

Front Porch

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

DENVER, COLORADO

STAPLETON

AUGUST 2011

Ready for Lift-off Swigert-McAuliffe International School



Principal Chuck Raisch makes a summer visit to the new Swigert-McAuliffe ECE-8 school with three of his new teachers, left to right, Kay Kamienski, first grade, Kari Allerton, Spanish, and Courtney Gibbens, first grade.

By John Babiak

With the clock counting down toward opening day, Stapleton's first "Innovation School" is humming with last-minute activity. The Swigert-McAuliffe International School (SMIS) is nearly ready to open its doors, welcome the first passengers and take flight. In the middle of the commotion is

veteran Denver Public School (DPS) principal Chuck Raisch. With the exception of his hairstyle, one would think he is a NASA Mission Control Flight Director. With an open house for students and their families scheduled for August 16th, he has been working overtime orienting his teachers, directing deliveries and making certain that the landscaping (continued on page 26)

Viva Streets

**On Aug. 14th,
23rd Ave. from City Park
to Stapleton
Will Be Closed to Cars
and Open to People**

By Jon Meredith

Denver's first "Ciclovía" will be held in Park Hill on Sunday, August 14 from 10am until 2pm. Twenty-third Avenue between Colorado Blvd. and Syracuse will be closed to automobiles to make way for bicyclists, strollers, hula-hoopers, dancers and walkers. Ciclovía is a Spanish term meaning bike parkway and it has been adopted in the U.S. to mean a day of street closures and festivities. Large festivals promoting outdoor movement and activity in streets take place each year in Los Angeles, Portland, New York and San Francisco. Now it is Denver's turn to (continued on p. 4)

Why Stapleton Didn't Flood



Kris Rasmussen takes a photo from the 26th Avenue bridge on July 7. Westerly Creek is flooded, but it's doing its job keeping the water out of the neighborhood and channeling it into Sand Creek.

By Carol Roberts

After the big flash flood on July 7, the Front Porch asked Forest City Senior V.P. Charlie Nicola how the grand plan for Stapleton drainage had worked. "All the systems have worked beautifully," says Nicola. "The streets in Staple-

ton have remained dry. Westerly Creek itself becomes a flood zone, but it's doing its job in detaining water and conveying it downstream as it's supposed to."

"I am involved with all areas of Stapleton, but I live right at the edge of Westerly Creek so this is obviously (continued on page 3)

August 20th —2nd Annual— Stapleton Beer Festival

By Jon Meredith

"The 2nd Annual Beer Festival at The Green on August 20th is expected

to be a sell out, with the event capped at 2500 participants," says Diane Deeter, Director of Programs and Events for the Stapleton MCA. The Beer Festival will run from 4pm until 8:30pm and feature two talented and well-known local bands, Opie Gone Bad (continued on p. 6)



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by Obama

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Families with young children gather at the water feature in the 29th Ave. Town Center.



CALENDAR

Nearby events that are FREE and OPEN TO THE PUBLIC or are nonprofit.
(Additional events are listed on pages 16-19. Recurring events are listed on page 16.)

AUGUST

Every Sunday

Farmers Market 8:30am-12:30pm
The Green*

Tuesday, August 2 & Sept 6

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

Thursday, August 4

Active Minds Musical Seminar & Cocktail Party
"American Composers & Songwriters"
Cocktails 6pm, Seminar 7pm, Jet Stream Pool*

Saturday, August 6

Neighborhood Partners Environmental Cleanup
26th and Beeler, 9am Coffee courtesy of Starbucks, bagels from Einsteins lcorrell@dotnet.net

Saturday, August 6

Concert-"Wendy Woo" 6:30-8:30pm
The Green*

Saturday, August 6

DaVita Kidney Rock 5K Run/Walk and kidney disease screening, 8am
City Park, Denver (see page 19)
www.davitakidneyrock.org

Saturday, August 6

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

Sunday, August 7

City Park Jazz Summer Concert Series- Rain or shine at the City Park bandstand 6-8pm
Chris Daniels and the Kings
www.cityparkjazz.org

Thursday, August 11

Stapleton Activities, Inc. Potluck, 6-7pm
Active Minds Seminar 7-8pm
Discovery Center*

Friday, August 12

Movie-"The Princess & the Frog" starts at dark
The Green*

Friday, August 12 & 26

Free Children's Music Class, 10-10:45am & 4-4:45pm. Naturally Loved, 7349 E 29th Ave
www.naturallylovedbaby.com

Sunday, August 14

Stapleton Kids Triathlon 8am-12pm
Jet Stream Pool*

Sunday, August 14

Viva Streets, Ciclovía-10am-2pm
23rd Ave. (see story page 1)

Wednesday, August 17

Public hearing on the Martin Luther King Jr. Boulevard Extension from Havana to Peoria, 5:30pm. Central Park Recreation Center
(See notice on page 22.)

Saturday, August 20

Stapleton Beer Festival 4-8:30pm, The Green*
(see page 1 story)

*More information at Events@stapletoncommunity.com
The Green is located in the 29th Ave. Town Center in Stapleton at E. 29th Ave. and Roslyn St.

AUGUST

Saturday, August 20

Concert-Opie Gone Bad & Chris Daniels & the Kings, 4-8:30pm, The Green*

Saturday, August 20

Team Hope - Walk for Huntington's Disease
8am registration (see page 19)
Central Park, Stapleton www.hdsa.org

Saturday, August 20

Free Classes and Activities 10am-6pm
Naturally Loved, 7349 E 29th Ave
www.naturallylovedbaby.com

Mon, Aug 22 & Tue, Aug 28

Denver Museum of Nature and Science - SCFD
Free Day 303-322-7009 www.dmns.org

Friday, August 26

Movie Night-"Secretariat" starts at dark
The Green*

Saturday, August 27

Sweet William Market 9am-2pm
The Green* www.SweetWilliamMarket.com

Saturday, August 27

Second Annual Free to Breathe® 5K Fun Run and Walk to Defeat Lung Cancer, 8am
Central Park, Stapleton (see page 20)
www.FreeToBreathe.org

Monday, August 29

Denver Botanic Gardens - SCFD Free Day
720-865-3500 www.botanicgardens.org

SEPTEMBER

Thursday, September 1

North Stapleton General Development Plan Public Meeting, 5:30pm (see page 26)
Northfield Retail Center (2nd Floor, Bldg J - Enter between Brookstone and Perfumania)

Saturday, September 3

Stapleton Recycling Event 10am-2pm, Sam's Club parking lot in Quebec Square (see page 24)

Thursday, September 8

Stapleton Activities, Inc. Potluck, 6-7pm
Discovery Center*

Saturday, September 10

Stapleton Rocks...A Concert for a Cause
10am-10pm The Green*

Saturday, September 17

SUN Kickball Tournament. Proceeds from the tournament will benefit Stapleton elementary schools. Email stapletonunitedneighbors@gmail.com for more information.

*The Discovery Center is at MLK and Syracuse St.
Central Park is at MLK and Central Park Blvd.
Central Park Rec Center is at 9225 MLK Blvd.
Jet Stream Pool is at 3574 Alton St.

The Front Porch welcomes submissions of upcoming local events (see information on p.17) and story ideas. Deadline is the 15th for the next issue.



What is your Community DNA?

This month we want to challenge you to say "hello" to people when you walk by them on the street. It is one of those "pay it forward" sort of things that makes both of you feel good.

Concerts & Movies on The Green

Our concerts this month feature Wendy Woo on August 6 from 6:30-8:30pm. At the Stapleton Beer Festival on August 20 we will feature Opie Gone Bad from 4-6pm and Chris Daniels and the Kings from 6:30-8:30pm. *The Princess and the Frog* on August 12 and *Secretariat* August 26 are the two movies scheduled for this month on The Green. Movies will begin at dark.

Remember, the concessions at the movies and concerts are operated by various nonprofit organizations selling popcorn, candy and soft drinks. Please stop by and support them as they raise funds for their group.

Kid's Triathlon

The Stapleton MCA is hosting our first Kid's Triathlon on Sunday, August 14. If you are interested in helping with this event, please email events@stapletoncommunity.com. The event will include a swim at Jet Stream, a bike ride in Central Park and a run through the community. This race will have all the components of an official triathlon, including timing chips, finisher medals, race shirts and even a kid's swag bag.

If you would like to find out event details or would like to register, please go to www.stapletoncommunity.com. The cost to register is \$30. Each age group will have a limited number of entries, so register early!

