:** 7 - 11 (1st - 5th Grade)

**session length:**  
2-weeks; 1-week intro option,  
8:30am - 4:15pm

**summary:** Cabin groups plan, experience, and grow together in local natural spaces and parks.

### sleep away camp

**ages:** 7 - 9

**session length:** 6-day intro option

**summary:** Nestled in the Collegiate Peaks, campers will enjoy adventure, friendship and fun together. Activities include horseback riding, rafting, rock climbing, hiking and backpacking, kayaking, mountain biking, and fine arts.

**ages:** 9 - 16

**session length:** 13-days

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By Jon Meredith

# A Conversation with Congresswoman Diana DeGette

Congresswoman Diana DeGette was late. She had a sick child at home and didn't feel great herself. When she opened the door to her Capitol Hill office, she apologized profusely for being late and asked if she could have a minute to put on some lipstick prior to the photo session. This sounds about like any professional female on any given weekday morning. Yet, DeGette is one of the most powerful and respected leaders in the entire country—and she still struggles every day to meet the demands of work and family, just like millions of other women do.

DeGette was first elected to Congress in 1996, making her, by far, the most senior member of Colorado's Congressional Delegation. She represents all of Denver and her district has been Democratic for all but five years since 1933. She replaced a legend, Pat Schroeder, who became very well known nationally and was the bane of the Republican establishment. DeGette is now the Chief Deputy Whip in the minority party in the House. The job of whip requires strong-arming members for votes and keeping track of exactly how many votes the Democratic caucus has on an issue. She is a leader on many issues, some well-known, like stem-cell research and a woman's right to choose, and others that are much less well-known, such as oil and gas fracturing (known as fracking).

The Congresswoman's office gave the press an opportunity to meet with her and share the concerns of constituents and ask questions. Despite only two reporters at the hour-and-a-half-long session, she responded with profundity about anything asked. Not once did she dodge a question or ask an associate to get back to us later.

With the intense bickering and incredibly low poll numbers for all of Congress, it seems that the whole country is bitterly disappointed

in how Congress operates. To that premise the Congresswoman responded by stating that "in reality, what happens in Congress is vastly different than what is reported in the media. Working in a bi-partisan manner is not news that media outlets want to cover, yet quite a bit of what happens in Congress is bi-partisan. Bi-partisan dealings do not make it onto any of the cable news shows. Therefore most people are unaware of them."

She went on to point out that she works across the aisle on many legislative issues, fracking being one of them. The Energy Policy Act of 2005 exempted most fracking activities from the Safe Drinking Water Act. Fracking is the process by which chemicals are added to an oil and gas well to increase its rate of output. Since the time of that exemption, fracking has become a serious issue as potentially lethal fluids have been found in water supplies close to areas where fracking occurs. DeGette stated she is confi-

dent new rules will pass, with Republican, industry and EPA support. She is committed to finding a resolution to this problem because oil and gas exploration is a key component of the Colorado economy.

Another issue she is working on is a new Colorado Wilderness Protection Act, which will designate nearly 900,000 acres of Colorado Public land as Wilderness. She points out that in a recent survey by the Wilderness Society, over 70% of Coloradans support increased Colorado wilderness and wild lands. She is working with Representative Charlie Dent, a Republican from Pennsylvania, to strengthen stem-cell legislation. And she is working on the Congressional Diabetes Caucus with Rep. Ed Whitfield, a Republican from Kentucky, to raise awareness of issues involving childhood diabetes. In addition, she sponsored the Diabetes in Minority Populations Evaluation Act of

believes the Republicans may not be able to carry their own caucus and will be "forced to work with moderate Democrats to ensure the passage of the budget and some additional upcoming legislation."

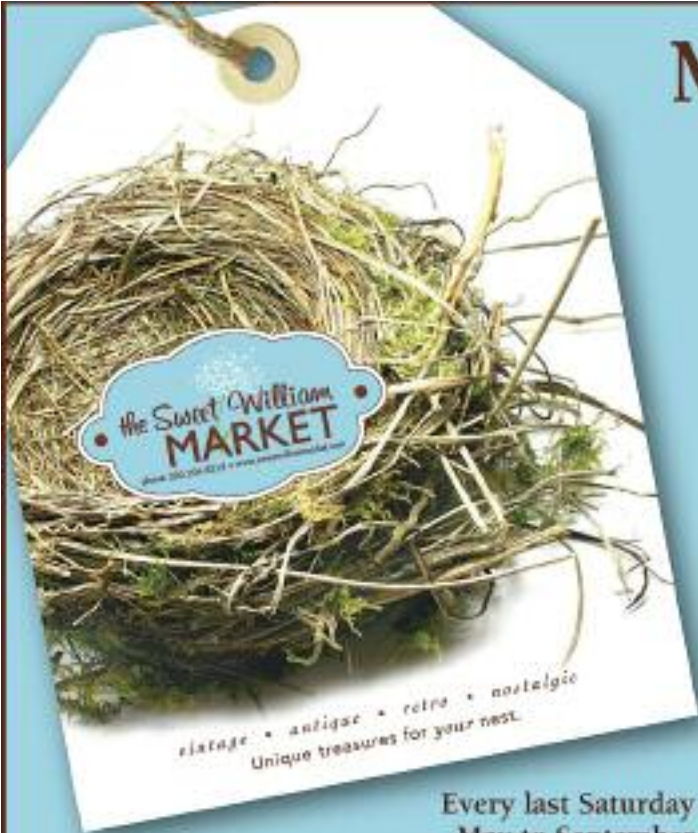
The end of the meeting seemed like a good time to bring the conversation back to where it started. How does one manage an all-consuming job like Congress and have time to raise a family. DeGette appeared to relish the question as if it were a hanging curveball. How she has managed to manage is something she is obviously very proud of. Her daughters were two and six when she was initially elected. The family moved to the Washington area where her husband took a job in a law firm with offices in D.C. and Denver. Five years later they moved back to Denver where they have been ever since. One daughter will graduate from Brown this year and the other is a junior at a Denver public high school.

"Just like any woman with a demanding job, I try not to sacrifice my family for the job." That is most likely why you don't see Diana DeGette as a regular on cable news shows. She has something more important to do and that is to be available for her family.

Harvard School of Public Policy holds an orientation for new members of Congress every two years. DeGette is the keynote speaker at a seminar on public office and family, which is the most-attended hour at the seminar. She believes in setting an example that working an extremely demanding job and raising a family are both possible at the same time. She encourages women not to wait until their families are raised to run for office or climb the corporate ladder—because by that time it will be too late. After fourteen years in office she is finally among those with seniority in Congress, gaining much-sought-after seats on key committees and raising a family that she is most proud of.




U.S. Congresswoman Diana DeGette in her Denver office.



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—Kim Kouba  
Owner of the Sweet William Market and a Broker Associate with Perry & Co.

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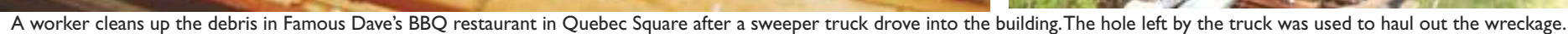
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**A**t 2:35am on April 18, Mike Higgins, area director for Famous Dave's BBQ, got a call from the alarm company that the motion sensors in the Quebec Square restaurant had gone off. He arrived at 3am and discovered that the truck that sweeps the Quebec Square parking lots had crashed through the exterior wall, destroyed the bar, and damaged the wall between the bar and the restaurant. And there was about six inches of water



Higgins said normally the cleaning crew would have been in the bar at the time of the accident, but luckily on that night they didn't have the right keys with them and had gone to get them. When they returned they found the sweeper truck inside the building.

The building inspector confirmed there was no structural damage to the wall separating the bar from the restaurant and by end of day the mess

The next day the dining room was open for business again. But the bar is another matter. Behind the construction wall, it will take a few weeks to have it completely rebuilt.

Information on the cause of the accident was unavailable, pending the outcome of the investigation, though Higgins speculated that the driver may have fallen asleep or had a seizure. The company that provides the sweeping services is a private contractor of Forest City.

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By Nancy Burkhardt

Springtime is upon Denver, and it's time to start planning for a colorful and appropriate garden. Gardening expert Trela Phelps, who is general manager at City Floral, 1440 Kearney St., took time to answer some basic questions for the beginning or nonprofessional gardener.

**Q: What are the most common questions you get?**

A: They are about what can be grown in sunny vs. shady areas. We have a lot of shade in established gardens in Montclair and Park Hill. Stapleton is sunnier and there we talk about soil amendment and getting organic matter into the soil.

**Q: What are the biggest mistakes beginners make?**

A: Putting the wrong plant in the wrong location. They fall in love with something and put a shady plant in the sun. It's also about not really understanding the care that some plants need. They think that they can go away on vacation for a week and not water. They kill their plants by overwatering or by neglect.

Also, if you are going to plant things in the ground, we stress that you need to amend the soils. On a new garden, you need to put 3-inch deep compost and then turn that into the soil. You have to do it for several years. We recommend using peat moss if you are doing a large area. It allows the soil to drain properly and take up nutrients properly. With some of the new construction, the soil is clay, and water just lays there.

**Q: What are your favorites of the low-maintenance plants that would add some color?**

A: In the sun, it would be low-maintenance



Trela Phelps, general manager at City Floral in Park Hill, shows some of her favorite plants, numbered in the photo.

1. Non-stop begonia pink
2. Pak choi – Pagoda purple
3. Ajuga – Chocolate chip
4. Verbena – homestead purple
5. Wax begonia – white
6. Heuchera (Coral Bells) – Lime marmalade
7. New Guinea impatiens – Sonic pink
8. New Guinea impatiens – Painted paradise orange
9. Heuchera – Sweet tea
10. Heuchera – Plum Royale

**Q: What would you suggest for people who want to have a lovely garden but who don't want to spend a lot of money?**

A: Don't try to bite off more than you can chew. Come in to the floral shop every 2 to 3 weeks and see what's in flower. That way you can get continuous color and take your time. That's what's fun about it. You don't have to put it all in at once.

**Q: Can you combine flowers with vegetables?**

A: Yes. That's huge right now. People are pulling out their front yards and putting vegetables in. That's called edible landscape. We'll put purple bok choy in with flowers. There's small, climbing cucumbers, eggplants, corn. Mixing vegetables in with landscape is amazing. It's also a way to get inexpensive landscaping. You can grow watermelon and pumpkins that way. In plots with vegetables you can do watering or weeding every third day. It's not that much work. You can do seeds or plants. And, you can do them in small or large spaces or in pots.

*City Floral is located at 1440 Kearney St. in Park Hill. Their website is [cityfloralgreenhouse.com](http://cityfloralgreenhouse.com). For more gardening information, visit the Garden Centers of Colorado website, [www.xratedgardening.com](http://www.xratedgardening.com).*

## Gardening Tips from an Expert

lantana, verbena and geraniums. There is a huge range of perennials like the root beer plant that really smells like root beer. Compact butterfly bushes grow to be about 2- to 3-foot tall and attract butterflies. These have to go in the ground, not in pots.

In the shade for annuals, impatiens and begonias would be good. Coral bells come in a variety of colors and do well in the shade. There are a lot of new varieties coming in with interesting leaves and colorful flowers.

**Q: What would you suggest for relatively small spaces?**

A: There are more compact plants like the butterfly bush and blue chip ajuga ground cover that stays compact. And, there are all the spring bulbs that have small or miniature varieties, like daffodils and miniature tulips that can be put in either the ground or pots.

For pots, you can do all sorts of crazy things. We like to mix it up and put tropical plants in. Then you can mix in all kinds of color.

**Q: What would you suggest for people who are concerned with sustainability and would like plants that don't need a lot of water?**

A: Perennials. But it's the first year that counts for perennials—and you have to water in the winter. Then you can back off during the next years. You have to get the root system established. That takes at least a year. Then you can put them on drip lines or use timers and hoses. It's so important that people get information on how to get their plants established—and then how to treat them after that. Perennials of any type really need to be divided and cared for or you get this overgrown look to the yard.



## WHAT CAN I DO ABOUT HEAVY MENSTRUAL BLEEDING?

by Valerie B. Ginsburg, MD

**Stapleton Family & Occupational Medicine**  
PHYSICIAN NETWORK

**Rick Artist, MD**  
**Elizabeth Buisker, DO**  
**Kristine Walsh, MD, MPH**  
2803 Roslyn Street (behind King Soopers)  
**303-403-6300**  
Open Mon, Tue, Thur, Fri, 7 a.m. - 5 p.m.  
Wed, 8 a.m. - 5 p.m.  
Sat, 8:30 a.m. - 12:30 p.m.

**Stapleton OB-GYN**  
PHYSICIAN NETWORK

**Valerie B. Ginsburg, MD**  
2807 Roslyn Street (behind King Soopers)  
**303-403-6333**  
Open Mon - Fri, 8 a.m. to 4:30 p.m.



Menorrhagia is the medical term for abnormally heavy or prolonged menstrual bleeding.

### How do I know if I have abnormally heavy bleeding or just a heavy period?

If every period you have causes enough blood loss or cramping that you can't maintain your usual daily activities, chances are you have menorrhagia. If you have any of the following signs or symptoms, you may have more than just a heavy period.

- Menstrual flow soaks through one or more sanitary pads or tampons every hour for several consecutive hours
- Double sanitary protection is necessary overnight
- Menstrual periods last longer than seven days
- Menstrual flow includes large blood clots
- You regularly experience tiredness, fatigue or shortness of breath (symptoms of anemia) during your period

### What causes menorrhagia?

In some cases, the cause is unknown, but a number of conditions may cause menorrhagia. Some common causes are:

- **Uterine fibroids** – noncancerous (benign) tumors of the uterus.
- **Polyps** – small, benign growths on the lining of the uterine wall.
- **Adenomyosis** – condition occurs when glands from the endometrium become embedded in the uterine muscle.
- **Cancer** – rarely, uterine cancer, ovarian cancer or cervical cancer can be the cause.
- **Medications** – certain drugs, including anti-inflammatory medications and anticoagulants can contribute to heavy or prolonged bleeding.

### Is there treatment for heavy menstrual cycles?

Yes, there are many effective treatments for this. It is recommended that you talk to your doctor to learn which treatment might be best for you.

**If you would like to make an appointment with Dr. Ginsburg, please contact the Stapleton OB-GYN office.**

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# Park Hill Bookstore Celebrates 40 Years



Dick Francis (left), one of the original founders of the Park Hill Community Book Store and Mike Stickney, the current manager, swap stories about the old days in Park Hill and the Smaldone crime gang, the subject of a book by Denver author Dick Kreck (right). Kreck will be the speaker at the 40th anniversary celebration of the book store on May 6 at St. Thomas Episcopal Church in Park Hill.