Beer Festival

The Stapleton Beer Festival is Saturday, August 20 from 4:00-8:30pm on The Green. The breweries will be pouring their beer and talking about what makes their beer special. Great Divide, Avery, Left Hand, Oskar Blues, Breckinridge, Bull & Bush, Copper Kettle, Coors, Crabtree and Odell are a sample of the breweries we will feature at this year's event.

Ticket prices: \$30 if purchased online before August 18 and \$35 at the door. Each ticket includes two food coupons to use at our food truck court. Jim-'n-Nick's, Rocky Mountain Chili Bowl, The Dog Peddler, Biker Jim's, Street Eats, Crockspot, Bon Bon Buggy and Gigi's Cupcakes are a sampling of food that will be at the event.

Opie Gone Bad will perform from 4-6pm and then Chris Daniels & the Kings will perform from 6:30-8:30pm. The concert portion of this event is free. No outside alcohol will be allowed. Beer, food and sodas will be available for purchase. Proceeds from beverage sales will benefit the Westerly Creek PTA.

Purchase tickets online at www.stapletoncommunity.com or call us at 303.388.0724.

Active Minds Seminar

The Active Minds summer musical series continues with a cocktail party on August 4 at Puddle Jumper Pool at 2401 Xenia St. Cocktails begin at 6pm and the seminar follows at 7pm. The musical topic this month is "American Composers & Songwriters." Bring a light appetizer to share. Beverages, plates and utensils will be provided. No prior musical knowledge is required—only a curiosity and love of music.

The monthly August topic is "Charlie Chaplin & the Silent Film Era." We will explore the unique artistic elements that make silent films appreciated by audiences young and old and get to know the life and work of Charlie Chaplin, including his founding United Artists with Mary Pickford and others as well as the circumstances surrounding his exile from the U.S. for nearly 20 years.

The Stapleton Activities, Inc. potluck will begin at 6pm and Active Minds Seminar will follow at 7pm on Thursday, August 11 at the Discovery Center at 7706 Martin Luther King Blvd. For more information, visit www.ActiveMindsForLife.com.

Stapleton Rocks... a concert for a cause.

Congratulations to Justin Hirsh for creating the winning logo for Stapleton Rocks...a concert for a cause.



Keep your calendar open for our 3rd annual concert featuring Stapleton-area musicians. The event is scheduled for Saturday, September 10, to run from 10am to 10pm. The day's schedule will be in September's Front Porch. It will be a day filled with music, food and fun. Ticket proceeds from the quad bungee and concession stand will benefit Flobots.org and Denver Children's Home. For more info, visit www.stapletoncommunity.com or call the MCA office at 303.388.0724.

Aquatics

Beginning this month we will have wireless at each of our swimming pools. We want to thank Stapleton Computers for installing this benefit to our community. Stapleton Computers is located between U-Shampooch and Cycleton in the 29th Avenue Town Center. Stop in and tell them thanks!

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

Diane Deeter
Director of
Programming and Events

Sponsored by Stapleton MCA

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Photo by Brett Henry



Photo by Tim Tribbett

Left: The Dezoeten family checks out Westerly Creek after the rain stopped and the water was receding. Top: View of the Central Park Rec Center from Central Park, just west of Westerly Creek. Right: The east-west Greenway, with plants that help catch debris and "urban drool." Above: View across Westerly Creek from Central Park looking northeast.

Stapleton Flood Plain Story

(continued from page 1) important to me personally as well.

"Prior to our involvement, Westerly Creek was hidden from view. It ran through a 108-inch diameter pipe from the area around Stanley Aviation (near Montview) almost to Sand Creek. So early on we commissioned Matrix Design Group to do a drainage study and we worked with other design team members to look at how we could make Westerly Creek the natural and usable area it is today."

"The storm produced a one in 90-year rainfall event at Stapleton. Truly a historic event!"

*Robert Krehbiel
Matrix Design Group*

Nicola explains that Westerly Creek is a collection point for the "outfalls," the storm water flowing into it from both the east and west. The land from the former airport was flat. A lot of earthwork was required to grade it so the water would flow into Westerly Creek from both directions. Basically Stapleton was graded into a V shape, with Westerly Creek being the low point. "So it's nice to have a blank slate, but at the same time being so flat raised a lot of challenges," says Nicola. "Westerly Creek itself was a large earthwork project

Right: Photo shows speed of the current on July 7..

where there was considerable excavation in order to turn it into the park it is today and to provide the areas for the outflows in accordance with state and federal clean water regulations." But in making it a user-friendly park area, Nicola points out that they couldn't change the bottom of the creek, "federal permits required us to maintain the elevation of the creek itself."

Westerly Creek has a very broad shallow floodplain defined. Much of the park corridor is within the 100-year floodplain. The designers utilized this wide corridor to carefully manage flood events over dense deep-rooted native vegetation without the need to use a lot of exposed rock to stabilize the channel. The intent was to avoid having Westerly Creek look like an engineered channel.

Nicola explained that current design criteria elsewhere in the City is to manage the 2-year to 5-year storm water underground with the remainder carried in the streets. However, much of the City's older storm drain system constructed prior to current criteria has less



Photo by Bud Demko

than a 2-year capacity. The Stapleton drainage system was specifically designed to a higher standard to handle a 100-year storm event.

"All the storm waters in Stapleton find their way to Westerly Creek and the water is detained in such a way that it doesn't overstress any of the facilities downstream, such as Sand Creek," says Nicola. "At the outfall, where the storm drain system flows into Westerly Creek, there are ponds to detain the water and plant materials that control the water quality. They capture silt and other sediment that might otherwise go into the creek. The MCA cleans out those silts on a regular basis. The east-west greenway is one of these outfalls, but along the way it also controls water quality using the plants that have been incorporated within the greenway. Another important function of the drainage system, even apart from major storm events, is to collect the ongoing runoff from



streets and alleys, which planners affectionately call 'urban drool.'"

According to Nicola, "The water quality of flows going into Westerly Creek and then Sand Creek is probably as good as, if not better than, any outfall in the city. We have the luxury here in Stapleton of having our own outfall system and the ability to monitor the water before it gets in the river. Asked if this is the heaviest rainfall since this drainage plan was completed, Nicola says, "A few years ago there was a storm close to this that had us all watching, but this was definitely the largest since constructing the facility."

Could this system take even more rain? "The systems can take it, but at some point the water flows exceed the designed capacity at the street inlets, allowing the streets to become detention areas themselves and they would flood" (continued on page 23)

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Viva Streets (continued from page 1) take advantage of the opportunity to come out and play in the streets.

LiveWell Colorado and BikeDenver are sponsoring and promoting the event. LiveWell is a Colorado nonprofit committed to reducing obesity by promoting healthy eating and active living. BikeDenver advocates for better policies and infrastructure to support increased bicycling in Denver and operates programs designed to engage and educate the public about the benefits of safe bicycling. BikeDenver's Piep van Heuven said "We are excited to help present Denver's first Ciclovia, an event that connects neighbors and communities and helps people see and experience our public streets in a different way. Many Denver neighborhoods like Park Hill and Stapleton are very bicycle and pedestrian friendly, and when we use our streets to walk and bike more everyone reaps the benefits."

LiveWell's Tracy Boyle added that while there is some organization to the event, "Residents are highly encouraged to

come outside and join in movement in whatever way they choose." She indicated that the diversity of Park Hill makes it the perfect location for the event and hopefully people from all over Denver will come and participate.

The cross streets between Colorado Blvd. and Quebec will be closed to motorized traffic but Holly, Monaco and Quebec will be open for North-South traffic controlled by traffic officers and the entire route will be accessible by foot and bicycle.


The event will mainly be participant driven as the only "official" activity will be a number of dignitary introductions and a bicycle parade starting at 23rd and Kearney at 10am. Everyone is welcome to participate in the parade. Children are encouraged to decorate their bikes elaborately and dress up if they are motivated to do so. Along the streets, healthy food will be available with cooking demonstrations, face painters will be in several areas, a bike "rodeo" will be held, and the Nuggets will bring out some mobile baskets and perhaps a player or two. The parks and shopping areas along the

way will have special activities for younger children.

Zumba, yoga and Pilates classes will be held in the parks along the route. Bike mechanics will be on hand to get that old clunker working smoothly again. Denver B-cycle stations will be temporarily placed along the route so everyone can have access to a bike.



The sponsors and organizers don't want to stifle the creativity of participants. Get a band together and play on a street corner. Juggle, play the sax, read Shakespeare or put your own hoop out on the corner. Play touch football, wiffle ball, soccer, badminton, cornhole or four square. Anything goes that day... with pedestrians and cyclists moving back and forth along 23rd Avenue and entertainment and activities taking place along the side streets that will be closed to traffic.

More information is available at www.VivaStreets.org. Volunteers are needed—call Becky Grupe at 720.353.4120 for volunteer opportunities.




Uncover the Genius.

Montessori Children's House of Denver is planning a location in Stapleton.

  Interested? Add your name to the list at www.mchdenver.org.

Now Enrolling 18 Months - 6th Grade

Hilltop - Mayfair - Park Hill - Stapleton (Coming Soon) 303.322.8324 x 29



uncover the genius

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• Zumba

• B-Cycles

• Facepainter

• Restrooms
- B** • Denver Water station

• Garden Demos

• Restrooms
- C** • Parade 10am

• Kids Bike Rodeo

• Weigh & Win

• Classic Bike Display

• Restrooms

• Volunteer HQ
- D** • Nuggest Fun Zone

• LiveWell Get Movin' Mobile

• Cooking Demos

• Facepainter

• Jump rope Demos

• Restrooms
- E** • FBI Interactive Truck

• Health Screenings

• Cooking Demos

• Group Exercise Demos

AUGUST 14, 10am - 2pm

Monsoons in Colordo

By John Babiak

Denver Public Schools sixth-graders study climate and weather as part of their middle school earth sciences curriculum. They learn about weather patterns including monsoons. In their textbooks, monsoons are described as a season of excessive rainfall caused by a shift in wind direction that delivers moisture filled air to Asia, India and parts of Africa. There is no mention of the North American monsoon pattern.

During the past decade, climatologists have been studying the monsoon weather pattern that now regularly occurs in our southwest states during the late spring and summer months. In North America, there is a major shift in wind patterns in the summer months. It occurs as both Mexico and the southwest U.S. warm under intense solar heating. As a result of differential heating, winds start to flow from dry lands to moist ocean areas, then reverse. In the early summer months, moisture is collected and transported by low and upper level winds from many water-rich sources including the eastern Pacific Ocean, the Gulfs of California and Mexico, even Mexico's Sierra Madre forests and our wet southern plains states.

When these moisture sources meld, they create a distinct and dramatic rainy season over a large portion of southwestern North America. The moisture-dense atmosphere moves from the southwest in a northeast direction into Arizona, New Mexico and southern Colorado. Central Colorado, including Denver, is on the northernmost fringe of the monsoon region. Denver-based meteorologists refer to Monument Hill, to our immediate south, as the monsoon border line. During a normal monsoon season, we should experience only a few monsoon rainfalls, with the first arriving in mid to late July and continuing on and off through late August and into early September. Monsoon rainfall has distinct "burst" periods of heavy rain, flash floods, hail and brilliant lightning storms. "Break" periods then follow with little or no rainfall.

This year the normal wind patterns have changed from the typical. They are now carrying considerable moisture from the Gulf of Mexico, west over Mexico, then north into eastern California, southern Nevada, Arizona and Utah. Here the winds make a right turn and head across Colorado's Western Slope, with Denver becoming a target along their easterly trajectory. This is why we are experiencing heavier rainfall and with much greater frequency.

Monsoons are not the individual thunderstorms that can deluge metro Denver with rain in summer afternoons. These storms are a result of our local water cycle, and are characteristic of our summer weather pattern.

From left: LiveWell Colorado staff Maren Stewart, CEO, and Tracy Boyle,VP for Marketing ride with Piep van Heuven, Executive Director of Bike Denver along 23rd Avenue where the Viva Streets event will take place from 10am to 2pm on August 14.



Downtown

4 bed/ 4 bath, 4,183 SF
\$1,250,000



Alamo Placita

3 bed/ 4 bath, 2,958 SF
\$659,900



Highlands

3 bed/5 bath, 2,189 SF
\$550,000



Platt Park

3 bed/ 3 bath, 2,544 SF
\$645,000



SOLD

6 bed/ 7 bath, 6,007 SF
Sold for \$990,000

Stapleton



3 bed/ 3 bath, 2,931 SF
\$715,000

Bonnie Brae



3 bed/ 4 bath, 3,272 SF
\$699,900

Platt Park



SOLD

4 bed/4 bath, 3,591 SF
Sold for \$498,500

Stapleton



3 bed/4 bath, 2,189 SF
\$565,000

Highlands



3 bed/ 3 bath, 2,031 SF
\$441,000

Curtis Park



3 bed, 3 bath, 2,037 SF
\$432,000

Curtis Park



1 bed/1 bath, 919 SF
\$149,900

Stapleton

Stacy Neir
The Neir Team
720-280-3004
www.neirteam.com

Kentwood
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Tour Stapleton by Bike with Me!
Saturday, August 20th @ 10:00 am
Learn the history of the neighborhood
Tour Properties
Get educated on the market
RSVP @ 720-280-3004



Bike Tour of Public Art at Stapleton

public art, posts a Request for Qualifications nationally and selects finalists who come see the site. Those finalists then develop a proposal specifically for that site, and one gets selected.

At *The Eye on the Horizon* Neal explained that the artist, Ilan Averbach, was “quite taken with the openness of this area—the 360 quality. He created the eye shape as a frame so people would look through it as they moved by and really see segments of the immediate residential area.”

Neal’s map showing the 10 sites and a bicycle route for viewing the public art is posted at www.FrontPorchStapleton.com -> Editorial Content.

Bicyclists look at *The Eye on the Horizon After Monet* during a bike tour of Stapleton’s public art on July 23. The tour was hosted by Barbara Neal, the public art consultant for the Stapleton.

By Carol Roberts

“Stapleton has public art because it was developed with the assistance of bonds issued by the Denver Urban Renewal Authority (DURA) and DURA has a requirement that 1% be set aside for a public art program,” says Barbara Neal. “At present there are 10 sites and 11 pieces of public art in Stapleton south of I-70.”

A committee selects appropriate sites for

Beer Festival

(continued from p.1) and Chris Daniels and the Kings. Twelve or more breweries will participate including Avery Brewing Company, Breckenridge Brewery, Bull & Bush, Coors, Copper Kettle Brewing, Crabtree Brewing Company, Great Divide, Left Hand Brewing Company, Oskar Blues Brewery and Odell Brewing Company. Tickets for the Beerfest are \$25 prior to August 2nd, \$30 between the 2nd and the 18th, and \$35 on Festival Day. The Green is at E. 29th Ave. and Roslyn.

Families who come to hear the music and get something to eat from the food vendors are welcomed and do not need to purchase tickets. Beer will be available for purchase by the cup for those who don’t buy a Beer Festival ticket. Unlike most movies and concerts at The Green, outside alcohol will not be



Last year’s Beer Festival participants line up for beer samples.

allowed. Numerous food trucks will surround The Green and are expected to provide healthy food selections.

According to Deeter, a decision was made to cap attendance so that the Festival area of The Green will not be overwhelmed with people, though she added that past events on the Green have had upwards of 7000 in attendance.

“Over 30 Stapleton residents are providing advice and organizational help in running the Festival,” she says. “The expectation is to cover all the costs of putting on the Festival and donate some funds to a local charity whose volunteers help the event run smoothly.”

For additional information click on the 2011 Beer Festival link at the MCA website, www.stapletoncommunity.com.



Tour Stapleton by
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with Me on Saturday, August 20th!

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Symantha Rodriguez
Kentwood CITY PROPERTIES

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CHRONIC PELVIC PAIN

by Valerie B. Ginsburg, MD

Stapleton OB-GYN
Valerie B. Ginsburg, MD
2807 Roslyn Street (behind King Soopers)
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Elizabeth Buisker, DO
Kristine Walsh, MD, MPH
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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.



What is pelvic pain?

For women, chronic pelvic pain refers to pain in the area below your bellybutton and between your hips, lasting six months or longer. When asked to locate your pain, you might refer to the entire area rather than a single spot. Chronic pelvic pain can be a symptom of another disease or a condition of its own.

How do I know if I have chronic pelvic pain?

Chronic pelvic pain can have many different symptoms:

- Severe and steady pain
- Pain that comes and goes (intermittent)
- Pressure or heaviness deep within your pelvis
- Pain during intercourse
- Pain while having a bowel movement
- Pain when you sit down

What are some causes of chronic pelvic pain?