By Jon Meredith

In 1971, the nearest bookstore to Park Hill was in downtown Denver. The Tattered Cover had not opened in Cherry Creek, there was no Borders or Barnes & Noble and the Internet wasn't even a dream. A group of Park Hill residents thought a neighborhood bookstore would be a great investment for their children and themselves. Neighbors solicited donations for funds and books and found angel investors to put enough money together to lease space, make a few improvements and have a small inventory. They rented an open space at 23rd Avenue and Dexter. Volunteers painted, built bookshelves and ran the store.

Forty years later, the bookstore survives, in the original location, through the rise and fall of mega bookstores and despite the Internet. It still serves the same community and is run basically the same way. It is a wonderful place to browse for books, read with your children or order a book. It has certainly become a

Park Hill landmark.

The bookstore serves members and non-members alike. Anyone can go in and buy a book, calendar, card or anything in the store. Members (Family \$20, Individual \$15, Seniors/Students \$10, annually) receive 10 free book credits entitling you to 10 used paperbacks or five used hardbacks, plus a small discount on purchases. Bring those or any books back and you receive additional book credits. The store maintains a great inventory of new children's books for purchase or used editions that members can obtain for credits.

Store manager Mike Stickney encourages new families to come into the store and see whether the store is a fit for the family's lifestyle. Stickney points out that you will not save money being a member if you like to read bestsellers that can be purchased at a discount. He says he can "go to Costco and buy a book for less than the store can buy it from their distributor." Although he does not have an imme-

diated need for volunteers at the store, Stickney encourages any new members to sign up for volunteering. He says it is a wonderful experience for booklovers.

The bookstore will have a 40th anniversary

celebration at St. Thomas Church, 22nd Avenue and Dexter Street, on Friday, May 6 at 6:30pm. The festivities will include a silent auction of local goods and services, a book auction, and (continued on p.10)

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Stapleton Front Porch

7

May 2011





Cherie Monlezun, left, and Megan Moon Long stand at the entrance to their newly opened business in the 29th Ave. Town Center in Stapleton, Blue Creek, which offers skin care, acupuncture and massage.

An Urban Health Retreat

By Carol Roberts

Blue Creek, described by owners Cherie Monlezun and Megan Moon Long as an urban health retreat, is now open in Stapleton's 29th Avenue Town Center. Blue Creek offers customized services in acupuncture, massage therapy and skincare. As proponents of sustainability, Monzelun and Moon chose to use reclaimed and refurbished wood accents and building materials as well as Aspen trees for the interior of their space—along with a flowing creek/fountain to create a calming atmosphere. Their skin products, as well as other supplies such as cleaning products, are organic and environmentally friendly, says Monlezun.

Blue Creek also has a multi-purpose community room. One use of the room is for “community acupuncture.” When used for that purpose, the room will have four beds divided by curtains and one acupuncturist can move between the four people at a lower price than an individual acupuncture session. Monzelun says they expect to use the community room in many other ways in the future, which will be listed on a calendar on their website. Such uses might include lectures on allergies, essential oils, the way our services can support women during child bearing, meditation classes, a wine tasting and chocolate pairing. Some community events would be free and open to the public, others would be fee based.

“Blue Creek has four massage therapists who are skilled in a variety of massage techniques that include neuro-muscular work, deep tissue work or sports or pre-natal. Our practitioners have a wide range of skills to address a wide range of needs,” says Monzelun. She adds that they include consultation time to discuss each client’s needs, in addition to the full one-hour massage. Blue Creek also has two estheticians (skin care specialists) who offer skin care, waxing, eyebrow and lash and microderm and chemical peels.

Monlezun and Moon have been working together for approximately four years and both live in Stapleton. Cherie Monlezun is married and has a masters degree in expressive arts therapy. Megan Moon Long is a licensed esthetician and a trained acupuncturist. She is married and has a three-year-old daughter.

For more information visit [www.bluecreekhealth.com](http://www.bluecreekhealth.com), email [info@bluecreekhealth.com](mailto:info@bluecreekhealth.com) or call 303-573-7484. Blue Creek is located at 7488 East 29th Ave. in Stapleton.



Frank Walker shows a top-of-the-line Specialized Bike, one of the featured brands that that will be sold at Cycleton, a bike shop opening May 15th in Stapleton's 29th Ave Town Center. Walker's partner in the business, Russ Griffin, will be in the store full time.

A Bike Shop

By Carol Roberts

Starting May 15, Stapleton will have a bicycle shop in the 29th Ave. Town Center. The shop will sell a full range of men's, women's and kids' bikes, from bikes with training wheels to bikes for elite or professional cyclists. The shop will also carry bike trailers, bike racks and bike clothing. The store will have a service and repair department with three work stations that can provide everything from fixing a flat to a complete overhaul—or even custom bike building. They also plan to sponsor community activities such as repair clinics, bike safety classes, and group bike rides. Check “Cycleton” on Facebook for their schedule of weekly group rides for adults, from 10 to 40 miles in length, that will include men's and women's rides and even a “Mom's Day Out.”

Frank Walker says the idea for Cycleton came to him at a kids soccer game in Stapleton, “a neighborhood built for bicycling,” when he looked around and saw lots and lots of bikes—but no bike shop. Walker is a serious cyclist—three days a week he rides 22 miles each way from his home near Monaco and Hampden to Green Valley Ranch, where he works full time running operations for Oakwood Homes. (It takes 70 - 90 minutes, depending on the wind.) He needed a partner if he was to start a bicycle shop.

Walker thought his friend since college at DU, Russ Griffin, would be the perfect partner—a serious cyclist and a business man. Griffin has had his own home building business in Memphis but wanted to move back to Denver. Walker describes Griffin as a “belt buckle finisher,” and explains that those who know cycling understand what that means—only the top finishers in the Leadville 100 get a belt buckle.

Frank Walker and his wife Liz have two children aged 9 and 7. Russ Griffin and his wife Cory have three children, ages 7, 5 and 2. The Griffins have left Memphis and are currently house hunting in Denver.

The store is located on the south side of the circle in the Town Center at 7480 East 29th Ave. Hours, starting May 15, will be 10am – 8pm Monday through Saturday and 12 – 6pm on Sundays. The store phone is 303-329-0069; email is [Russ@CycletonDenver.com](mailto:Russ@CycletonDenver.com) and the website is [www.CycletonDenver.com](http://www.CycletonDenver.com).

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May 2011

8

Stapleton Front Porch





Sweet Nothings Chocolate Company owner Ashley Walsh shows off some of the chocolate treats she offers for sale in her new Bon Bon Buggy.

## A Food Truck Devoted to Chocolate

By Carol Roberts

Denver's only mobile food truck dedicated solely to chocolate makes its home in Stapleton, and it's owner, Ashley Walsh, hand makes every creation she sells. Those creations include truffles, fudge, chocolate bars, drinking chocolate, and more. Her new Bon Bon Buggy will be at the Stapleton Discovery Center (see page 19) three weekends a month in May and June (all but the third weekend), at the Sweet William Market the last Saturday of the month, and at other locations throughout the summer that will be posted on a live map at [www.SweetNothingsChocolateCo.com](http://www.SweetNothingsChocolateCo.com) and also listed on Facebook and Twitter for those who want to satisfy a craving for freshly made chocolates. Her chocolate is also for sale at Blue Creek and Amore Fiore in the Stapleton Town Center. And she is part of a new organization called Food Truck Warriors who, as a group, will sell at various events in the metro area (and perhaps further).

As a stay-at-home mom with her first baby, Walsh decided she had time for a hobby—and she chose chocolate after seeing a special on TV about European chocolatiers, who combined unusual flavors with chocolate. She started experimenting in her kitchen—and one of her first flavor combos, dark chocolate and basil, has remained a favorite. The hobby became a business and she now creates her chocolates in the kitchen of a bakery in the Santa Fe Art District in the evenings when they are not open.

Walsh majored in Film in a joint program between Aurora Community College and CU Denver and feels what she learned getting a film degree has helped her in her business. "A lot of different aspects translate to my business. I'm obviously using my creative side and my artistic side because I like to create not only delicious but artistically beautiful chocolates. And pitching myself as a business person when I'm trying to sell my product is something that they taught extensively at film school."

Walsh is also developing a custom business with party platters for events and favors or desserts for weddings.

Ashley Walsh can be reached through a contact form on her website at [SweetNothingsDenver.com](http://SweetNothingsDenver.com), by phone at 720-984-2462 or by email at [Ashley@SweetNothingsChocolateCo.com](mailto:Ashley@SweetNothingsChocolateCo.com)



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## Premium Fishwrap\* by Jon Meredith

### What Denver Wants in a Mayor

It looks as if we are going to be mailing in ballots twice in the next two months. If one candidate does not get 50 percent of the vote on May 3rd, there will be a runoff in June between the two highest vote getters.

The new mayor will more than likely remain mayor for the next eight years (no mayor has been voted out since the early 1960s). It is time to choose a candidate who will articulate why the city will be a better place to live and work eight years from now than it is today.

The last three mayors have each left legacies that have elevated Denver from a large, high-plains cow town to a world-class city. Federico Peña's vision of a great city meant financing and building a new airport without raising taxes. Wellington Webb finished the airport and oversaw the rede-

velopment of Lowry and Stapleton. John Hickenlooper became mayor in difficult financial times and managed the city as if it were one of his many businesses. He brought the 2008 Democratic Convention to Denver, which, in retrospect, was the coming-out party for Denver as a world-class city. Whether you like Obama or not, his acceptance speech at Invesco Field was a moment of extraordinary importance in our nation's history.

At first glance it seems there is not much difference between the leading candidates. All are Democrats. Most grew up here and went to Denver Public Schools. All have considerable legislative experience or management experience. Few have both. All came from very different backgrounds. I have not heard much about the vision from the current candidates, but I have heard a lot of campaign promises to restore libraries and rec centers to being open full time without any ideas about how to pay for that.

All the candidates talk about the importance of education. They discuss the horror of the incredibly low number of DPS students who actually graduate from high school, the many DPS budget issues and how they are truly reform advocates. Yet, mayors

in Denver have no official power to do much of anything about our schools—they can only use the bully pulpit to suggest ideas.

So ask yourself, what are the priorities I want the mayor to have? How does the candidate for mayor envision the legacy he/she will leave? Do we need to expect a reduction in the quality of life we enjoy because of budget problems? Will we have to continue to furlough and cut city employees? Will the next mayor make cuts in the Department of Safety that directly affect our well-being?

Think about these facts as you cast your ballot. Denver is and will continue to be in a budget shortfall until revenue is raised or city services are permanently cut. The majority of the city income is from sales tax. Are you willing to raise taxes or are you going to accept decreased city services? What will the new mayor do to ensure all Denver children have the opportunity to attend early-childhood education and how will that be paid for? Will the new mayor allow our parks to close for private, fee-based events? Will FasTracks be a priority?

Denver's recent mayors have really cared about this city and its citizens. This is a better place to live than it was when I moved here years ago. There is little corruption (that any of us know about) and our taxes are reasonable. When you vote, choose the candidate that will best represent you on issues that are important to you and your values. Do not choose them because you like their ad on TV or the picture on the flyer they affixed to your door. There are very few times when choosing a candidate can affect your life and your wallet directly every single day. This is certainly one of them.

Jon Meredith lives in Stapleton. He can be reached at [jon.meredith@q.com](mailto: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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## Park Hill Bookstore

(continued from p. 7) hors d'oeuvres and wine. Dick Kreck, author and former columnist for The Denver Post, will be the keynote speaker. Anyone interested in supporting the bookstore is welcome to attend. Tickets are \$10, available at the bookstore or at the door that evening.

Stickney believes the store is the only remaining non-profit bookstore in the Rocky Mountain West. Yet, because of the strong community support, they remain viable. "We are operated and supported by over 450 members and we have 40 volunteers that allow us to remain open seven days a week."

The Park Hill Community Bookstore is located at 4620 E. 23rd Avenue (303.355.8508). Store hours are: Monday–Friday, 10am–6pm; Saturday, 9am–5pm; and Sunday, 11am–3pm.



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Outdoor Pool opens the first week of May (weather permitting). Certain conditions and restrictions apply for new annual memberships only. Offer expires 5/31/11.





By Nancy Burkhart

People who possess artistic flair for drawing and/or painting in oils, pastels or watercolors often seek an opportunity for further training or consultation with other artists. And sometimes people who have had no artistic training reach a point in their lives when they have the time to devote to classes and are eager to learn.

This is where the Park Hill Art Club comes in. Members can take classes that are held during the day at the Park Hill United Methodist Church, 5209 Montview Blvd. The classes are for all levels of experience, from beginner to intermediate and advanced, and are held in 8- to 10-week sessions in the fall, winter and spring. During the summer, “plein air” classes give artists an opportunity to paint buildings, scenery and flowers in such locations as Georgetown, Washington Park and the Denver Botanic Gardens.

“The plein air gatherings are open to anybody in the city, not just club members,” said Lynn Kirch, who has been a club member for 10 years and organizes the plein air sessions. “We meet at a designated place in June, July and August. Each year it’s different. We have a wide range of subjects.”

Kirch was an artist before she joined the Park Hill Art Club. “My background is graphic arts,” she said. “My painting was more of a hobby. Professionally, I was more into graphics and photography. I joined because it seemed like a wonderful group of people. I have found that when you start meeting with people and maybe taking the same class, you develop friendships in the club and it becomes a sub-family. You look forward to it.” Kirch was so excited to become a Park Hill Art Club member that she left her paints home on her first day in class and had to rush back to get them.

Rick Autenrieth was a school art teacher who took an early retirement, went to the Colorado Institute of Art and worked as a graphic artist. When he returned to teaching part-time, he found that his flexible schedule allowed him to take classes as a member of the Park Hill Art Club. He now is class leader of the “open” class.

“In the ‘open’ class there is no instructor,” Autenrieth explained. “We always have someone volunteer to bring a still life, and I arrange for a model. And, people can do their own thing if they wish. We have a three-ring circus. Some people in the class have made their living in art. Some have taken lots of classes already and like the camaraderie of other artists. They use different media like pastels or oil paint. And, they give you suggestions. It’s kind of a neat class.

“I’ve been a school teacher and I had to learn all the media,” he said. “But, what I particularly enjoy doing is watercolor and oil paint. I spent three years doing pastels intensely. Sometimes I use pastels with watercolor. And, I like drawing as well as painting.



## Artists Blossom in Park Hill Club Club’s Art Show to be Held May 6-8

“I don’t need to sell my work,” he added. “I’m pretty much free to paint and do what I want to do. But I do participate in the Park Hill Art Show. I do like to show my work and occasionally I sell something.”