There are several gynecologic problems that may be the source. However, other diseases can also cause pelvic pain. The following are a few possible causes:

- **Endometriosis** – when the tissue from your uterine lining grows outside your uterus.
- **Tension in your pelvic floor muscles** – spasms or tension of the pelvic floor muscles can lead to recurring pain.
- **Fibroids** – noncancerous uterine growths may cause pressure or heaviness in your lower abdomen.
- **Chronic pelvic inflammatory disease** – a long-term infection, often sexually transmitted, causes scarring in the pelvic organs.

When should I make an appointment with my doctor?

With any chronic pain problem, it can be difficult to know when to seek medical attention. If pelvic pain is disrupting your daily life or symptoms seem to be getting worse, consult a physician.

Construction Update I-70 and Central Park Blvd.



Bridge abutments just north of Smith Road and east of Xanthia are being built for the extension of Central Park Boulevard that will connect with the new I-70 interchange at Central Park Blvd.

By Carol Roberts

The new I-70 interchange being built with city, state and federal funds is on schedule and will be completed by October 1, according to Steve Coggins, project director, although a firm opening date has not been scheduled. When the interchange opens, the extension of Central Park Boulevard that goes north from I-70 to Northfield Blvd. (49th Ave.) will also open, with turnoffs to the Shops at Northfield. However, to the south, the interchange will only go to 40th Avenue and vehicles will have to

take 40th east to Havana until Central Park Blvd. from 36th to 40th is completed in the spring. According to Tom Gleason, VP Public Relations, Forest City Stapleton, construction of that stretch was delayed since it took longer than expected to get approvals for the bridge over the railroad tracks. North of 36th, the new roadway rises on raised earth berms and then becomes a bridge that crosses Smith Road, the railroad tracks and Sand Creek and then continues north at ground level until it meets 40th Ave. and the I-70 interchange.

Union Station to DIA Commuter Rail Update

By Carol Roberts

The East Rail Line commuter train from Union Station to DIA is fully funded, early construction (such as moving water lines) is underway, and the project is moving ahead on schedule, according to Kevin Flynn, Public Information Manager for RTD. He said the situation with the federal deficit does not impact this project as funding is already in place. The East Line commuter rail is expected to open by early 2016. In addition, at the time the newspaper went to press, RTD was awaiting an announcement that they would receive a \$1 billion grant that would enable them to complete both the East Corridor and the Gold Line to Arvada. According to

Flynn, “The full funding grant agreement was filed with Congress in early May and there is a 60-day review period for members to file their comments or make an objection. That period passed without any comments or objections and we are expecting and have no reason to believe we will not receive an announcement of its approval.” Upon receipt of the Full Funding Grant Agreement, RTD anticipates issuing a second Notice to Proceed to Denver Transit Partners, which was selected as the long-term design-builder and operator of the East and Gold lines, to start actual construction of the Gold Line. Its final design is nearing completion. Opening for the Gold Line is scheduled for July 2016, about five months following opening of the airport line.



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Stapleton Front Porch

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Choir members spread out among the audience to sing with them. From left: Emily Trautwein, Emma Buckwalter and Ryan Bronson.



Jack Stenson and Emilie Bickel (far right) perform with the Children's Choir at Ashley Elementary School.

The Rocky Mountain Children's Choir: Connecting All Kids Through the Universal Language of Music and Song

By John Babiak

Founded in 1995, Denver's Rocky Mountain Children's Choir (RMCC) provides children of all backgrounds the opportunity to experience music and song in a multicultural environment. RMCC was founded by Leslie Britton, the Choir's current Artistic Director. Through the universal language of music, young singers not only have the opportunity to express their love for music, but also to develop relationships that enrich their lives. It also offers an unparalleled music education through a unique path.

"Our mission is musical excellence in a multicultural environment," says the Choir's Music Director, Park Hill resident Lisa Cameron. "Music has long been known as one of the great aesthetic practices. To truly have an aesthetic experience, one must be moved beyond the ordi-



Music Director Lisa Cameron leads the choir; behind the piano is Leslie Britton, founder and Artistic Director.

nary. It is not only excellence that achieves this, but also passion for what one is doing. It is our goal at the RMCC to help our singers, audiences, and conductors transcend perceived limits, going further with the musical experience than we all thought was possible. Art, through music, becomes a community adventure." The organization also believes that the musical experience should be available to any child who desires to participate, regardless of their background, culture or economic status. "We believe that by bringing children together in song, we can diminish fear and anxiety about race, religion and society's biases. We know that there is a power in music that helps bridge differences—a common language through song," says Cameron.

Check out the video of the Children's Choir at www.FrontPorchStapleton.com

Thousands of children have participated in the multi-tiered choir since its first concert in December 1996. The choir has over 450 participants from metro Denver, with 300 girls and 150 boys, ages 6-18. Eight progressive choirs provide opportunities for children of all abilities and levels of experience. Children audition for membership in a supportive, inclusive atmosphere. All of the choir conductors are accomplished musicians who have formal academic musical training. Together with the music director, they select a challenging international repertoire of music, set high standards, and create performance opportunities that teach discipline, instill confidence, and promote self-esteem. In turn, the young choir members learn to negotiate a choral score, master sight reading, sing music, read rhythms, understand musical terminology, develop and practice a healthy vocal sound, and appreciate a wide range of musical traditions.

The RMCC not only recruits new members through open auditions, they also invite entry-level singers to join their "Montane Choirs" during outings to Denver Public Schools. Singers from all over the city join these choirs that are based in schools, such as Ashley Elementary and Fairmont Elementary, and sing with students from these schools. After mastering basic choral concepts, singers are promoted to the next levels. Here children meet and sing with others from all over the city. From there, the sky becomes the limit. Choir members can move up and join one of the performing and touring choirs, including two male ensembles for beginners and advanced singers. RMCC also offers a training class for aspiring musical conductors.

The eight choir groups perform and entertain at hundreds of local and statewide events. Choir members sang at the recent Colorado Governor's and Denver Mayor's inauguration celebrations. President Barack Obama listened to them during a campaign visit at the Fillmore Auditorium in Denver. The Choir was also selected to sing the National Anthem for the Opening Session of the Democratic National Convention in 2008.

"The choir directors and conductors all create a supportive, low-stress culture for the children," says Lucy O'Shaughnessy, choir parent for seven years. "The RMCC has been pure joy for all three of my daughters and is one of the most amazing organizations with which we have ever been involved."

More information about the Rocky Mountain Children's Choir can be found at www.rmchildrenschoir.org, or by calling: 303.300.0470.



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Girls on the Run

By Nancy Burkhart

Young girls today have so many concerns in their lives that maintaining a positive outlook and good self-esteem is difficult.

Volunteer coaches have taken on the task of supporting girls in the third through eighth grades at Bill Roberts K-8 and Westerly Creek Elementary schools with an international program called Girls on the Run. The program encourages girls to respect themselves and live healthy lives through running.

“It is a fabulous program,” said Emily Bovard, a coach for Bill Roberts girls. “It works on girls’ positive self-esteem. We talk to them about the pressures out there in the world for third through eighth graders. We talk about health and education and provide physical training with running to give the girls high self-confidence.”

Bovard has a 9-year-old daughter, Claire, in the program. “She did it in the fall and is in it this spring,” Bovard said. “She loved it so much that she really wanted to do the spring program. I decided that since she loved it so much, I would coach.”

The girls meet for 90 minutes after school every Monday and Wednesday. They stay inside the school fence while running a paved track on which three laps equals one mile. Three or four coaches run or walk with the girls while another coach gives small rewards at the end of the course, according to Bovard. If the outdoor temperature is less than 35 degrees, the girls stay inside and run in the gym.



Girls on the Run participants at Bill Roberts school receive colored beads as a reward when they complete their run.

There are 26 girls in the Bill Roberts program. “They sign up for one 10-week program,” Bovard said. “We have five coaches for the 26 girls. They aren’t divided by ages. I

think it pulls the girls out of their comfort zone a little bit. We try to mix it up a little bit so that they’re with girls that they’re not best friends with. And, there’s not the same coach with one group of girls every time. We want them to be well-rounded.”

Bovard is an athlete who did track in middle school and loves to play soccer, run, ski and bike. However, girls who are not into exercise or are a bit overweight are encouraged to join Girls on the Run, Bovard said.