The Park Hill Art Club Spring Show and Sale will open on

Rick Autenrieth and Lynn Kirch set up their easels at Monet Pond in the Botanic Gardens for a “plein air” (outdoor) painting session. Kirch organizes free and open to the public plein air sessions in the summer.

Friday, May 6 from 4:30–8pm at the Park Hill United Methodist Church. The hours on Saturday, May 7 are 10am–6pm and Sunday, May 8 are 9:30am–4pm. More than 1,000 unframed and 200 framed pieces in all price ranges will be available.

The club was originally started for Park Hill residents—and Park Hill residents and members of the Park Hill Methodist Church, where the club meets, can join at any time. However, others are required to join by the end of August for the upcoming fall, winter and spring sessions. Membership is \$30 a year, plus the cost of classes.

“We have some beginners and, because it’s during the day, we have some retired people,” Kirch said. “Some people haven’t lifted a brush. I see them blossom and develop. We also have a woman who is very professional and sells at a gallery. Anybody who wants to learn more about exploring their artistic abilities, loves art and wants to reap its benefits should join.”

For more information about the Park Hill Art Club and the Spring Show and Sale, call Tavia Campbell at 303.808.4506.



Three waves of children, divided by age, crowded the Green in Stapleton’s Town Center on April 23 to collect 8000 eggs that had been ordered from Sunny Bunny, an organization that employs

## Egg Scramble

Diane Deeter holds back the crowds at Stapleton’s annual Easter Egg Scramble. The event included a DJ, food trucks, Easter hat making sponsored by Altogether Outdoors and cookie decorating sponsored by TJC Management Services.



over 240 people with disabilities to fill eggs. Volunteers from the Stapleton Fellowship Church “laid” the eggs for each group.

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<b>8</b> <b>HAPPY MOTHER'S DAY</b> Brunch with our famous Bacon Vodka Bloodies and Bottomless Mimosas	<b>9</b>	<b>10</b> Ladies night w/\$3 glasses of house wine, \$3 Cosmos Live music with Milo Sofia @ 9pm (mellow acoustic rock)	<b>11</b> Half-priced bottle of wine, choose from our entire list!	<b>12</b>	<b>13</b> TGIF! Happy hour specials - \$2 PBR's, \$3 well drinks, \$4 glasses of house wine, \$1.50 off ALL other drafts 4-7 & 9-close	<b>14</b> Brunch with our famous Bacon Vodka Bloodies and Bottomless Mimosas
<b>15</b> Brunch with our famous Bacon Vodka Bloodies and Bottomless Mimosas	<b>16</b> Blueberry Cheesecake Day - Free slice of Blueberry Cheesecake with the purchase of any entree	<b>17</b> Ladies night w/\$3 glasses of house wine, \$3 Cosmos Live music with Milo Sofia @ 9pm (mellow acoustic rock)	<b>18</b> Half-priced bottle of wine, choose from our entire list!	<b>19</b>	<b>20</b> TGIF! Happy hour specials - \$2 PBR's, \$3 well drinks, \$4 glasses of house wine, \$1.50 off ALL other drafts 4-7 & 9-close	<b>21</b> Brunch with our famous Bacon Vodka Bloodies and Bottomless Mimosas
<b>22</b> Brunch with our famous Bacon Vodka Bloodies and Bottomless Mimosas	<b>23</b>	<b>24</b> Ladies night w/\$3 glasses of house wine, \$3 Cosmos Live music with Milo Sofia @ 9pm (mellow acoustic rock)	<b>25</b> Half-priced bottle of wine, choose from our entire list!	<b>26</b>	<b>27</b> TGIF! Happy hour specials - \$2 PBR's, \$3 well drinks, \$4 glasses of house wine, \$1.50 off ALL other drafts 4-7 & 9-close	<b>28</b> Brunch with our famous Bacon Vodka Bloodies and Bottomless Mimosas
<b>29</b> Brunch with our famous Bacon Vodka Bloodies and Bottomless Mimosas	<b>30</b> The Berkshire will be closed today for our staff rafting trip. We are sorry for any inconvenience	<b>31</b> Ladies night w/\$3 glasses of house wine, \$3 Cosmos Live music with Milo Sofia @ 9pm (mellow acoustic rock)				

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This Music Teacher Makes House Calls

By Nancy Burkhart

People often have stories about studying piano or guitar or another musical instrument when they were children. Many of those memories include the agony of excruciating practice that included only chords and boring music pushed on them.

Kristi Stice has a bachelor of music degree in jazz studies from the University of North Florida. She plays guitar and piano and writes songs. She also does gigs in the Denver area as a jazz singer.

Stice also is a private music teacher who goes to her students' homes to give them lessons in music of their own choosing. "I remember the music teachers I had when I was young," she said. "I started playing guitar when I was a teenager. I was a late bloomer in music. I've been playing guitar for about 20 years. I remember how much it meant to me to have a music teacher mentor.

"I really like understanding how music works, so with my lessons I try to combine both learning how to read music and how certain chords go together," she said. "I try to bring out the element of music understanding. You can do so much more with it when you realize that the people out there that are playing really amazing music are—maybe 5 percent of them—gifted people. But 95 percent of them study and learn to understand how music works."

Stice takes her musical training to her students' homes. "I meet their animals and their families. They invite me



Kristi Stice gives a guitar lesson to 10-year-old CJ Plozin at the Plozin's home in Lowry while parents Ward and Karen look on. Ward also takes lessons from Stice.

to dinner. I get such a wonderful reaction from the parents. It's a really nice thing. You get to know the family better."

"The fact that she's willing to come to me to do the lesson makes my life easier," said Karen Polzin, a Lowry resident whose 10-year old daughter, C.J., and her husband, Ward, both take guitar lessons from Stice. "I don't have to do the after-school shuffle. We come home and do dinner and Kristi comes up.

"C.J. did piano for two years. Her last teacher was very old-school and very rigid," Polzin said. "They just didn't click together. When C.J.'s with Kristi, they're laughing. When I used to pick her up from piano classes, she would slam the door and I would know that it didn't go well. The whole piano experience was a downer.

"Kristi keeps everything fun and interesting," she said. "She's not fun in an annoying, bubbly sort of way. But she

has a younger way of thinking. C.J. and Ward never get bored. I really appreciate that she can do that with my daughter in terms of keeping her interested and keeping her going. At the end of an hour, they're both smiling and ready to go on."

"My students are able to request the songs they want to learn," Stice said. "It's a really good way to keep them interested. I will see if the songs are appropriate and at what level they need to learn to play the song. And I can simplify them.

"It keeps your students interested and keeps them learning stuff they want to learn," she said. "I try to incorporate sight reading so we're learning theory and learning music. I try to encourage kids and adults to keep exploring. There's so much music out there. If they keep exploring their world musically, they're listening to things they might not ordinarily listen to."

Stice charges \$50 an hour or \$40 for 45 minutes for lessons on guitar or piano. Children under 10 years old can take half-hour lessons for \$25. However, they must be at least 8 years old to start guitar lessons and at least 5 years old for piano lessons.

"Occasionally I will do a trial lesson with younger children to see if they have enough motor skills in their fingers for guitar lessons," she said. "And, for children who are 5 years old, I do a trial lesson to see if they have the maturity to sit through a half-hour lesson."

Stice will perform on May 1 from 4-7pm at The Other Side Arts, 1644 Platte St., in a fundraiser for Japan called "Denver for Japan."

Contact Kristi Stice at 720.840.4694 or kristiba1@hotmail.com. Learn about her work at www.krististice.com.

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## A New Life for Hangar 61

Members of the Stapleton Fellowship Church greet one another on April 17 during the first service held in the historic Hangar 61. The unique old airplane hanger from the old Stapleton Airport was remodeled into a sanctuary and ministry center to accommodate the church's programs.

### Spring's New Listings by Wolfe & Epperson

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## Take a Hike by Marko and John Babiak

### Spring Blossoms All Abuzz

*"Sweet April showers Do spring May flowers."*  
Thomas Tusser, Englishman, Poet and Farmer, A Hundred Good Points of Husbandry, 1557

April's showers have sprung May's colorful flowers. Throughout Denver, one cannot miss seeing (or smelling) the array of perennial flowers blossoming on trees, shrubs, ground cover and from bulbs. During our hikes, Marko and I feel surrounded by the blaze of colors, the waft of delicate fragrances and symphony of sounds. Spring is truly an amazing season.

On a recent Sunday morning, we admired our backyard plum tree and her pink hue. I carefully cupped my hands around a cluster of blossoms, and took in their scent with a slow inhale. Together we stood silent under the canopy and listened to the distinct hum of busy bees. Marko wished for another bounty of summer plums that his mom would use to make his favorite jam.

Botanists estimate that up to 400,000 different plants exist on earth. Flowering plant species are by far the most abundant. One of the foremost functions of flowering plants is to reproduce. A flower is essentially the plant's seed factory. Once a flower is fertilized by pollen from a flower of the same type, a seed begins to grow. Seeds are embryonic plants that are surrounded by a protective seed-case. They are encased in a fruit, which can be dry like a nut or fleshy like an apple. Fruits are the means by which plants spread their seeds. Vectors like animals, wind and water currents disperse seeds in the wild. Dandelion seeds can be dispersed over a vast space by a gust of wind. Coconuts float in oceans and wash up

on fertile beaches, and squirrels raid Oak trees, then randomly bury their cache of acorns nuts. If the environmental conditions are right, these seeds will begin to germinate and begin to grow.

We are attracted to a flower's shape, scent and color. These same features have evolved to help the plant perpetuate itself—that is, by attracting pollinators. Not all flowering plants need the assistance of a symbiotic partner, as some plants are self-pollinating. But for those that do, it is truly a win-win relationship.

Perhaps as many as 200,000 animal species play a role in pollinating flowering plants. Bees, butterflies, flies and moths are the most common. Fruit bats, hummingbirds and possums operate as pollinators too. These creatures are foragers and regularly visit flowers to drink their sweet nectar. During these visits, the flower's pollen grains become attached to the animal's body. When the animal travels to similar blossoms, the pollen on their body rubs off onto the flower. Should the pollen grains make their way into the flower's ovary and find egg cells, fertilization occurs.

Wild and domesticated honey bees are the most prolific example of pollinators. Annually they are responsible for pollinating nearly \$10 billions worth of our favorite food crops in the United States alone.

Foraging honey bees are worker bees that find food for their hive. During the course of a single day, they may visit over 10,000 flowers! They collect protein-rich pollen that is fed to the young. Nectar is converted into

food in the form of honey. When a bee lands on a flower, its body becomes covered with pollen. Bees use their hind legs to comb the pollen off of their body and pack it into pollen baskets. Nectar is sucked up by a straw-like tube called a proboscis. With a full payload of nectar and pollen, they fly back to the hive. Fellow worker bees receive the pollen and compact it into honeycomb cells. Others are responsible for collecting the nectar. The forager bee regurgitates the nectar into the mouth of a worker bee. Inside its honey sac, enzymes mix with the nectar. The worker bee then spits up the liquidy honey into empty honeycomb cells. Bees fan the cells to promote water evaporation and thicken the honey. Lastly, the cells are sealed



A honey bee approaches a dwarf Russian almond blossom at the Denver Botanical Gardens. On its hind legs are baskets made of curved hairs that are filled with pollen. Photo by Marko Babiak

with bee's wax. Later, the honey is eaten by the bee colony or harvested by beekeepers for us to enjoy. Next time you see a bee in a blossom, be grateful!

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## Recipes of the World—Right Around the Corner

### Taiwanese Comfort Food

By Tiffany Mai

**T**sao Mi Fun, Mandarin for Taiwanese stir-fried rice noodles, is one of the most popular dishes in Taiwan. Different regions of Taiwan are famous for their homemade rice noodles and their stir-fried rice noodle dishes. Taiwan is known for its tasty street food and Tsao Mi Fun is one of the most popular street food items.

Stapleton resident Maggie Lo says every family has their own twist to the recipe, but she is happy to share her family secrets for

this traditional Taiwanese dish. “Growing up in Taiwan, it was one of my favorite dishes that my mom and grandmother would make. It has now also become one of my kids’ favorite dishes. It’s very simple to make and, unlike many other Chinese dishes, you don’t really have to serve it with any other side dishes. We have so many fond memories of family get-togethers with great food and great company—and this was one of the dishes that was pretty much a constant for every occasion.”

Maggie was born in Taipei (north Taiwan) and her husband, Henry, was born in Kaoh-



Far left: The Lo kids, Julia, 7, and Ryan, 5, wait patiently for the food photography to end and the eating to begin.  
Left: Tiffany Mai (middle) is surrounded by the Lo family: (clockwise) Ryan, Henry, Maggie, Julia and Karl, who is Henry’s brother.



siung (south Taiwan). They met in college at CSU in 1998. Maggie graduated with a master’s degree in computer information systems and Henry has an MBA in finance. They have two children—Julia, 7, who attends the Denver Language School, and Ryan, 5, who attends Westerly Creek. Having lived in Stapleton since 2005, they particularly enjoy the diversity of the neighborhood and have a close group of friends who usually get together once a month and take turns hosting a meal. The kids play while the adults catch up and enjoy foods from different cultures.

Maggie and Henry have yet to introduce their friends to the common Taiwanese street food called “stinky tofu.” Yes, you heard it right, stinky tofu! This is tofu that has been fermented over a long period of time and is then fried or steamed. It is an acquired taste that you either love or hate—and most people hate it due to its toxic smell. Let’s just say it smells so bad that even Andrew Zimmern (a TV host for bizarre food) can’t stand the smell and was too afraid to try it—this coming from a man who eats almost anything. For now, the Lo family will stick with their simple and common dish, Tsao Mi Fun, that everyone will enjoy. If you’re an adventurous eater, like myself, I dare you to try stinky tofu. An ngon (Vietnamese for bon appetit).

### Taiwanese Stir-fried Rice Noodles (Tsao Mi Fun)

8 oz. package of dried rice vermicelli noodles  
1/2 lb. thinly sliced pork/chicken  
4 thinly sliced dry Chinese black (or regular) mushrooms  
2 carrots thinly sliced, same length as black mushrooms  
1/2 onion thinly sliced  
4 leaves Napa or regular cabbage, thinly sliced  
1/4 clove garlic, minced  
1/4 cup of soy sauce  
1/2 teaspoon white pepper  
1/2 teaspoon of salt  
3 teaspoons of oil  
2 beaten eggs  
1/2 cup small dried shrimp

### Directions:

Soak the rice vermicelli in a bowl of cold water for no less than 10 minutes; then pour out the water and set the noodles aside. Also soak the dry Chinese mushrooms in water for 15–20 minutes or until rehydrated and soft. Thinly slice the pork/chicken, mushrooms, carrots, onion and cabbage. Heat the wok or large pan on medium to high heat and put in 1 teaspoon of oil and pour in the eggs and scramble till done, adding 1/4 teaspoon of salt. Put the eggs aside on a separate plate and reheat the wok with 1 teaspoon of oil. Stir the pork/chicken until cooked; then add the minced garlic and let it cook for 30 seconds. Add the dried shrimp and let it cook for about 2 minutes. Add all the vegetables for about 3 minutes or until cooked. Finally, add the noodles and the eggs back into the wok and stir fry while mixing in 1 teaspoon of oil, 1/4 cup of soy sauce, 1/2 teaspoon of white pepper and 1/2 teaspoon of salt. Add more soy sauce for color and saltiness if desired. Stir fry until noodles are soft and serve.