“We encourage any girl to join us,” she said. “We train for the 5K, but it’s also pacing ourselves. Instead of sprinting and walking, we work on jogging for girls who can’t run the whole time. We have to appreciate that every girl is different and every girl is special. Our arms are open to everyone. No one is in danger of being taunted or teased. The girls know that they need to treat others like they want to be treated. We talk about what’s going on at home and what’s going on at the playground. If they are struggling with self-esteem or weight, this is a really good place to come and work on these things.”

On May 21 the girls ran in the Rocky Mountain Health Plans 5K at City Park.

Girls can sign up for the fall 10-week Girls on the Run session at Bill Roberts or Westerly Creek during the first couple of weeks of school. Other programs in NE Denver are located at Stanley British Primary, Park Hill Elementary, Logan and in the spring at Montclair Elementary. The cost is \$145/girl.

To bring Girls on the Run to a school, visit www.girlsontherunrockies.org and click on start a site or call Lisa Johnson, executive director of Girls on the Run of the Rockies, at 720.530.1064. The website has a new site application along with details on how to start a new program.

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Premium Fishwrap* by Jon Meredith

So Long, Facebook

About six months ago I shut down my Facebook page. I wanted to see if I could get along in this world without it. When I did, I received an automated response from Facebook telling me which of my “friends” would miss me even though I still get email and I have two phone numbers. It seemed to Facebook that the world would keep spinning around and I would be on the sidelines watching, never communicating with people I know and love again. Sort of a slow death by isolation and nonparticipation in the social media orbit.

I found that I am still here and communicating with people I want to. I really do not miss Facebook at all. Sorry, Mark Zuckerberg. I really do not care that my friend Julie from high school has a new recipe for ratatouille. I have not seen Julie since the day I graduated and really I’m not planning to see her any time soon because she lives in Brussels. However, out of the blue she sent a “friend” request and I

allowed her into my Facebook world. I thought ignoring her “friend” request would be rude. I did not know what I was in for. I got constant updates about her kids, her recipes and her husband’s business. Julie, I hardly know ye, please stop with the scores of your child’s soccer games. Then there is my cousin, who plays an animal farm game I do not understand and I think is, frankly, childish because she is almost 60.

My own children ignored my repeated attempts at “friending” them. What is it that they are hiding? I think, if I have to find out what my children are up to by reading their Facebook page, that I need to reexamine my parental responsibilities and priorities. They may actually think that having your Dad as a friend on Facebook is uncool. I get that.

People in my business network think I should post my column on Facebook and network with other writers. Somehow, I do not care how many people “like” me on Facebook because of my column in this local Denver paper. It would be interesting and

perhaps disheartening if they had a “dislike” application for column writers. That way people could assail me without going to all the trouble of sending me an email.

Facebook reminds me of the upscale cocktail party crowd where people introduce themselves and begin asking you if you “know” other people. If you say yes to the people they admire, you are “in” and if you say no, then you might be out, looking in. Sociologists are now beginning to author studies on how Facebook is changing the way people interact. It is much easier to de-friend someone on Facebook than it is to write an email or call them or go way back in time and actually meet face to face and talk out an issue.

They say (meaning an old wise axiom) that to be successful in this world is all about who you know not what you know. I am not sure “they” meant the Facebook crowd. Placing the fact that you have 12,034 “friends” on Facebook on your résumé will not get you that sought-after job. Instead the inter-

viewer will know you are going to spend way too much time on the Internet and not enough time working.

Finally, I simply do not understand why people are interested in giving away their privacy on the Internet. Why would you want to put all kinds of private information about yourself right out there in cyberspace for just about anyone to see or hack? Would you place a picture of yourself in the glass-enclosed bulletin board just inside of Starbucks at 29th and Quebec that states your job, your email address, whether you are single or married, what interests you have, what movies you like and what bands you listen to? People could write comments about you as they waited for their coffee. But I don’t think one person would.

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

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

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Take a Hike

by Marko and John Babiak

The Neighborly Garter Snake

The neighborhood-variety garter snake is very common across all parts of our continent, including Alaska, where it is the lone snake species found in that expansive tract of wilderness. In fact, garter snakes are one of the northernmost dwelling snakes found in our hemisphere. And they are the single most widely distributed reptile species in North America. Their indiscriminate diet makes these docile creatures exceptionally adept at colonizing most of our landscapes. Seventy-one varieties live in North American and one, the colorful pinkish-red San Francisco Garter snake, has been on the endangered species list since 1967. The name “garter” (often mispronounced as gardener) probably originates from the colorful, striped ribbon garter belts that once were used to hold up both men’s and women’s hosiery.

Here in Colorado four species inhabit our wetlands, grasslands, foothills, and even our manicured urban backyards. The Common Garter resides in northeast Colorado. The Blackneck Garter is found predominantly in our state’s southernmost counties, while the Plains Garter snakes make their habitat to our east. The Western Terrestrial Garter snake can be found in all parts of the state, with the exception of the northeast region. Their color is brown-gray with an underlying, pale checkerboard pattern and longitudinal stripes down their back. My afterschool herpetologists often find this variety basking on warmed rocks along Sand and Westerly Creeks or slithering through the nearby grass and brush.

We see them in the spring when they come out of their hibernaculum dens, and into the hot summer months, as well as the early fall. When the temperature begins to drop, these cold-blooded animals return to their shelters and begin to hibernate with tens or hundreds of their neighbors. This commune approach to living has several benefits. First, an aggregate of snakes

can better retain and share their body heat in the cool spring and fall nights and withstand our winter temperatures. Second, when it comes time to be sexually active and mate in the spring, there are plenty of willing partners within a very short distance of the den. Females secrete a sex-pheromone that attracts males. Sometimes as many as 20 males will form a ball around a single female. A female garter snake can hold inseminated sperm for many years before finally fertilizing her eggs. Garter snakes are ovoviviparous, meaning they deliver live young. A typical litter is three, while some can approach as many as 80 youngsters!

Both young and old dine on worms and leeches, insects and bugs, minnows, froglets, and even small birds and rodents. They move by sidewinding their muscular body. They are capable swimmers too. The snake coils, strikes and stuns their prey. Then they swallow it whole. Garter snakes rely on both their eyesight and ability to pick up small ground vibrations from prey on the move. They also have a keen sense of smell. Using chemo-receptors located on their forked tongues, they are able to sample the air and interpret biochemicals with a highly specialized organ located in the roof of the mouth. The tongue is inserted into the organelle and the sample is analyzed. Their brain then determines if a meal, mate or foe is nearby.

Conversely, raptors, foxes, coyotes, raccoons and other snakes prey on garter snakes. When put on defense, they spew foul-smelling liquid onto the predator in hopes that it will let go and allow the snake to flee. Let’s say that Marko and I are personally familiar with this cause-and-effect phenomena...

Recently, garter snakes have been determined to be mildly venomous. They produce a very weak neurotoxin. However, they lack an effective way to deliver the toxin, as their teeth are located deep in their mouth. All in all, they are considered harmless and a friend to us, their tall and curious neighbors.



A Western Terrestrial Garter snake sidewinds through a grassy field. Its forked tongue samples the air. Photo by Marko Babiak

Marko and John Babiak are Stapleton residents. Marko, 10, is an avid wildlife photographer. John is an enrichment teacher. Weekly he teaches his Nature Rangers ecology classes to students at Steck, Roberts, Westerly Creek and Odyssey. He can be reached at NatureRangerJohn@aol.com.



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Active Minds

By Carol Roberts

Everyone has heard of Beethoven, but Jim Conder seems to have known him personally. Conder, a professional musician in voice and keyboard, was the program director for KBOD classical radio for 13 years. He offered attendees at Active Minds on July 21 an intimate look at the person behind Beethoven's music (photos at left).

Before the age of 12 Beethoven composed his first work. As a teenager he entered competitions where musicians were given a few notes and asked to improvise a melody with those notes—and he won all the competitions against the older musicians. By age 14 he was supporting his family as an organist (which was especially important because his father had a drinking problem that left the family in poverty). His fear of poverty caused him to take a different approach than musicians of his time... he insisted on payment *before* his performances.

On August 4 he will present another session at Puddle Jumper Pool, 2401 Xenia St., this time on "American Composers & Songwriters." Cocktails begin at 6pm and the seminar follows at 7pm. Bring a light appetizer to share. The event is free and open to the public.

Views



Mayor Hancock shares a laugh with City Councilman Paul Lopez. District 5 Councilwoman Mary Beth Susman is shown at right.

Community leaders from Northeast Denver answer the question:

What do you think Denver will be like four years from now?

Chris Herndon, City Councilman District 11



In a word, I will say Denver will be streamlined. We will reduce a significant number of inefficiencies in our processes and we will be at a point where council doesn't have to worry about making cuts every year for the budget. We will put the foundation in place that as a city we continue to grow and generate revenue.

Evan Dreyer, Hancock Campaign Manager, Deputy Chief of Staff



I think we will have a city government, and specifically an office of economic development, that is a stronger and better partner with our businesses to help them create jobs and work on a path to prosperity. I think we will have a stronger and better relationship with Denver Public Schools that allows every neighborhood, every family and every kid the option of attending a high-quality school. I think we will have a police department that has regained the trust of the public. I think we will have a more strategic approach to building out the region around the airport so that we truly do create what Michael calls an aerotropolis, including that entire corridor from DIA to downtown, the corridor of opportunity.

Mary Seawell, Denver School Board At-Large



In four years I really believe the number of high-quality schools in Denver is going to dramatically increase—that's my biggest hope and belief in four years. If DPS works on the academics, the city can say, "What can we do with city services and nonprofit and business partners to help really push student achievement?" So we will have many more distinguished and high-quality schools in DPS and I think if the city gets involved in helping DPS do that, we can move it much faster. Michael is bringing together the best people in education in Denver and he's going to create this whole compact process—it's going to be different than anything we've seen before. That I know.

Doug Linkhart, former At-Large City Councilman



I think there will be more kids graduating and there will be more infill around Stapleton. There will actually be houses around Northfield, which will help the retailers. There will be much more development around DIA. In four years we won't have FasTracks yet but I think the economy will be rolling along. I'm an optimist so I think things will be good.

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At the Mayor's Inauguration Party



When Michael Hancock, the first City Council member to be elected mayor, took the stage to welcome the crowd, he asked the City Council and other elected Denver officials join him on stage. Hancock used the event as an opportunity to introduce the elected officials he'll be working with, including Denver's five new city council members and seven who have been his colleagues on City Council. Left to right: Council members Jeanne Robb, Robin Kniech, Mary Beth Susman, Paul Lopez, Judy Montero, Peggy Lehmann, Susan Shepherd, Clerk and Recorder Debra Johnson (behind Hancock), Council members Chris Herndon, Charlie Brown, Albus Brooks and Chris Nevitt.

Albus Brooks, City Councilman District 8



The Downtown Denver Partnership will have Arapahoe Square already developed and on into Five Points and it will be the first time we've been successful in development into neighborhoods. I would say we have balanced the budget four years in a row. We have had major cuts but more efficiencies within government. North Park Hill will benefit from the rail stop, which is great because that's the blighted area of Park Hill that doesn't have much development. So we really look forward to that transit stop influencing the Holly redevelopment, the Dahlia redevelopment, all that over there that kind of no one wants to touch. I think that FasTracks is going to be catalytic for all that economic development, so we're excited.

Angela Williams, State Representative, District 7 (with Khadija Haynes)



Four years from now, our city is financially stable. We've grown businesses like people would not believe. The National Western Stock Show is located in Denver, Colorado. The mayor has done tremendous things. Our education dropout rates have decreased. Children from all walks of life, no matter what zip code they are in, are getting the best high-quality education that they can receive. The Denver International Airport, the Eagle P3 is almost complete, Union Station is almost complete and we are a vibrant city.

Khadija Haynes, Stapleton Citizens Advisory Board

In four years there will be a great plan in place for the build-out of the DIA area and the aerotropolis the city talks about. There will have



Mayor Hancock talks with one of the partygoers at the inauguration party at the Botanic Gardens. The public was invited to celebrate the inauguration of the new mayor at the event, which featured an outdoor concert and free food and drinks from numerous Denver restaurants. An estimated 7,000 people attended.

been significant movement, if not accomplishment, of the Union Station center and the trail of opportunity between Union Station and the airport. I think we're going to see the redevelopment of the Gates center. Small businesses will really be thriving. The compact with Denver schools will have been completed and we will be on an upward trajectory.


Mary Beth Susman, City Councilwoman, District 5



That's so much fun to think about. I see an airport that has flights from all over the world. I see Denver as a number one destination city for both business and for tourists, although we already are, but we're just going to get better and better. I see our district preserving its beauty, its beautiful roads and its beautiful parks. I see Denver as very, very conscious of being green and being very smart about our economy and that actually we are a world leader in using renewable energy. I feel like Denver is on the brink of being an incredible city.

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What might the Central Park commuter rail station area look like?

By Carol Roberts

Denver planners are developing a draft vision statement and principles that will guide development of the Central Park Commuter Rail station area. About 40 people from the community attended a public meeting on June 29 at the Renaissance Denver Hotel to hear preliminary concepts and to give feedback and suggestions. Denver City planners, David Gaspers and Theresa Lucero, told the group that guiding principles call for the station area to be sustainable, active and accessible—and for it to be a “signature destination,” a unique place that provides housing, employment and entertainment—“THE place to stop between DIA and Union Station.”

David Netz, a community representative on the Citizens Advisory Board (CAB),



Community members (from left) Jim Wagenlander, Damon Knop, and Justin Ross (far right) look at a map of the area around the Central Park commuter rail stop with Steve Gordon, Manager of Denver’s Department of Planning and Design.

raised the possibility of aggressively going after funding for Transit Oriented Development (TOD). “We (CAB) met with Phil Washington, RTD General Manager. He said RTD wants to take a different approach to Transit Oriented Development. Rather than plopping a parking lot down that will last for 20 years, maybe they can look for additional sources of money so there could be housing on that site. How can we pull RTD [and the City] more aggressively into this process and have a proactive approach rather than just waiting to see how long we only have a parking lot?”

Jim Chrisman, Senior VP Forest City, voiced a different sort of concern—the diffi-

culty of making decisions too far in advance of the completion of the commuter rail. “It’s not smart to anticipate what the market will be at that time. I would expect to be getting in those discussions probably two years before the station opens.”

After the presentation and discussion, attendees wrote suggestions for the planners to consider as they continue to develop the Central Park Station Area Plan that will provide a framework to direct future

development.

Suggestions for the “active” component included: encourage commuting by bicycles; have space for small-business incubators; have a live/work environment with housing; acquire land for the missing link on Sand Creek.

Suggestions for making the transit area “accessible” included: keep it safe, worried about rough crowds loitering; parking should be a block away so commuters have to walk through retail; access the area to the north of the transit stop with a pedestrian/bike bridge.

Suggestions for the “sustainable” focus included: good pedestrian and bike access leading to the station along Uinta and into adjacent neighborhoods like Park Hill and to Sand Creek Greenway; a housing diversity plan that serves people who need and rely on transit; need shade with social and retail while waiting for the transit; don’t fence the rail line, wildlife wouldn’t be able to move north and south; open up Smith Road for east-west connectivity.

Ideas for creating a “signature destination” include: use transit-oriented development to create an urban and diverse community at Stapleton; encourage interaction with diverse populations including visitors, travelers, employees, shoppers, etc.; love diversity, but can’t be at the erosion of safety—small children play outside nearby; attract small-scale retail, specialty grocer; and lots of rental housing for all incomes in and around the TOD.

For more information about this planning process, contact David Gaspers at David.Gaspers@denvergov.org or at 720.865.2936.

Learn How Healthcare

By Alisha Brown

Everyone deserves to get the healthcare they need to stay healthy. To help make that possible, the community is invited to attend neighborhood forums where local healthcare reform experts will discuss provisions of the Affordable Health Care Act. The *be well* Health and Wellness Initiative will host eight events where these experts will discuss how the Affordable Care Act will impact residents and highlight new opportunities made available through the law.

Neighborhood residents who have been formally trained as community health advocates, *be well* block captains, will explain how neighbors can help craft how the health care law is implemented in Colorado by voicing their opinions to decision makers and experts at the meeting. By learning more about the changes being discussed in Colorado right now, people can make sure that Colorado healthcare works for themselves and their families. Following are the eight local forums on healthcare reform:

Tuesday, August 2, 5–7pm
Information on Healthy Living, the New Healthcare Reform Laws, and the *be well* Initiative
Aero Flats at Stapleton, 8008 Montview Blvd.