*Says Mai: “I grew up with six sisters and a mom who was an amazing cook. Dinner was the highlight of our day. I’ve always been fascinated with recipes that have stories behind them.” Tiffany Mai can be reached at mai.tiff@gmail.com.*

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By John Babiak

Parenting is a formidable assignment. From my vantage point as a son of a wonderful 90-year-old mother and husband of a devoted wife and mother of three children, I am convinced that mothers play an extraordinary role as parents. They carry, birth, nurse and nurture us. Mothers possess have a very special bond with their children, they are all-knowing and play a critical role in a child's development.

As a teacher, I have developed relationships with many remarkable school-age children and of course, their moms. I cannot deny that at times I find myself wondering what the future will bring to these young people. What forces will influence their trajectory. Is it genetics, upbringing or both that will deliver them to their destiny? Which of these children will grow up to be the next fire fighter, dentist, chef, biochemist, history professor or musician? As an avid soccer fan and soccer coach, I have witnessed plenty of professional soccer matches. During these games, I have contemplated how these young men and women made their way to the professional ranks. Are they genetically predisposed or, in addition, was there, say, a supportive parent, perhaps an influential "soccer mom" that paved the path?

Recently, I had the opportunity to explore these questions during a delightful conversation with the mother of Gary Smith, former English Football League player and current head coach of the MLS Champions, the Colorado Rapids.

Even though soccer moms are uniquely American, there is great commonality between soccer moms here in the United States and those in England where soccer is king. Just like here, moms across the Atlantic are shuttling

## Celebrating Mothers An Extraordinary Soccer Mum



Colorado Rapids Head Coach Gary Smith shares a light moment with his mother Pauline Johnson during an evening stroll in Stapleton.

their players, mending wounds, consoling hurt feelings, preparing snacks and cheering with utmost excitement.

"At a very young age, Gary expressed a keen interest in football. I recall that he always had a ball practically stuck to his foot," said his mother, Pauline Johnson. "He was focused and very serious about his practice and play." That interest grew into a life-long passion and career. Johnson stepped along in stride with him and supported his desire to become a professional footballer back then. That same unconditional enthusiasm continues today.

Smith started playing for his hometown Cheshunt Football Club as a youngster. His 'mum' chauffeured him (and his younger sister, a capable basketball player) to his practices and games. She fully appreciated his frustrations when his teammates were "mucking around" at practice. She also was not surprised to learn from

his teachers that he was always first out of the classroom door after school to play soccer. "His football boots were always next to his desk waiting for the end of school bell to ring" she told me with a smile. "He was a good student, very disciplined and always paid attention to detail. He was an easy boy to raise. Gary is just as kind, honest, social and grounded today as he was when he was a young man," she added. "I am very proud of that."

As a teenager Smith went on to be apprenticed at the Fulham Football Club. Success followed him into his early 20's until two serious leg injuries derailed him. His mother took care of him during his dedicated efforts to recuperate and return to playing status. Smith retired at the age of 24 and then went on to study coaching. By age 30, he earned the highest grade coaching license. The Rapids strategic partner, London's Arsenal Football Club, sent him to Denver to start a youth soccer academy. Soon thereafter, he became an assistant coach to the first team, then interim head coach. He has been the team's head coach since November 2008. The team has surged under his direction.

Today his mom splits her time living in England and Florida. She visits Smith and his family three to four times a year and, on occasion, will make his favorite dishes, lamb stew and Yorkshire pudding. She sends him post-game emails and good wishes cards. She follows his every move on the Rapids website and the television. "When I see him pacing the sideline, I know exactly what he is thinking and feeling." And she worries about the pressures of coaching.

Last November, 36 months from the date he was named head coach, she cried with joy when the team won the MLS Championship in Toronto. With a heartfelt voice Pauline Johnson says, "I am my son's biggest fan."

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## DENVER METRO EVENTS

## Art Walks:

**5/6 Friday- Santa Fe Arts District.** Santa Fe Drive between 10th and 6th. [www.artdistricton-satafe.com](http://www.artdistricton-satafe.com)

**5/6 Friday- North Denver's Tennyson Art Walk.** Tennyson St. and 44th Ave. [www.denverart-walk.squarespace.com](http://www.denverart-walk.squarespace.com)

**5/6 Friday- Cherry Creek Arts District.** [www.cherrycreeknorth.com](http://www.cherrycreeknorth.com)

**5/12 Friday- Aurora's East End Second Friday Art Walk.** Gallery openings, music, theater, food and more. 5–8pm. Start at Fletcher Plaza/MLK Library (E Colfax at Elmira) for map to all venues.

**5/15 Thursday- Highlands Square Third Thursday.** 5pm to close. 32nd and Lowell, North Denver. [www.highlands-square.com](http://www.highlands-square.com)

**5/4 Wednesday- Discover Daniels Information Session.** 5:30–7:30pm. Learn about Daniels College of Business at University of Denver's graduate business programs, admission and financial aid. Parking provided. FREE. [laura.simpkins@du.edu](mailto:laura.simpkins@du.edu). <http://alumni.du.edu/info/sessionmay>

**5/6 Friday and 5/7 Saturday- Colorado Chocolate Festival.** Denver Merchandise Mart. I-25 and 58th Ave. FREE admission; tickets required for tastings. Music, kids' activities, wine tastings, cooking demos and more. [www.chocolate-festival.org](http://www.chocolate-festival.org)

**5/6 Friday and 5/7 Saturday- Denver Botanic Gardens Plant Sale.** 10am–6pm, Friday and 10am–4pm Saturday. Horticulture experts on-hand to answer questions and assist shoppers to choose the right plants for their garden. FREE admission. 1007 York St. [www.botanicgardens.com](http://www.botanicgardens.com)

**Through 5/8 Sunday- Story Keeper: Works by Melanie Yazzie.** Denver Botanic Gardens. Exhibition by internationally acclaimed Navajo/Diné Colorado-based artist Melanie Yazzie inspired by plants in the Gardens. 1007 York St. [www.botanicgardens.org](http://www.botanicgardens.org)

**5/14 Saturday and 5/15 Sunday- Tesoro Indian Market and Powwow at The Fort.** Native American artists show wares and demonstrate crafts. Powwow & competition with traditional dancers and drummers. Located in Morrison, the Fort is a replica of Bent's Old Fort, an Indian trading post. [www.tesorofoundation.org](http://www.tesorofoundation.org), [www.thefort.com](http://www.thefort.com)

**5/18 Wednesday- A POD in the Garden: Creating Your Own Personal Outdoor Dwelling.** Author of, *Stylish Sheds and Elegant Hideaways*, gives design ideas and solutions to challenges. \$10/members; \$15/nonmembers. Registration required at "programs" link at [www.botanicgardens.org](http://www.botanicgardens.org), [registrar@botanicgardens.org](mailto:registrar@botanicgardens.org) or 720.865.3580.

**5/21 Saturday- Botanic Bow Wow.** Denver Botanic Gardens' event with pet-friendly vendors, info booths and treat stations. Dog experts to answer canine questions. Upper Level of new parking facility, 1007 York St. [www.botanicgardens.org](http://www.botanicgardens.org)

**5/21 Saturday- 5 Points Jazz Festival.** FREE activities and performances begin at 1pm. Welton Street in 5 Points. [www.denvergov.org/5pointsjazz](http://www.denvergov.org/5pointsjazz)

**5/7 Saturday- Wash Park Home Tour.** 10am–4pm. Benefits Steele Elementary. Tickets: \$15/advance; \$20/day of. [www.washparkhometour.org](http://www.washparkhometour.org)

**5/11 Wednesday to 5/14 Saturday- Fair Trade Oriental Rug Event.** Over 300 heirloom-quality rugs for sale, ethically made by fairly paid adult artisans. Augustana Lutheran Church, 5000 E Alameda Ave. Contact: Charlotte Otto at 303.316.8773.

**5/12 Thursday- Introduction to Oriental Rugs Seminar.** Explore history/art of rug making, from dyeing wool to tying fringes. Seminar to highlight 4-day Fair Trade Oriental Rug Event supporting artisans in flood-ravaged Pakistan. 7pm. FREE. Augustana Lutheran Church, 5000 E Alameda Ave. RSVP: 303.316.8773

**5/14 Saturday- Harmony: A Colorado Chorale.** 7:30pm. "Singing our Mission" is a 20th anniversary concert that will feature 20 years of music memories. Experience the "power and joy of GLBTS voices!" Tickets at the door \$22/\$17 for students and seniors. Online tickets \$20/\$15 at [brownpapertickets.com/event/165341](http://brownpapertickets.com/event/165341). L2 Arts and Culture Center, 1477 Columbine St. More info: 720.371.0743.

**5/16 Monday- Colorado Federation of Garden Clubs.** Meets 3rd Monday of the month; open to anyone interested in gardening. 7pm. 1556 Emerson St. Contact: Ellen at 303.320.5983

**5/21 Saturday- Festival De Vida II: Shifting Normalcy.** Sol Vida Dance! 12–4pm. Tickets: \$5 at the door. Manmade Media Studio, 2352 Dayton St. [www.solvida.com](http://www.solvida.com)

**6/4 & 6/5 Sat. and Sun- Capitol Hill People's Fair.** Family fun, handmade arts & crafts, culinary delights, entertainment and fundraising for non-profits. Saturday - 10am to 8pm; Sunday - 10am to 7pm; FREE Admission. Civic Center Park

**6/9 Thursday to 6/11 Saturday- Tea and Treasures at Tablescapes 2011.** Tea with delicious edibles with tour of Bosworth House, \$16 before 6/1, \$22 after. 1400 Josephine St. Presented by Assistance League of Denver. 303.322.5205, [www.denverassistanceleague.org](http://www.denverassistanceleague.org)

**Single Volunteers of Greater Denver.** Visit [www.svgd.org](http://www.svgd.org) for volunteer opportunities for singles: local projects, charitable social events and working vacations abroad.

**Live Music at The Soiled Dove.** One of Denver's best live music venues located at 7401 E 1st Ave, Lowry. Tickets: [www.soileddove.com](http://www.soileddove.com)

**Denver Botanic Gardens Summer Concert Series.** Tickets on sale 4/25/members; 5/2 for general public. Concert lineup/tickets: [www.concerts.botanicgardens.org](http://www.concerts.botanicgardens.org)

**Denver 2 for 1 Tix** provides weekly 2 for 1 ticket and admission discounts for metro Denver arts and entertainment. [www.denver2for1tix.com](http://www.denver2for1tix.com)

**HEALTH AND WELLNESS**

**5/15 Sunday- Find & Follow Your Inner Voice.** 2–3pm, Cost: \$5 benefits Mountain2Mountain. RSVP [www.thrivingmamas.com](http://www.thrivingmamas.com)

**5/21 Saturday- Fabulous Thai Foot Spa.** Mother/daughter foot spa. \$30/mom with 15-year-old and under; \$50 for 2. Schedule time at 303.355.5505 or [jamie@thrivingmamas.com](mailto:jamie@thrivingmamas.com).

**6/4 Saturday- Healthy Living through Mediterranean Lifestyle.** Learn benefits of the Mediterranean lifestyle 9:30am–10pm. \$129 (early registration)/\$139 (regular rate). Includes wine tastings, 3-course meal, educational talks and take-home kit. Bonaquisti Winery, 4640 Pecos St, Unit 1. Register: [www.viamediterranea.com](http://www.viamediterranea.com)

**LECTURES, DISCUSSIONS, AND CLASSES**

**5/21 Saturday- Brain Awareness month, Lectures by experts,** 9:30am - 1:20pm. Speak-

ers include: Nutritionist/RN; School Principal/Teacher/Counselor; Psychologist; Pediatric Occupational Therapist. Free. No registration required. Cherry Creek Library, 305 Milwaukee Street. More info: 303-284-6105

**Active Minds – Info on all sessions:** [www.ActiveMindsForLife.com](http://www.ActiveMindsForLife.com). FREE.

**5/3 Tuesday- Pirates: Tales and Legends.** 10–11am. Jewish Community Center, 350 S Dahlia St. Lil Shaw: 303.316.6359

**5/9 Monday- Pirate Tales and Legends.** 2:30–3:30pm. Springbrooke, 6800 Leetsdale Dr. RSVP: 303.331.9963

**5/10 Tuesday- What Makes an Orchestra Special?** 12:30–1:30pm. Tattered Cover, 2526 E Colfax Ave.

**5/12 Thursday- The Impact of Japan on Nuclear Power.** 7–8pm. Potluck, 6pm. Bring dish to share; utensils, plates and beverages provided. Stapleton Master Community Assoc., 2823 Roslyn St.

**5/17 Tuesday- Chocolate.** 11am–12pm (10:45/refreshments). Temple Emanuel, 51 Grape St. RSVP: Jodi: 303.388.4013 x307

**5/31 Tuesday- Japan.** 10–11am. Jewish Community Center, 350 S Dahlia St. RSVP not required. Lil Shaw: 303.316.6359

## RECURRING EVENTS

**4th Monday**  
SUN Board Mtg. 7:30pm, MCA, 2823 Roslyn St. [stapletonunitedneighbors@gmail.com](mailto:stapletonunitedneighbors@gmail.com)

**Every Tuesday**  
Stapleton Rotary Club – 7:30am  
Stapleton Community Room  
2823 Roslyn St.  
[www.denverstapletonrotary.org](http://www.denverstapletonrotary.org)

AA Open Discussion Mtg. 7:30pm. MCA, 2823 Roslyn St 303-912-7075

AA Open Meeting 6:00pm  
St. Thomas Episcopal Church  
22nd and Dexter. For info call Shirley at 303-726-2998

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

**2nd Tuesday**  
Parks Advisory Group, 7:30am, 7350 E. 29th Av, 3rd fl. Lcorrell@dotnet.net

**3rd Tuesday**  
Greater Stapleton Business Assoc. 8am MCA, 2823 Roslyn St 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](mailto:tbrislina@gmail.com) [www.stapletonhomebusiness.com](http://www.stapletonhomebusiness.com)

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

**2nd & 3rd Wednesday**  
Lowry Peak Speakers Toastmaster Club. Noon–1pm, Pinacol Assurance: 7501 E. Lowry Blvd, Denver 80203 [lowrypeak.freetoasthost.org](mailto:lowrypeak.freetoasthost.org) [lpstoastmasters@gmail.com](mailto:lpstoastmasters@gmail.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](http://BluffLakeNatureCenter.org)

Neighborhood Partners Environmental Team 9am–Noon. Contact [Lcorrell@dotnet.net](mailto:Lcorrell@dotnet.net) for location.

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

**Periodically**  
Stapleton Wine Appreciation Group. [meighanm@aim.com](mailto:meighanm@aim.com)



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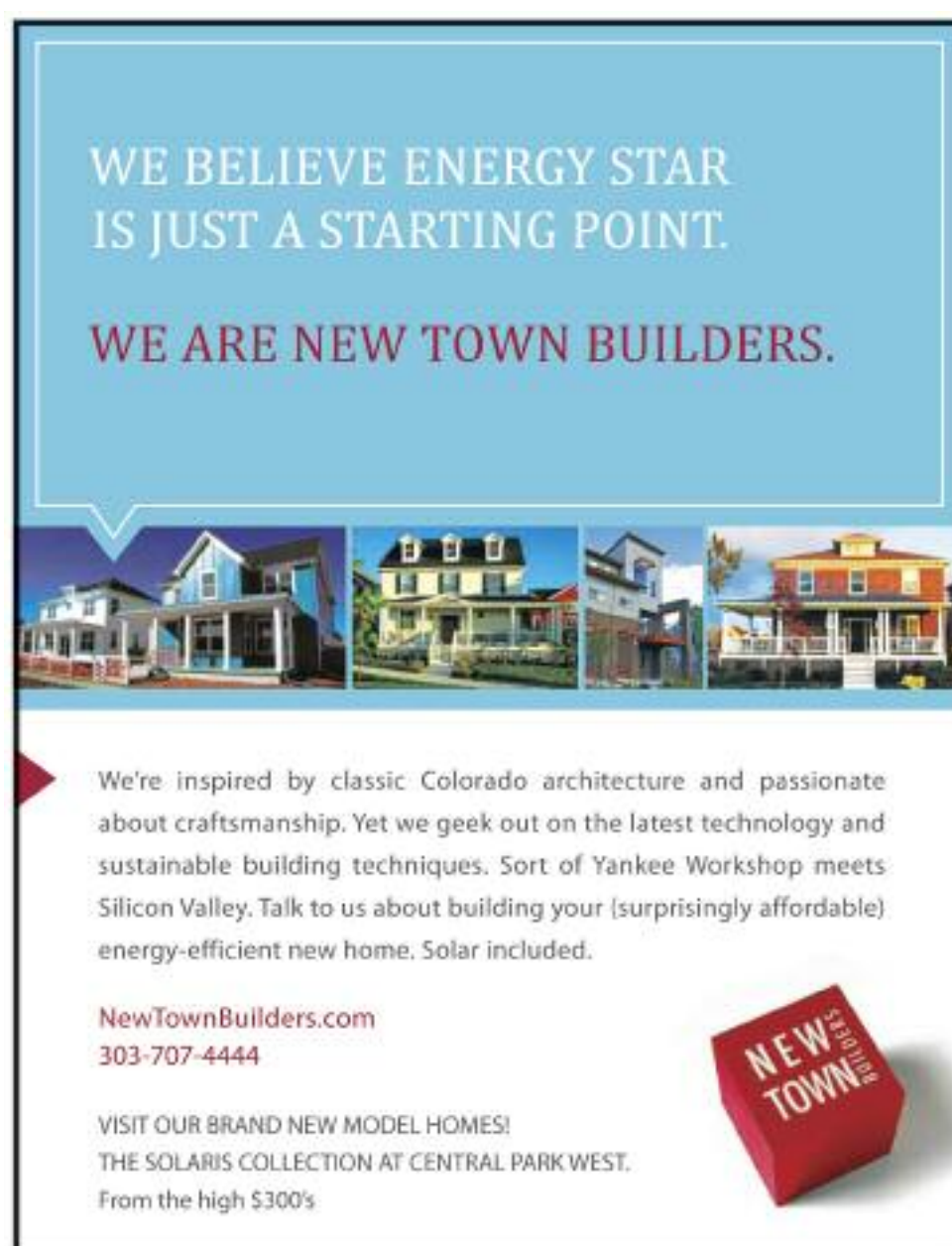
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**6/9 Thursday- The History of Denver.** 10am–12pm (10 reception, 10:30 program). 1375 High St. RSVP: 303.399.5555 (limited seating)

**05/21 Saturday- Introduction to Poetry Writing.** 9am–1pm. By DenverSchool of the Arts (DSA) teachers Jana Clark and Sara Finnegan-Doyon. Coffee, a light breakfast and lunch included. \$45 (\$20 goes to the Creative Writing program at DSA). 7111 Montview Blvd, msfinnegan-doyon@gmail.com

## LIBRARIES

For info on complete library programs, check events calendar at [denverlibrary.org](http://denverlibrary.org). Summer of Reading for babies, kids, and teens: Signup starts 5/26.

**Park Hill Library, 4705 Montview Blvd. 720.865.0250. Closed Mondays, Wednesdays and Sundays. No storytimes the first 3 weeks of May.**

**Thursdays- All ages storytime.** For kids who can sit and listen to stories and participate in songs. 10:30am.

**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.

**Tuesday afternoons in June and July at 3pm.** Local performers including animal acts, drumming, magic, music, puppets and science. All ages. No registration required.

**Thursday afternoons in June and July at 3pm.** Kids crafts. Registration required.

**Friday afternoons in June (6/10–6/24) at 4pm.** Special baby programs including baby massage, baby sign language and baby play. Registration required.

**Schlessman Family Library, 100 Poplar St (1st and Quebec). 720.865.0000. Closed Wednesdays and Fridays.**

**Tuesdays- All Ages Storytime.** 10:30am

**Thursdays- Bookbabies.** 3pm

**5/1 Sunday- Yoga Dance.** 2pm. Awaken your body and quiet your soul through movement and stillness.

**5/2 Monday- Outsmarting Investment Fraud.** 6pm. Learn the basics of safe investing.

**5/7 Saturday- Colorado Authors Series: Cort McMeel.** 11am.

**5/8 Sunday- Colorado Authors Series: Eleanor Brown.** 2pm.

**5/9 Monday- Summer Salads.** Introduce more vegetables into your diet with creative salad ideas. 6:30pm.

**5/14 Astrology with Debra Silverman.** 2pm. Astrologer/psychotherapist Silverman ([www.debrawilvermanastrology.com](http://www.debrawilvermanastrology.com)) using ancient science of astrology and modern angle of psychology will help you identify your true nature and how to find your vocation and purpose. The afternoon will stimulate your thoughts and help you remember who you are.

**5/15 Sunday- Colorado Authors Series: Elizabeth Yarnell.**

2pm. Yarnell, author of *Glorious One-Pot Meals*, will do a cooking demo of her unique, patented method of quick and healthy one-pot dinners and tell her inspirational story of how she took a devastating diagnosis and turned it into a way of cooking and eating we can all enjoy.

**5/21 Saturday- Beginning Acrylic Painting.** 11am. Learn acrylic canvas painting basics with step-by-step artist-led instruction from My Art Workshop ([www.myartworkshop.com](http://www.myartworkshop.com)). No prior painting experience needed to create a blowing tree masterpiece. Supplies/instructions included. Registration required: 720.865.0000 or at reference desk.

**5/22 Sunday- Colorado Authors Series: Carol Berg.** 2pm.

## KIDS AND FAMILIES

**5/5 Thursday to 6/26 Sunday- The Frog Prince, Western Style.** Denver Puppet Theatre, 3156 W 38th Ave. Tickets: \$7 ages 3 and up. 303.458.6446, [www.denverpuppettheater.com](http://www.denverpuppettheater.com)

**5/7 Saturday- Home Depot Kids Workshop.** 9am–12pm. FREE how-to clinics the first Saturday of month for kids ages 5–12. Each child receives a Home Depot apron, wooden project and project pin. Metro-area Home Depot stores. [www.homedepot.com](http://www.homedepot.com)

**5/7 Saturday- Jewish Children's Activities.** First Sat. every month little ones dance, sing, hear a story, craft and play at monthly Shabbat experience, Me'at Shabbat. 9–10am. FREE. Temple Micah, 2600 Leyden St, Park Hill. 303.388.4239, [www.micahdenver.org](http://www.micahdenver.org)

**5/11 Wednesday- "Create Playdates" at Denver Art Museum.** Kids 3–5, 2nd Wed. of every month. Drop in, meet other tots for art making, story times, scavenger hunts. Included in museum adm.; 5 and under free. Denver Art Museum, 100 W 14th Ave Pkwy. [www.denverartmuseum.org](http://www.denverartmuseum.org) or 720.865.5000

**5/14 Saturday and 5/28 Saturday- Lowe's Build and Grow Kids Clinics.** Kids build a FREE wooden project. Each kid receives free apron, goggles, project-themed patch and certificate of merit on project completion. 10am. [www.lowesbuildandgrow.com](http://www.lowesbuildandgrow.com)

**5/21 Saturday- St. Elizabeth's School Spring Garden Festival.** Carnival games, bouncy obstacle course, plant sale, live music, lectures by plant/wildlife experts, food vendors and silent auction. 10am–2pm. Free admission; carnival tickets \$5 for 20. Clayton Early

## To submit information for the Front Porch "Local Event" Listings

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

Date in numerical format (mm/dd), day of week- Name of Event. A one- or two-sentence description. Time. List cost or if free. Location. Contact information.

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

Learning Campus, 3605 Martin Luther King Blvd. 303.322.4209, [www.stelizabethsdenver.org](http://www.stelizabethsdenver.org)

**5/27 Friday- Denver Botanic Gardens Family Fun Night.** The 4th Friday each month explore nature at night in Mordecai Children's Garden. New theme monthly, performers in Sagebrush Stage, snacks by campfire and more. \$20/member for family of 4, \$3/each extra person. \$25 nonmember/family of 4, \$4/each extra person. Kids 2 and under free. [www.botanicgardens.org](http://www.botanicgardens.org)

**Thursdays in May- Star K Kids.** Puppets, stories, activities and outdoor exploration for ages 5 and under. Morrison Nature Center, 16002 E Smith Rd, Aurora. 303.739.2428, [www.auroragov.org/nature](http://www.auroragov.org/nature)

**Aurora Fox Theater- Registering for drama classes.** Ages 4 and up. Lisa Mumpton: 303.739.1573 or [www.aurorafox.org](http://www.aurorafox.org)

**Thursdays in May- Your Money Your Life: How to keep it, use it and make it grow.** Teens learn how money affects their lives and useful tips for smart money handling. 3:30–5pm. FREE. Appropriate for grades 6–12. Anythink, 7185 Monaco St, Commerce City. [www.anythinklibraries.org](http://www.anythinklibraries.org)

**Art Students League of Denver-** Registering programs for kids and teens. 303.778.6990, [www.ASLD.org](http://www.ASLD.org)

**Small Hands Art Studio-** Registering for summer classes. Located in Stapleton! [www.smallhandsart.com](http://www.smallhandsart.com)

**The Art Garage-** Registering for workshops/classes ages 4 and up. 6100 E 23rd Ave, Park Hill. [www.artgaragedenver.com](http://www.artgaragedenver.com)

**Denver Film Society summer workshops-** Introductory Young Filmmakers workshop for beginners ages 12–19. Two-week basic course helps students create their own short, narrative film. [www.denverfilm.org](http://www.denverfilm.org), [youngfilmmakers@denverfilm.org](mailto:youngfilmmakers@denverfilm.org)

**Stapleton All Sports-** Registering for summer tennis and multi-sports camps in Stapleton for kids 4–10. [www.stapletonallsports.com](http://www.stapletonallsports.com) or Gabe Hurley: [stapletonallsports@gmail.com](mailto:stapletonallsports@gmail.com)

(continued on page 18)

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(continued from page 17)

**The Urban Farm-** Registering for summer workshops for children, including I Want to Be a Farmer (ages 7–10) and Story Book Farm (ages 4–6). info@theurbanfarm.org

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

**5/19 Thursday- Science Lounge.** Cocktails and entertainment every 3rd Thurs. of month. 6:30–9:30pm. \$8/members; \$10/nonmembers

**Planetarium- Journey to the Stars and Black Holes, Other Side of Infinity.** Various times. Tickets: \$6/ages 3–18; \$8/adult

**IMAX- Born to Be Wild 3D, The Wildest Dream: Conquest of Everest 2D and Under the Sea 3D.** Tickets: \$8/3–18; \$10/adult

**NORTHFIELD EVENTS**

**Bass Pro Events – 720.385.3600, check www.BassPro.com for classes and events.**

**Harkins Theatres 18 – 720.374.3118, www.HarkinsTheatres.com**

5/6, Friday – *Something Borrowed, Thor*  
5/13, Friday – *Everything Must Go, Priest, Meek’s Cutoff, Shelter, Skate-land*  
5/20, Friday – *Bill Cunningham New York, Pirates of the Caribbean 4*  
5/26, Thursday – *The Hangover Part II, Kung Fu Panda 2*

**Improv Comedy Club and Dinner Theatre**

Tickets: 303.307.1777; performers listed at www.ImprovDenver.com

**Toby Keith’s I Love This Bar and Grill – 303.728.9468, www.TobyKeithUSA.com**

5/5, Thurs – David Allen Coe; 5/6, Friday – Stealing Angels; 5/7, Sat – Brett Eldredge; 5/12, Thursday - Bomshel; 5/19, Thurs – Troy Olsen

**The Twisted Olive – 303-373-8100, www.TwistedOlive.com**  
Spoken Word/Poetry – 9pm every Wednesday

**ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE**

**Reservations required for events marked\*\* at 303.289.0930.** Through May 20, take I-70, exit north on Havana St, enter at 56th and Havana. Effective May 21, take I-70 to Quebec St, Quebec north to Prairie Parkway, turn right on Prairie Parkway to Gateway Road, turn left on Gateway Road to 6550 Gateway Rd. New Visitor Center is just past Refuge entrance. Free unless noted. Refuge hours: Tuesdays–Sundays, 6am–6pm. Visitor Center: Tuesdays–Sundays, 9am–4pm. Refuge closed all federal holidays.