Friday, August 5, 6–8pm
Medicare—By Eileen Doherty, Colorado Gerontological Society
Clyburn at Stapleton, 7401 E. 26th Ave.

Thursday, August 11, 6–8pm
The Role of Health Benefit Exchanges in the Healthcare Reform Laws—Joan Henneberry, Director of the Colorado Health Insurance Exchange
Denver Police Dept. Dist. 2 Station, 3921 Holly St.

Friday, August 12, 6–8pm
Medicaid—By Brittney Petersen of Covering Kids & Families and Aubrey Hill of the Colorado Coalition for the Medically Underserved
Parkside Apartments, 7780 E. 23rd Ave.

Wednesday, August 17, 6–8pm,
Prevention and Healthy Living—
By State Senator Irene Aguilar, MD
Denver Police Dept., Dist. 2 Station, 3921 Holly St.

Sunday, August 21, 12:30–2:30pm
The State of Healthcare in Colorado—
By Lorez Meinhold, Governor Hickenlooper’s Office of Policy Initiatives
Central Park Recreation Center 9651 MLK Blvd.

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are Reform Impacts You

Saturday, August 27, 10am–12pm
The Role of Health Benefit Exchanges as Part of the Healthcare Reform Laws—By Shana Montrose of the Colorado Health Institute
 The Crossing Residential Community, 6090 E. Smith Rd.

Wednesday August 31, 6–8pm
Prevention and Healthy Living
 State Senator Irene Aguilar, MD, will discuss Moorhead Rec Center, 2390 Havana St, Aurora

For more information, call 303.468.3229 or email ASnyder@stapletonfoundation.org.

The Colorado Trust, a nonprofit organization with the mission of advancing the health and wellbeing of the people of Colorado, provided the funding for these events. The Colorado Trust has funded 14 projects across the state to help increase Coloradans’ understanding of health care issues, including expanding health coverage and achieving a more effective, cost-efficient health care system. The be well Health and Wellness Initiative is funded through the Stapleton Foundation and grants. The program is a social movement that connects individuals from the community, policy makers and organizations that serve as catalysts for changing policies, programs and environments to support healthy lifestyles. The be well block captains’ goals are to work in their neighborhoods to promote healthy lifestyles and reduce chronic illness and disease by enabling easy access to preventative services at no, or very low, cost.

Ms. Brown is the director of the be well Health and Wellness Initiative and has 10 years of experience in public health and non-profit management. She has a master’s degree in nonprofit management from Regis University.

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 Aug. 26–28: Celebration Days Garage & Tack Sale
 Oct. 7–21: ART for HORSES fine art show & benefit. Habitat Gallery, 828 Santa Fe
 Nov. 17: Live Auction, dinner & benefit. Jefferson County Fair Grounds
 Birthday parties & other events at the ranch!



Above: Orlando Poole

Photos show the Tunisia (formerly Jakarta) concert on the Green in the Stapleton Town Center (29th and Roslyn) on Saturday July 23.

Upcoming concerts on the Green include: Wendy Woo on Saturday, August 6 from 6:30 until 8:30pm; Opie Gone Bad and Chris Daniels and the Kings on Saturday, August 20 from 4 - 8:30pm during the beer festival (concert goers do not have to buy beer festival tickets); and Saturday, September 10 local bands play at the day-long Stapleton Rocks concert from 10am until 10pm.





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DISCLAIMER: The Front Porch obtains event information through websites and press releases and cannot guarantee that events will occur as listed. Please use contact information to check for updates.

DENVER METRO EVENTS

Art Walks and Exhibits:

8/5 Friday- Santa Fe Arts District. Santa Fe Dr. between 10th and 6th. www.artdistrictonsantafe.com

8/5 Friday- North Denver's Tennyson Art Walk. Tennyson St. and 44th Ave. www.denverartwalk.squarespace.com

8/5 Friday- Cherry Creek Arts District. www.cherrycreeknorth.com

8/5 Friday- Highlands Square First Friday. 32nd and Lowell, North Denver. www.highlandssquare.com

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

Through 8/13 Saturday- The Art of Wine Art Exhibition. Tues-Fri, 11am-6pm; Saturday 12-5pm. FREE. Translations Gallery, 1743 Wazee St. www.translationsgallery.com

8/5 Friday and 8/6 Saturday- Rocky Mountain Book and Paper Fair. Antique books, 1st editions, signed books, \$5-\$5000+ Preview Gala Friday evening, 5-9pm, \$10, includes Sat. readmission. Saturday only \$5, 10am-5pm, hourly events. www.rmaba.org. Denver Merchandise Mart, 58th and I-25.

8/7 Sunday- A Dash of Asian Spice, Date Night at the Zoo. 6-8pm. Enjoy Asian Cuisine and the Zoo's Asian animals. Tickets \$40/person, www.denverzoo.org

8/14 Sunday- Love Notes: A Musical Festival Celebrating Tu B'Shvat, The Jewish holiday of love. 5pm. Shalom Park, 14800 E Bellevue Dr., Aurora. FREE. RSVP required: www.lovenotesfestival.org

8/15 Monday- Colorado Federation of Garden Clubs. Meets 3rd Monday of month; open to all interested in gardening. 7pm. 1556 Emerson St. Contact: Ellen at 303.320.5983

8/20 Saturday- Assistance League Fashion Show and Luncheon. 11am, Pinehurst Country Club, 6255 N Quincy. \$45/ticket, proceeds benefit Assistance League. Carol Newadomy: 303.426.0472, www.denverassistanceleague.org.

8/28 Sunday- Culinary Secrets, Date Night at Zoo. 6-8pm. Featuring Zoo Executive Chef Mike Manoli's family recipes. Tickets \$40/person. www.denverzoo.org

9/2 Friday to 9/5 Monday- Festival of Mountain and Plain, Taste of Colorado. FREE admission; food

for purchase, artisans, carnival rides. www.atasteofcolorado.com

9/10 Saturday- Old House Society Sidewalk Stroll. 1-3pm. Featuring homes in Bellevue-Hale neighborhood, 12th and Dexter. Tickets: \$15 at King Soopers or www.denversoldhousesociety.org

Single Volunteers of Greater Denver. Visit www.svgd.org for volunteer opportunities for singles: local projects, charitable social events and working vacations abroad.

Live Music at The Soiled Dove. 7401 E 1st Ave, Lowry. Tickets: www.soileddove.com

Denver Botanic Gardens Summer Concert Series. Concert lineup/tickets: www.concerts.botanicgardens.org

Denver Public Art Tours. FREE Public Art Tours—on foot, bike, scooter—for art and architecture lovers. Reservations required. www.denvergov.org/publicart for schedule and sign-up. Also download PDF of Denver's Public Art Guide.

Music and Movies Monday at Infinity Park. FREE concerts /movies at Infinity Park, Glendale, 6:30pm concert, 8pm movie. Schedule: www.infinityparkglendale.com/summer-events

Tuesdays through August- Film and Fork on Colfax. Food by Upper Colfax restaurants featured at Denver Film Center each Tues. www.denverfilm.org for movie info, tickets and restaurants.

Wednesdays through August- Shady Grove Picnic Concert Series at Four Mile Park. 6:30pm. Tickets: www.swallowhillmusic.org

FREE Learn to Compost classes. Offered by Denver Recycles, various August Wednesdays and Saturdays. 8/13 Worm Workshop discusses worm composting. Registration required: 720.865.6810 or www.denvergov.org

Through 9/18 Sunday- Marvelous Mud at Denver Art Museum. Get hands dirty in Mud Studio; try a potters' wheel, hand building with clay and glazes. Live artist demonstrations every weekend. www.denverartmuseum.org

Denver 2 for 1 Tix provides weekly 2 for 1 ticket and admission discounts for metro Denver arts and entertainment. www.denver2for1tix.com

HEALTH AND WELLNESS

8/18 Thursday- HIV testing at Rocky Mountain Cares nonprofit for holistic HIV care. FREE. 1-5pm. 3rd Thursday monthly. 4545 E 9th Ave, #120. 303.393.8050, Adrian Pilarski

Sundays through September- Yoga Rocks the Park. 9-12pm, City Park Bandstand. Live music and yoga classes for adults and kids. Also at Alamo Placita Park on Speer and 3rd. www.yogarocks-thepark.com

LECTURES AND DISCUSSIONS

Active Minds – Info on all sessions: www.ActiveMinds.com. FREE.