**Wednesdays, Saturdays and Sundays- Wild Rides.\*\*** 9:30–11:30am. 2-hour guided viewing tour.

**5/15 Sunday- Seasonal Photo Tour.\*\*** 6–9am.

**5/21 Saturday to 5/28- New Visitor Center Grand Opening Celebration.** Opening of your new Visitor Center with special activities and programs for the whole family. 9am–4pm.

**5/28 Sunday- Seasonal Photo Tour.\*\*** 5–8pm.

**6/4 Saturday- Free Fishing Day.** 6am–6pm.

**SPORTS AND FITNESS**

**5/1 Sunday- Cherry Creek Sneak.** 5 mile, 5K, 1.5 mile sneak sprint and ½ mile kids’ fun run in Cherry Creek North. Benefits Kempe Foundation for prevention and treatment of child abuse and neglect. Register: www.cherrycreeksneak.com

**5/7 Saturday- Miles for Moms Run/Walk.** 9am. Stapleton’s Central Park. 5K and 2K races to benefit Florence Crittenton Services mission to help teen parents. Family Festival after race. www.parentpathways.org Contact: Marcia Jamison, mjamison@FloCritCo.org

**5/7 Saturday- Dumb Friends League Furry Scurry.** 2-mile walk at Denver’s Washington Park benefits Denver Dumb Friends League. \$50/person 9am. www.ddfl.org

**5/7 Saturday- Wells Fargo Walk MS Denver Presented by MS Lifelines.** Denver City Park. Registration/festivities start at 7:30am; walk at 9:30am. Main fundraising event of National MS Society helps the 10,000 people in Colorado living with MS. 303.698.7470,

www.walkmscolorado.org

**5/8 Sunday- Mother’s Day 5K.** 9am. Denver City Park. \$25/individual, \$60/family (max 5) includes zoo admission. www.mothers-day5k.com

**5/15 Sunday- Colorado Colfax Marathon.** www.coloradocolfaxmarathon.org

**6/25 Saturday- Undy 5000.** 5K walk/run and 1-mile kids’ fun run to raise awareness about colorectal cancer. Receive commemorative pair of Undy 5000 boxer shorts. Registration opens at 7am; Walk/Run at 8:30am. Denver City Park. \$30–40. www.undy5000.org

**STAPLETON/PARK HILL/LOWRY EVENTS**

**4/30 Saturday- May Festival and Children’s Flea Market.**

10am–2pm. Children’s games, toys, clothes, bake sale, kid activities. SE parking lot Messiah Community Church, Colo Blvd and 18th Ave, Park Hill. Portion of proceeds benefits homeless families of Denver Public School community. www.schulhausdenver.com, www.messiahdenver.org

**5/7 Saturday- Montview Community Preschool and Kindergarten Spring Carnival.** 11am–3pm, rain or shine. Montview Presbyterian Church at Montview and Dahlia. All you can play wristbands \$5 in advance, \$7 at door. Contact: Sara Keith at slwk@earthlink.net, 303.295.2255

**5/12 Thursday- Family Fun Night Carnival and Scholastic Book Fair.** 5:30–7:30pm. 18+ games and fun for all ages. Tickets: \$10 in advance for 3 years and up, \$15 at door. Bill Roberts K-8 School, 2100 Akron Way.

**5/14 Saturday- Menchie’s Princess Party.** Royal afternoon of face painting, games, story time, and dancing. Wear your best princess dress, bring the camera and meet Belle from *Beauty and the Beast!* 1–4pm. FREE, open to public. Menchie’s Frozen Yogurt, 8302 E Northfield Blvd #1560. 303.883.6778, Sponsored by Wands and Wishes www.wandsandwishesoccasions.com

**5/14 Saturday- Project Linus, Stapleton Group.** Project Linus provides love, sense of security, warmth and comfort to children who are seriously ill, traumatized or otherwise in need with gifts of new, homemade blankets or afghans. No sewing experience required. Meets 2nd Saturday of month at 2638 Florence from 9:30–11:30am. 303.953.9679

**5/14 Saturday- Paws & Give Event benefiting Max Fund.** Stapleton Dog Park, 9am–1pm. Collecting gently used dog toys, paper towels and peanut butter on behalf of Max Fund. Caren Henderson at caren.henderson@yahoo.com, www.oneworldheartproject.com, 303.478.8600

**6/26 Saturday- Stapleton All Sports Field Day.** Kids 4–11 compete in 6 events. Lunch & water provided. Limited to first 200 registrants; no signups day of event. Activities for parents and kids after the event. \$20/1 child, \$30/2, \$40/3. www.stapletonall-sports.com

**THEATER**

**Through 5/7 Saturday- Cliffhanger.** Firehouse Theatre Company at John Hand Theater, 7653 E 1st Pl, Lowry. 303.562.3232, www.johnhandtheater.com

**5/13 Friday to 6/12 Sunday- Grey Gardens.** Vintage Theatre, 2119 E 17th Ave. 303.839.1361, www.vintagetheatre.com

**5/21 Saturday to 6/18 Saturday- Run for Your Wife.** Spotlight Theater Company at John Hand Theater. 7653 E 1st Pl. Lowry. 720.880.8727

**5/27 Friday to 5/29 Sunday- Concert reading of award-winning Broadway musical Uncle Jed’s Barbershop.** Shadow Theatre Company at Aurora Fox Theatre, 9900 E Colfax Ave, Aurora. Benefit for AIDS prevention. 303.739.1970, www.aurorafoxartscenter.org

**Through 5/29 Sunday- Hedwig and the Angry Inch.** Avenue Theater, 417 E 17th Ave. 303.839.1361, www.avenuetheater.com



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More Events...

### Free—May Events at the Stapleton Discovery Center

The Stapleton Discovery center, located at Syracuse and MLK Blvd., will be open to the public Monday through Saturday from 10am to 6pm and Sundays from noon to 5pm from May 5 through July 3. Visitors can take the free shuttle to tour the new energy efficient model homes in the Central Park West neighborhood and, for a \$20 ticket/contribution to Urban Peak, they can also tour the HGTV Green Home.

Food trucks will also be at the center. More information can be found at [www.stapletondenver.com](http://www.stapletondenver.com).

**Events listed below will be held from 11am to 1pm every Thurs., Fri. and Sat. and on Sundays from 12 to 2pm.**

May 5—Grand Opening, robots to cut the ribbon, solar and science demonstrations, solar baked cookies, and products for sale by Colorado artists.

May 6—Wellness services by Blue Creek may include acupuncture, chair massages or other body and healing work.

May 7—Make gifts and cards for mother's day (sponsored by Super Ordinary Gallery).

May 8—Mini manicure and paraffin wax treatment for mom by Blue Creek; free ice cream from Cold Stone; free skin care advice from Denver Dermatology.

May 12-13—Solar vendors to demonstrate solar power & provide information on adding solar.

May 14—Solar activities and demonstrations—UV bracelet making, solar air balloons, solar baked cookies and a solar boat race

May 15—Robotic demonstrations, controlled explosions and other science phenomena by Denver School of Science and Technology students.

May 19-20—Lessons on framing and demonstration of Paint by Wine by Art & Framing at Stapleton

May 21—See and learn about birds of prey courtesy of Hawk Quest and Bluff Lake Nature Center.

May 22—Feel pelts and skins and learn about animals and the environment with ELK, Environmental Learning and Sand Creek Regional Greenway.

May 26-27—Wellness services by Blue Creek (see May 6)

May 28—TP (Total Performance) Disc Dogs will jump, leap and catch disks. Treats for dogs and visitors will be provided by U-Shampooch and Cold Stone Creamery.

May 29—Pet adoption hosted by Dumb Friends League along with a pet photographer, pet behavior specialist and pet products.

May 12, Free Parenting Class—Raise Thoughtful Kids & Keep Your Sanity

This series of free and open-to-the-public community conversations was developed by pediatricians to inform and support Denver parents. The first discussion, “Beyond Time Out: How to Raise Thoughtful Children & Keep Your Sanity,” on Thursday, May 12, from 6:30–8pm, will be led by pediatricians Maya Bunik, MD, of The Children’s Hospital and Jennifer Kempe-Biermann, MD, of Kaiser Permanente Pediatrics. Between the two pediatrician-



mother speakers, they have had 48 years of education, 42 years of marriage, 40 years of pediatric practice, 25 publications, 12 nannies, 8 children, 5 dogs, 2 husbands (1 each) and 1 reptile. Come for sharing of ideas, questions and a community dialogue at the Lowry Early Learning Center, 957 Ulster Way. Please RSVP at 303.962.2616 or [sarif@milehighmontessori.org](mailto:sarif@milehighmontessori.org). Sponsored by Mile High Montessori Early Learning Centers.

May 6, Hear Speakers on Positive Change at Hangar 61

Ten internationally known leaders will share their wisdom in a “Chick-fil-a Leadercast” event on Friday, May 6, from 8am–4:30pm, that will be streamed live from Atlanta. Participants can listen to John Maxwell (author), Mack Brown (coach of the Texas Longhorns), Robin Roberts (host of Good Morning America), Muhtar Kent (president

of Coca-Cola) and more as they talk about creating positive change at work, at home and in the community. For more information, visit [www.chick-fil-a-leadercast.com](http://www.chick-fil-a-leadercast.com) or [www.hangar61events.com](http://www.hangar61events.com). Location: Hangar 61. \$75 (includes lunch). RSVP is encouraged by May 4 as lunch is included and seats are limited. If seats are still available the morning of the event, attendees will be able to purchase a seat at the door.

(continued on p. 24)

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# DUI Offender Trains Johnson & Wales Students in Alcohol Awareness

By Nancy Burkhart

Kasey Baca was 23 years old when an alcohol-soaked evening led to an intimate encounter with a guardrail, a totaled car, and a trip to the hospital for her and a friend who was a passenger. When she finally went to court, Baca's driver's license was taken away for nine months.

"I started drinking right out of high school. I was 18," Baca said. "I used to drink a lot. I didn't always do my homework. I wasn't the best student. I was only drinking on the weekends, but I was binge drinking. I hadn't learned yet that you could enjoy it without getting trashed."

A year later, Baca is a senior at Johnson & Wales University with a major in food service management and is a resident assistant in President's Hall. When the resident assistants were asked to come up with a program that would impact students, Baca and her friend, Angelina Dominguez, who is head resident assistant, decided to use Baca's experience and put together an Alcohol Awareness Week.

The week included a drunken tricycle obstacle course in which students wore goggles to simulate a drunken state. One day

volunteers wore black to represent the percentage of people who were killed by drunk drivers. There was a three-hour period of silence out of respect for these people. A chef instructor conducted a session on the proper etiquette of wine tasting with appropriate food, to demonstrate drinking without bingeing. And students, including Baca, spoke of their drunk driving experiences to student audiences.

"It went really great," Baca said of the Alcohol Awareness Week. "We had 59 people

show up for my speech. So many students showed up for the wine tasting that we had to turn them away. I still hear people talking about the crash and dead day."

"During the speech I heard sniffles and saw wet eyes. I've heard from several that they didn't realize that it could happen to them. They are saying that it has made them think about the choices they make."

Baca started drinking right out of high school. She blamed her drinking

Johnson & Wales student Maranda Walker of Westminster has a little trouble walking a straight line for the Denver police officer while wearing a pair of "drunk goggles" which simulate the effects of drunkenness.

Jeff Schlimm, Thornton, finds riding a tricycle challenging when wearing "drunk goggles."

habits on hanging out with the wrong people.

"I didn't understand the concept of drinking responsibly," she said.

Baca advises parents to talk with their children about drinking habits without telling them not to drink.

That only would make them do the opposite, she said.

"I know college is a hard time, but talk to your kids," Baca advised. "I'm so close to my parents and they're my support. They helped me through it. They know I made a stupid mistake and they still love me. Just talk."

Baca has changed her drinking habits.

"I look at alcohol more like something that is a personal award," she said. "I don't drink to excess. If I had a good week, maybe I'll have a drink. But mostly I reward myself with a Diet Coke."



Check out the video of Alcohol Awareness events at [www.FrontPorchStapleton.com](http://www.FrontPorchStapleton.com)

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Ask a Doctor

How Do You Recognize and Treat Concussions in Youth Sports?

By Stephanie Chu, DO & Justin Lee, MD

It's spring in the Denver-metro area, and that means concussions will be on the rise as people become active in sports again. The Center for Disease Control and Prevention (CDC) estimates 300,000 sports-related concussions occur per year, 100,000 in football alone. Studies suggest concussions comprise 3-5% of all high school sports injuries. An estimated 900 sports-related traumatic brain deaths will occur this year alone.

A concussion is defined as a complex process affecting the brain, induced by traumatic forces. Participation in contact sports, football, ice hockey, soccer, boxing, lacrosse, wrestling and basketball carries a risk of concussion. However, other sports and activities, gymnastics, skiing, snowboarding, ice skating, rollerblading and horseback riding, are showing to have increased risk. A direct blow to the head, neck or face, or a force elsewhere on the body causing severe twisting in the head and neck may cause concussions.

Doctors look for one or more of the following symptoms before diagnosing a concussion: headache/dizziness, fatigue, vision problems, sound sensitivity, feeling like "in a fog," more emotional, depression, irritability, difficulty focusing. Physical signs may include: loss of consciousness, memory loss, slurred/incoherent speech, confusion/disorientation, delayed ver-

bal and motor responses, excessive drowsiness. On January 1, 2012 the Jake Snakenberg Youth Concussion Act will take effect in Colorado as the first youth sports concussion safety law in the nation. This law covers athletes ages 11-19 participating in public and private middle and high schools and private youth sports clubs. Under the law, youth athletes who show ANY features of concussion must be immediately removed from the game or practice. All coaches, including volunteer coaches, must complete concussion education courses annually so they are able to identify concussion symptoms, get the proper medical attention for their athletes and know the risks and nature of concussions. If it is deemed the athlete has had a concussion, a health care provider with training in concussion management must evaluate the athlete.

Concussions should initially be treated with physical AND cognitive rest until the symptoms are gone; athletes can then progressively return to play. Activities that require higher concentration (school work, video games, text messaging, etc.) can also worsen symptoms and delay healing time. Occasionally, accommodations may need to be made regarding school. The athlete should not be left alone following the injury, and continual monitoring for signs of worsening neurologic function is essential during the initial few hours following injury. If deterioration is not observed, the athlete should try and sleep through the night to allow the brain to rest. A majority (80-90%) of concussions resolve in 7-10 days, although recovery time may be

longer in children and adolescents so youth athletes should never be allowed same day return to participation. Return-to-play following a concussion should follow a stepwise progression that should only be started when he or she is symptom-free at rest. Written clearance to play will be required from a health care provider trained in concussion management. After clearance is obtained, a registered athletic trainer can manage the return-to-play. Each step in the progression below should take 24 hours and if ANY postconcussion symptoms occur in the program, the athlete must drop back to the previous level and increase activity again after another 24-hour period of rest.

Progression of Activities as Athletes Return to Play after a Concussion

→	→	→	→	→	→
No activity	Light aerobic exercise	Sport-specific exercise	Non-contact training drills	Full-contact practice	Return to Play

Early recognition of symptoms is imperative in the treatment of concussions. Catastrophic and even fatal events occur when athletes are playing prior to complete brain healing. Only if the Return-To-Play protocol is followed with complete resolution of symptoms can a parent feel comfortable with a full, unrestricted return to athletics. If you have concerns following a possible concussion, the best practice is "When in doubt, check it out!" Dr. Chu and Dr. Lee practice at the University Family and Internal Medicine clinic in Stapleton, located at 3055 Roslyn St., 720-848-9000. Stephanie M Chu, D.O., CAQSM is an Assistant Professor of Primary Care Sports Medicine at the CU School of Medicine and is Team Physician for the Colorado Buffaloes. Justin Lee, M.D. is a Chief Resident in the University of Colorado Family Medicine Residency program.

New Pet Adoption Center at Northfield

The Dumb Friends League has opened an adoption site at Northfield where an average of 10 pets will be available for adoption each day. And through June 30 all cat and dog adoption fees will be reduced to \$50. Northfield has provided the space, just east of Harkins Theatre. The center is currently open from 2-8pm on Thursdays and Fridays and from 11am-5pm on Saturdays and Sundays. For more information on the Dumb Friends League and pets in need of homes, visit ddfl.org or call 303.751.5572.

Denver Recycles Expands Products Accepted

The city has expanded its list of acceptable plastics to include rigid plastic bottles, jugs, jars, cups, trays, tubs and containers marked with a number 1 through 7 in the recycling symbols. This includes: yogurt, cottage cheese & butter tubs; "To-go" plastic drinking cups; "clam-shell" containers for berries and bakery cookies; containers for salad mixes. NOT INCLUDED ARE: Plastic bags, styrofoam, plastic shrink wrap, Plastics marked as "PLA" or bigger than 3 gallons. Visit www.DenverGov.org/DenverRecycles

Push-Ups Raise Funds for Wounded Warriors



A fundraiser for Wounded Warriors was held in Central Park on April 16. Organized by Crossfit Stapleton, participants competed to see how many push ups they could do in 90 seconds and raised a total of \$1250. Above, Austin Harris, 6, left, and his buddy Jaden Schrutt, 7, practice their push-ups before the event while Austin's mom, Kristie and little sister Katie, 2, look on. Austin who loves everything army, raised over \$300 and Jaden raised \$270. Austin's award for being the top fund raiser was lunch with Navy Seal Sean Sexton from the CrossFit Stapleton coaching staff.

for the event while Austin's mom, Kristie and little sister Katie, 2, look on. Austin who loves everything army, raised over \$300 and Jaden raised \$270. Austin's award for being the top fund raiser was lunch with Navy Seal Sean Sexton from the CrossFit Stapleton coaching staff.

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# A Tribute to Carla Madison

Carla Madison, who represented City Council District 8, died on April 5 at age 54. Her fellow council members from northeast Denver remember her fondly.

**From Michael Hancock, City Council District 11:**

My thoughts and prayers are with Paul and all of Carla's family.

Carla Madison was much more than a colleague on the City Council. She was a good friend. And like all those who knew and loved her, these past few days have been extremely painful and very sad. I miss my pal Carla.

Carla Madison was a tremendous public servant. She understood the unique character and history and fabric of Council District 8. She was a champion for her constituents and an advocate for her neighborhoods. She approached every challenge not as a problem, but as an opportunity to bring people together and find solutions – together. She was a listener and a uniter.

Carla loved people. She was kind, curious and fun. And yes, she was a little bit eccentric. Who could forget her colorful hair, her outlandish costumes and her willingness to try just about anything?

I know that I will never forget her, and I know her constituents won't either. Denver is a better place because of her and she will be missed. Goodbye Carla. God bless you and God bless your family.

**From Carol Boigon, City Council At Large:**

Many will talk about Carla's sunny good nature or colorful, theatrical wardrobe. I think about her differently.

She was a woman of steely will. She battled multiple forms of cancer, experimental treatments, and the awful side effects of those treatments throughout her time on Denver City Council. She never let those challenges slow her work or commitment on behalf of the people of Council District 8.



Carla Madison in Stapleton's 29th Ave. Town Center at the opening of the MLK bike lanes in May 2010.

She attended every meeting, met with constituents and solved their problems. She worked tirelessly on the rewrite of the City's massive zoning code. She showed up with a smile, a ready mind and a colorful costume to every meeting and community event. That is a will of steel.

She was a woman who could balance the vision of an artist with the analytic thoughtfulness of a scientist. She was a physical therapist by training, who knew the intricate workings of the

human body -- muscles, bones and nerves -- and the ways to use the interactions of the parts to heal and strengthen the whole for her patients. Yet throughout her home, she practiced with skill the creative arts of painter, sculptor, mosaic artist, and metal worker to dramatic effect. She brought these strengths of creativity and analysis to her work for the City and made us better for it.

Carla was a unique spirit in City government. She brought grace, strength, energy and a new view to the work of Denver's local government. I will not forget her.

**From Doug Linkhart, City Council At Large:**

Carla was a wonderful addition to City Council, bringing with her a love for the arts, neighborhoods and people of Denver. Carla faced her health challenges the same way she faced everything else, with courage and concern about others above herself. I will miss her deeply.

**May 3 Election Information—City Council Dist 8**

*The Clerk and Recorder's office lists 38 write-in candidates for the District 8 council seat. If no candidate receives more than 50% of the vote on May 3, there will be a run off on June 7 between the two candidates who receive the most votes. The district 8 portion of the Front Porch distribution area is bounded by Holly, Colfax, Colorado Blvd. and Martin Luther King. (The entire district extends west to the northeast corner of downtown and north to 40th Ave.)*

# As the Old Airp A New



# What if your home takes a long

*By Kari and Tom Cummings*

As of April 19, 2011, there were more than 300 homes and nearly 100 condos and town homes on the market in greater Lowry, Park Hill and Stapleton areas. In the past 12 months, the average number of days to sell a house in those same neighborhoods was well over 100 days.

Based on these statistics, what are the options for a seller who needs to move and can't financially manage a potentially long period of covering the mortgage without occupying the home? One option is to put a home on the market for sale and for rent at the same time, and then go with whatever occurs first.

**If your home rents before it sells**

Despite the economic downturn, the Stapleton, Park Hill, and Lowry rental markets are strong, with short vacancy times and high rental rates. In strong rental markets, rent may cover more of the mortgage than many people expect. However, even if rent does not cover the mortgage payment, paying the difference might be more manageable than covering the cost of a vacant house for many months. Also, in most cases, part of the mortgage payment goes toward principal, which means some of the monthly cost is going toward increasing your equity in the home. For those who face selling a home for a price that is less than the outstanding mortgage, accepting a negative

cash flow may be preferable to bringing money to the closing table.

- You can avoid many rental problems by being a conscientious landlord:
- Research prices and charge a fair market price
- Screen potential tenants carefully—check their credit, employment, previous landlords, and references.
- Prepare an agreement that follows the laws for Colorado and spells out the responsibilities of landlord and tenant
- Monitor your property and take care of regular maintenance items
- If repairs are necessary, hire companies that are licensed and insured.
- Have neighbors keep an eye on your home and contact you if they suspect problems.

**Listing a tenant-occupied home for sale**

Showing a home while it is tenant occupied can be challenging. Homes that are selling in the current market have to be in impeccable condition, uncluttered and arranged to showcase the home's best features. Be sure to take care of all maintenance items (having carpets cleaned, touch up paint, etc.) to show the home in its best light. Consider incenting your tenants to keep the home looking its best by paying for a regular cleaning service or reducing

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MAKING SENSE OF INVESTING



# Stapleton's Parking Garage Goes Down, New Neighborhood Is Built from It



By Carol Roberts

The demolition of the Stapleton parking garage went according to plan, according to J.C. Walford of the Recycled Materials Company, with no safety issues or unexpected delays. And even as the garage was coming down, nearby sidewalks and gutters were being

poured that contain aggregate created on site during the demolition—aggregate that never even got transported on a road, it just went across the dirt field to where new homes are being built.

A hydraulic hammer, shown in photo #1, breaks up the large pieces of concrete. The backhoe with a bucket and thumb remove the cable, wire and re-bar from the concrete.

A concrete processor crunches down the concrete into a smaller size and removes small wire, which is picked up by a magnet. It is then fed into a power screen, shown in photo #2, which divides the concrete into three different sizes of aggregate.

Sheet metal, shown in photo #3, is separated and sent to a recycler in Commerce City.

Re-bar and structural steel, photo #4, get sent to a steel mill in Pueblo where it is recycled and made into new re-bar and beams.

The asphalt was recycled for use in roads.

The last of the parking garage came down on April 25.

## New Montessori School in Stapleton to Open for 2011-12 Session

In August, Montessori Children's House of Denver will open it's fourth Denver campus, at 2211 Xanthia Way in Stapleton, and is enrolling students now. At full capacity, school will accommodate 140 students from 18 months to 6th grade. Rachel Averch, who founded the

school in 1991 says, "The school's curriculum instills high self-esteem, respect for oneself, others and the environment. Our commitment is to help each child reach his or her fullest potential by understanding and recognizing their individual strengths and fostering them."



Looking through the "Learn in Spades" art installation made for the groundbreaking ceremony on April 16 are, from left, director,

Beatrice Watson and co-founders Gina Abegg and Rachel Averch. The shovels were decorated by children and sponsors.

## time to sell?

the monthly rent. Ensure that your tenant is keeping up their part of the bargain by monitoring the feedback from the realtors showing your property and regularly inspecting the home.

If you list your home for sale while it is occupied by tenants, get clear written agreements with both your agent and your tenant:

- Select an agent who has experience in selling and managing rental properties and get the details in writing on how both the listing and the leasing arrangement will work.
- Be sure your lease agreement allows you to list your property for sale and show it 60 days prior to the end of the lease.
- Make sure that the lease agreement specifically states how the tenant is required to maintain the property both inside and out.
- Be sensitive to tenants needs by requiring notice prior to showings. Establishing and maintaining a good working relationship with your tenant will help get your home sold.

*Kari & Tom Cummings are licensed realtors with TJC Real Estate and TJC Management, which is based in Stapleton and offers both real estate sales and property management services. Six years ago they founded TJC Management Services, which currently serves 130 rental properties in the Stapleton, Park Hill and Lowry neighborhoods. Email: Kari@TJCRealEstate.com or Tom@TJCManagement.com*

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



## Problems with Your Neighbor? Try Mediation

By Jeffrey Barron and Lourey Mumford

Did you know there is a free service provided by the City to help you resolve problems with your neighbors? Fourteen years ago, the City of Denver contracted with the nonprofit organization Community Mediation Concepts (CMC) to run their Denver Mediation program. This service is available free to everyone in Stapleton. It's your tax dollars at work!

Mediation is a way for people to resolve issues that are NOT illegal, but difficult to deal with: Why won't my neighbor's dog stop barking? Why won't they trim their trees overhanging my fence? What's with the noise? These are issues that do impact the quality of your life, and can cause real anxiety when trying to resolve them. If you are dealing with an issue, consider calling Denver Mediation at 303.651.6534.

Mediators are an impartial third party that helps neighbors listen to each other and work out agreed-upon solutions. Mediators do a lot of "reality checking," and they use a number of listening skills, conflict management knowledge and process management to help neighbors find resolutions. Mediations are held in a neutral setting and generally take two hours. Community Mediation Concepts will mediate days, evenings and weekends.

Most mediations deal with conflicting perceptions: what is too loud, what is unruly, what is irresponsible? In each situation, the parties have different perceptions and definitions for what is acceptable. Community Mediation Concepts helps people identify what these perceptions are, and how to work together to reach a compromise so BOTH the quality of lives improves, and the lines of communication remain open in the future.

For example, one person might think that their neighbor should mow their yard, prune the trees overhanging the sidewalk and pick up the children's toys in the driveway. The neighbor might see things differently, claiming: "I like the grass longer, it looks lush, and I'll get to the trees and toys when I have time between my two jobs and three kids." As time goes by, these differing perceptions can lead to animosity and stress. Before this happens, Community Mediation Concepts can bring the parties together to work out a solution.

If you need help in talking to your neighbor, call Denver Mediation directly at 303.651.6534, or look for information on how to reach them on the SUN website. They may be able to help.

### Spring Community Forum May 19

Stapleton United Neighbors (SUN) and the Citizens Advisory Board (CAB) will be hosting the 2011 Spring Community Forum on Thursday, May 19 from 7-8:30pm at Bill Roberts School, located at 2100 Akron Way. This semi-annual forum will update the community on the latest in the Stapleton neighborhood, including a 29th Avenue traffic light update from the City and County of Denver and a North Westerly Creek update from the Parks Advisory Group. Forest City, the MCA, and District 2 will also present. Doors open at 6:30pm.

## More Events...

(continued from page 19)

### May 13-15, Aurora Fire Arts Festival

The Fire Arts Festival in the Aurora Arts District will feature a live hot metal iron-casting performance and street festival including live music, food vendors, interactive art, family/child-friendly activities and artwork for sale.

On May 13 visitors can meet festival artists at an art exhibit/public reception 4-6pm at the Martin Luther King, Jr. Library, 9898 E. Colfax Ave. Galleries and art-related venues will be open from 5-8pm along E. Colfax Ave. between Clinton and Geneva Streets.

On May 14, following the re-dedication of Aurora's City Park from 2-4pm, the festivities continue along Elmira St. between E. Colfax and 16th Avenues with activities from 4-9pm. The public can watch an iron pour and carve a relief into a 7"x7" block of sand to be cast in iron on-site behind Café San Marcos, 9935 E. Colfax Ave. The Sculpture Club will have a tile-making station.

In the early morning of May 15, the 2011 Kaiser Permanente Colfax Half Marathon will pass through the Aurora Arts District. Visit [www.auroraartsdistrict.com](http://www.auroraartsdistrict.com) for art venue map and event information.

### May 21—Sol Vida Dance! Presents Performing Arts Festival

Park Hill-based dance company Sol Vida Dance!, which focuses on fusing dances from around the world, will hold its second annual Festival de Vida on Saturday, May 21, from 12-4 pm. Founder and artistic director April Charmaine organized this community-based performing arts festival to highlight her Youth Tribe and Tribal Tots dancers plus amateur and professional performing artists. The festival will include spoken word, theatre, music, a drum circle, cutting-edge art, fashion and food vendors.

It will be held at Green Screen Studio aka Manmade Media Studio, 2352 Dayton St. Tickets are \$5 at the door. Sol Vida Dance!, at 4926 E. Colfax, offers classes, camps, workshops and a community space for the arts. Info at [www.solvidadance.com](http://www.solvidadance.com) or 720.224.5990.

### June 11—Free Bike Safety Event at Stapleton Cop Shop, Bike Donations Needed

On Saturday, June 11, National Get Outdoors Day, the Stapleton Town Center COP Shop, the Bike Depot, the Denver Police Department and Denver Environmental Health will host a Bicycle Safety Event from 10am-2pm. This free and open to the public event will be held in the Stapleton Community Room (just east of King Soopers at 2823 Roslyn St.) and will include: bicycle safety presentations, demonstrations on keeping bicycles tuned, demonstrations of simple bicycle repairs, bicycle registration with the city, bicycle helmet fittings, a tricycle village with a safety riding course, and giveaways.

The Bike Depot needs bike donations from the community, in any condition, to make cycling accessible to more people.

The Bike Depot is at 2825 Fairfax Street in Park Hill; 303-393-1963. The Town Center COP Shop is at 7484 E. 29th Ave; 720-865-2356.

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Since You’ve Asked...

**Q: It seems no matter when I pull up to the light at Iola and Havana, (beside the carwash) the car beside me turns left on the red light to Havana. Is it legal to turn left from a one-way street to another one-way street at this intersection?**

A: If it is truly a one-way to one-way left turn situation, it is legal for traffic to turn left after stopping at the red light according to Denver Revised Municipal Code (D.R.M.C.) 54-101(3)2: Such vehicular traffic, when proceeding on a one-way street, and after coming to a stop, may make a left turn onto a one-way street upon which traffic is moving to the left of the driver. Such turn shall be made only after yielding the right-of-way to pedestrians and other traffic proceeding as directed. No such turn shall be made if a sign is erected giving notice of any such prohibition at each and every intersection where such left turn is prohibited.  
*Answer by Sgt. Eric Knutson 95070*

*Editor’s Note: Technician A.L. Esten 01055, District Two Community Resource Officer physically checked the intersection in question and stated, "It appears that it is safe to make the left turn on red from a one way to a one way, and it is not unlawful to do so."*

**Q: When will the grounds and Tower be purchased by Forest City and the exterior painted/renovated?**

The building is still under the ownership of the City of Denver's Department of Aviation, but it will be acquired by Forest City Stapleton, Inc. when the ground on which the building sits is purchased from the city. It is not yet known what the building will be used for, but it will clearly require significant renovation to bring it up to code. Once the purpose of the tower is determined, the exterior appearance of the building will be addressed.  
*Answer by Tom Gleason, Vice Public Relations, Forest City Stapleton.*

Why the City Is Putting a Signal at 29th and CPB

By Carol Roberts

In response to questions from some residents about why the City decided to install signals at 29th Avenue and Central Park Boulevard (CPB), Brian L. Mitchell, Director of Traffic Engineering Services & City Traffic Engineer, wrote a summary of the traffic control options that were considered for that intersection and why signals were recommended. A link to the complete PDF document is posted at [www.FrontPorchStapleton.com](http://www.FrontPorchStapleton.com) in the “Editorial Content” section.

The traffic volume on CPB at 29th Ave. is currently 12,000 vehicles per day and is expected to increase to approximately 16,000 vehicles per day after the I-70 & Central Park Blvd. interchange opens in late 2011. Once the Stapleton master plan is fully developed in 2030 weekday traffic is expected to be 30,000.

Four traffic control options were considered. The current 4-way stop signs were installed as a temporary measure, with plans for

a signalized intersection as part of the Stapleton master plan. All-way stops are typically only used on local and neighborhood collector streets that carry up to 7,000 vehicles per typical weekday.

City officials looked at the possibility of constructing a two-lane modern roundabout similar to those along Lowry Blvd. On-street parking and bike lanes for each intersection approach would have had to be removed and sidewalks moved closer to buildings. Further, roundabouts work best when the approach volume of each street entering the roundabout is similar, which is not the case at 29th and CPB, and the cost would be 2 to 3 times that of signalizing the intersection.

A final option, considered briefly, was to close 29th at CPB to vehicles and have a signal for pedestrians and bikes to cross CPB, but that would increase traffic crossing CPB at 28th, a street that residents already feel has problems with speed and volume of traffic.

Worship 8 am & 10:30 am



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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](mailto:FrontPorchStapleton@gmail.com). Submit by the 15th for consideration for the following month's issue.

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# School Board Recall Effort Falls Short

By Jon Meredith

The effort to recall Denver School board President Dr. Nate Easley has not achieved the number of valid signatures needed to bring the effort to a District-wide vote. According to the Denver Clerk and Records Office, petitioners were able to get almost 6000 signatures, which would have been just a little more than necessary to force a recall vote. However, 2603 of those signatures were determined to be invalid by the Clerk's Office. According to Alton Dillard, spokesperson for the Clerks Office, every signature on the petitions is looked at to verify their authenticity. The signatures must come from registered voters in Dr. Easley's District (School District 4-Northeast Denver) who provide information that must match their voter record. 35% of the rejected ballots came from people who were not registered to vote and 28% came from registered voters whose information on the petition did not match the information on their voter record.

The petitioners had until April 29th to submit additional valid signatures or their options for recall would be exhausted. At the time the Front Porch went to press, it appeared that the Northeast Community Congress for Education (NCCE) had ceased efforts to submit additional signatures. John McBride, spokesperson for NCCE, did not respond to repeated attempts to clarify that the recall effort was dead.



Nate Easley, DPS School Board President

Dr. Easley believes it is time to move the District forward and implement necessary reforms, while at the same time being attentive to the views of those who initiated the recall effort. In a statement issued after it appeared the recall effort had failed, Easley said he has three specific goals for the near future: (1) increase parents' engagement in their children's learning; (2) partner with schools to dramatically increase the number of DPS students able to read by the end of third grade; and (3) desegregate Denver schools and support diversity in the DPS teaching and administrative teams. "I am certainly relieved the recall is over and the uncertainty surrounding my leadership is not in question until at least November," Easley concluded.

It is well known that the seven-member school board has been divided 4-3 on the reform issue, with members voting for reform in the majority. At a recent mayoral forum, a candidate stated that the rancor on the board is so severe that members do not return each others phone calls—though both Easley and board member Mary Seawell say that claim is "absurd." This fall, one member, District 5's Arturo Jimenez, is up for re-election and two others are term limited, Bruce Hoyt, District 1 and Theresa Pena, at-large. Activists on both sides of the reform issue will be working diligently to get their candidates elected—depending on the outcome, the balance of power on the Board will either continue on the reform path or shift dramatically.



Three solar panels do double duty as shade canopies in the parking lot, which was built using recycled asphalt.

## 1st Annual Rocky Mountain Wildlife Film Festival to Bring Award-Winning Documentaries

By Sherry James, U.S. Fish and Wildlife Service

Featuring filmmakers and dozens of award-winning documentaries, the Rocky Mountain Wildlife Film Festival will debut May 20–22 and run again on May 27–29 at the Rocky Mountain Arsenal National Wildlife Refuge in Commerce City.

The first film festival of its kind in Colorado, the event will open Friday, May 20, at 6pm and continue throughout the weekend, with approximately 40 to 50 film showings and talks by guest filmmakers and conservationists. The film schedule is divided into two-hour film series, running from 10am–8pm on Saturday, May 21, and Sunday, May 22. The film schedule will repeat the following weekend.

Short and feature wildlife films will represent multiple countries from across the globe. All films are documentaries that provide education and entertainment. A portion of the proceeds from ticket sales will be donated to the Friends of the Front Range Wildlife Refuges, a 501(c)(3) nonprofit organization that supports programs at the Wildlife Refuge.

Tickets to each two-hour series cost \$8 for adults and \$5 for seniors, students and military with ID. A pass to attend the entire festival costs \$75 for each weekend. Tickets can be purchased online at <http://ffrwr.org/nature-shop/film-festival/>. Attendees can also reserve space on guided tours.

All films will be shown at the new Visitor Center. The Refuge is located at 6550 Gateway Road, just north of Dick's Sporting Goods Park. To get to the Refuge, from I-70 go north on Quebec Street. Turn right on Prairie Parkway and turn left on Gateway Road. The Visitor Center is just inside the Refuge entrance off of Gateway Road.

The event is sponsored by the Wildlife Conservation Film Festival, an international traveling event that features some of the finest conservation, natural history and wildlife films in the world.

To learn more about the Refuge, visit [www.fws.gov/rockymountainarsenal](http://www.fws.gov/rockymountainarsenal). To learn more about the film festival, visit [www.WildlifeFilmFestivals.com](http://www.WildlifeFilmFestivals.com) or Facebook at Wildlife Conservation Film Festival.

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## New Visitor Center Crowns Denver's Rocky Mt. Arsenal National Wildlife Refuge

(continued from page 1) National Wildlife Refuge (RMANWR) is one 553 wildlife refuges in the United States, and one of eight in the state of Colorado. It is one of the largest urban-based refuges within the National Wildlife Refuge System and managed by the U.S. Fish and Wildlife Service. At nearly 17,000 acres, it is the largest contiguous open space within metropolitan Denver. It is home to over 300 wild plants and animal species including a bison herd, bald eagles, burrowing owls and black-tailed prairie dogs. The Refuge is comprised of three open lakes, wetlands, prairie grasslands and woodlands. Its perimeter borders Commerce City, Denver and Aurora.

After more than 24 months of design and construction, the 12,500 square foot Visitor Center boasts state-of-the art technology, while maximizing function and energy-savings. The \$7.7 million project, which includes \$3 million in funding through the American Recovery and Reinvestment Act of 2009, is considered "eco-friendly." The project is LEED (Leadership in Energy and Environmental Design) certified and features: a recycled asphalt parking lot, solar arrays atop carports and a geothermal heating and cooling system. The building's lobby ceiling is made with Colorado beetle-kill wood, while the exhibit hall floor is made from sustainable cork bark. Considerable natural light illuminates the interior of the center.

Upon entering the building, guests will be greeted by a full-scale bison exhibit that stands against a three-story tall, glass backdrop with a view of the shortgrass prairie. New interactive displays in the adjacent exhibit hall will take children and adults alike on a journey from the past to present complete with soundscapes, many mounted wildlife displays and cultural artifacts. The Refuge was home to Native Americans, European-American homesteaders, a U.S. Army arsenal complex and even a fuel manufacturing facility for the Apollo command module and lunar lander spacecrafts.

Down a hallway is an environmental education discovery and learning laboratory, as well as a state-of-the-art lecture, film and special events auditorium. The building also houses

the Nature's Nest Bookstore and Gift shop, offices for U.S. Fish and Wildlife Service Visitor Services and Education staff, Refuge volunteers, and the non-profit, Friends of the Front Range Wildlife Refuges organization.

Spacious outdoor patios and a nature interpretive area invite visitors to relax and take in the sounds and sights of nature. The outdoor areas will also provide ample space to accommodate larger groups who are visiting the Refuge. It will also serve as the starting point for guided bus tours. New walking loops and trails from the center will take guests east-bound through the native prairie to nearby woodlands, and to miles of hiking trails along wetlands, plus two catch-and-release fishing lakes.

Beginning May 21, the new entrance to the Refuge and Visitor Center will be at 6550 Gateway Road, located immediately north of Dick's Sporting Goods Park. From Quebec Street travel east on Prairie Parkway to Gateway Road. Turn left (north) onto Gateway Road. The Visitor Center is located just inside the Refuge entrance at the crest of a hill.

For more information about the grand opening celebration and the Rocky Mountain Arsenal National Wildlife Refuge, visit the Refuge on Facebook, the web site at [www.fws.gov/rockymountainarsenal](http://www.fws.gov/rockymountainarsenal) or call 303.289.0930.



Left: Visitors will see several dioramas that display wildlife that can be seen at the refuge, including handheld speakers with recordings of the animals' sounds.

Below: The Refuge has spectacular mountain and prairie views.



Take a video tour of the Visitor Center at [www.FrontPorchStapleton.com](http://www.FrontPorchStapleton.com)

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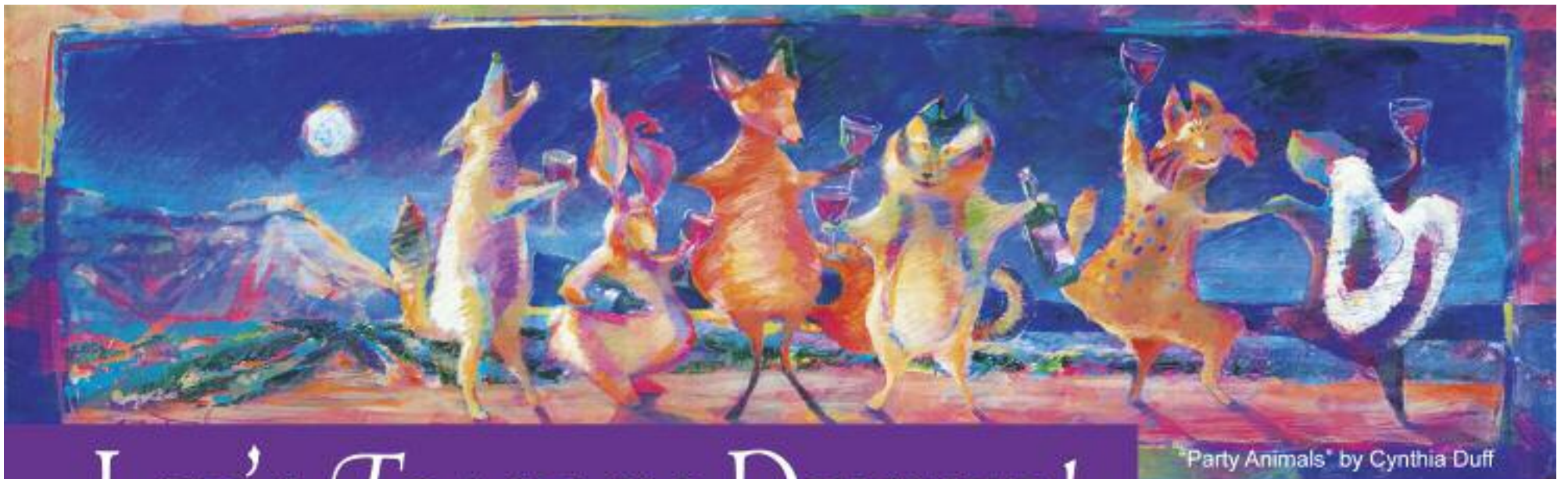
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