8/2 Tuesday- Vietnam. 10-11am. Jewish Community Center, 350 S Dahlia St. Lil Shaw: 303.316.6359

8/2 Tuesday- What makes an Orchestra Special? 10am-12pm (10:45 refreshments), Temple Emanuel, 51 Grape Street. RSVP: Jodi: 303.388.4013 x307

8/4 Thursday- American composers and songwriters. 6pm cocktails, 7pm program, Stapleton Jet Stream Pool, 3574 Alton St. RSVP: Stapleton Master Community Assoc., 303.388.0724

8/8 Monday- Charlie Chaplin and Silent Film Era. 2:30-3:30pm. Springbrooke, 6800 Leetsdale Dr. RSVP: 303.331.9963. Repeats on various dates, venues; visit activeminds.com for info.

8/23 Tuesday- Venezuela. 5:30- 6:30pm. Tattered Cover, 2526 E Colfax Ave.

8/24 Wednesday- America's Pastime, Baseball! 2-3pm. Aurora Central Library, 14949 E Alameda Ave, Aurora. 303.739.6626

LIBRARIES

For more library programs, check events calendar at denverlibrary.org. Summer of Reading program for babies, kids and teens continues to August 6.

Park Hill Library, 4705 Montview Blvd. 720.865.0250. Closed Mondays, Wednesdays and Sundays.

Park Hill Library is closed 8/5 Sunday to 8/15 Monday. The book drop will not be accessible during this time. Storytimes will be held 8/4-8/5 only and resume week of 9/4. Last day to pick up prizes for summer of reading is 8/6.

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.

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

Tuesdays- All Ages Storytime. 10:30am

Thursdays- Bookbabies (6-23 months). 3pm

8/6 Saturday- The Transition to Parenthood. 11am. Becoming, Being, Believing. Learn about changes common during this transition and ways to adjust through a supportive environment. Facilitated by Teena Evert, M.A.

8/13 Saturday- Colorado Authors Series:

RECURRING EVENTS

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

Every Tuesday
Stapleton Rotary Club – 7:30am
Stapleton Community Room
2823 Roslyn St.
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
www.stapletonbusiness.com
303-393-7700

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

1st Wednesday
"1st Wednesdays" Home-based
businesses. Alternates between
Lunch & Happy Hour
tbrislina@gmail.com
www.stapletonhomebusiness.com

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

2nd & 3rd Wednesday
Lowry Peak Speakers Toastmaster Club. Noon-1pm,
Pinnacle Assurance: 7501 E.
Lowry Blvd, Denver 80203
lowrypeak.freetoasthost.org
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

Neighborhood Partners Environmental Team
9am-Noon. Contact 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

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Cara Lopez Lee. 2pm. Author of *They Only Eat Their Husbands: A Memoir of Alaskan Love, World Travel, and the Power of Running Away*, explores her 9 years in Alaska, and year backpacking the world alone. Creator of *Girls Trek Too* blog and workshop, inspiring women to approach life as an adventure.

8/15 Monday- Introduction to Feng Shui. 6:30pm. Lorrie Webb Grillo, owner of Thriving Spaces Feng Shui teaches how energy of spaces/things impacts our everyday lives, and how to use Feng Shui tools.

8/21 Sunday- Intermediate Sewing: Alterations & Mending. 2pm. 2-hour class instruction on altering/fixing clothing with hands-on practice time. Bring your own notions and project to work on if you have one. Class size limited. Registration required: 720.865.0000.

8/27 Saturday- Résumé Writing Workshop. 3pm. General techniques on how to write an effective résumé. Bring résumé, pen or pencil to make corrections, notepad for notes.

8/28 Sunday- Canning: Preserve Your Garden's Bounty. 2pm. Learn canning fundamentals for your garden vegetables to enjoy through the year. www.denverurbanhomesteading.com

KIDS AND FAMILIES

Through 8/21 Sunday- Pinocchio. Denver Puppet Theatre, 3156 W 38th Ave. Tickets: \$7 ages 3 and up. 303.458.6446, www.denverpuppettheater.com

8/6 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

8/6 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

8/10 Wednesday- "Create Playdates" at Denver Art Museum. Kids 3-5 can roar, bang, stomp 2nd Wed. every month. Drop in, meet other tots for art making, story times, scavenger hunts. Included in museum admission; 5 and under free. Denver Art Museum, 100 W 14th Ave Pkwy. www.denverartmuseum.org or 720.865.5000

8/13 Saturday and 8/27 Saturday- Lowe's Build and Grow Kids Clinics. Bring the kids into any Lowe's store to 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

8/13 Saturday and 8/14 Sunday- Colorado Scottish Festival and Rocky Mountain Highland Games. Highlands Ranch. www.scottishgames.org

8/13 Saturday- Dinosaur Discovery Day. Dinosaur Ridge, Morrison. www.dinoridge.org

8/13 Saturday- Denver Zoo's ZOOMily. 6-9pm. \$12/members, \$15/nonmember. Stories, fairytales, crafts, desserts, family entertainment. www.denverzoo.org

8/26 Friday- Denver Botanic Gardens Family Fun Night. 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

8/26 Friday through 9/5 Monday- Colorado State Fair. Pueblo. www.coloradostatefair.com

Saturdays in August- Kids Saturday Nickelodeon. FREE G-rated movies, Starz Film Center. www.denverfilm.org

Thursdays in August- Star K Kids. Puppets, stories, activities, outdoor exploration for ages 5 and under. 9:30 & 11am. Morrison Nature Center, 16002 E Smith Rd, Aurora. 303.739.2428, www.auroragov.org/nature

Free Bowling. Up to 2 games/day, Elitch Lanes in N Denver. Shoe rental not included. www.kids-bowlfree.com

Mile High Movies in Skyline Park. FREE family-friendly movies in Downtown Denver Skyline Park. Saturdays through August. www.downtown-denver.com for dates/movies

Civic Center Bike-In Movie Series. FREE family-friendly movies in Downtown Denver Civic Center Park. www.civiccenterconservancy.org for dates/movies

KIDS CAMPS AND CLASSES

Aurora Fox Theater- Drama classes ages 4 and up. Lisa Mumpston: 303.739.1573 or www.auro-rafox.org

Art Students League of Denver- Programs for kids and teens. 303.778.6990, www.ASLD.org

Small Hands Art Studio- Summer/Fall classes. Located in Stapleton! www.smallhandsart.com

Start Art- Summer/Fall classes. startartkids.com

The Art Garage- Classes ages 4 and up. 6100 E 23rd Ave, Park Hill. www.artgaragedenver.com

Stapleton All Sports- www.stapletonallsports.com or Gabe Hurley: stapletonallsports@gmail.com

The Urban Farm- Embracing Horses, info@theurbanfarm.org

DENVER MUSEUM OF NATURE AND SCIENCE

Montview and Colorado Blvd. www.dmns.org

8/18 Thursday- Science Lounge. Cocktails and entertainment every 3rd Thurs. of month. 6:30-9:30pm. \$8/members; \$10/nonmembers

Planetarium- *Journey to the Stars, Black Holes, Other Side of Infinity, Cosmic Journey, A Solar System Adventure, One World, One Sky: Big Bird's Adventure, One World, One Sky: Big Bird's Adventure* <http://www.dmns.org/planetarium/current-shows> for ticket prices and details.

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

NORTHFIELD EVENTS

Events at the Shops at Northfield Stapleton – 303.375.5475 www.NorthfieldStapleton.com

8/7 Sunday– UPS Car Show benefiting Mile High United Way. 10am-2:30pm. Featuring classics, low riders, street rods and more in parking lot north of Bass Pro.

Bass Pro Events - 720.385.3600, www.BassPro.com

Call for specific event and seminar pricing.

8/3-Wednesday- The Basics of Shotgunning
8/4-Thursday- Bird Dog Training Lesson Series

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. 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

8/6-Saturday- Introduction to Fly Fishing (every Saturday in August)

8/9- Tuesday- Get Hooked on Fly Tying for Beginners with Alan Ryes (remaining Tuesdays in August)

8/13- Saturday- Boone & Crockett/Pope & Young/Long Muzzle Scoring- Fall Classic Hunt

8/22- Monday- Dove Hunting in Colorado

8/24-Wednesday- High Country Trout Fishing in Colorado- Spin & Bait Casting

8/24-Wednesday- How to use Fish Finders and What's New!

(continued on page 18)

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(continued from page 17)

- 8/25- Thursday- Learning to use GPS
8/25- Thursday- Saltwater Fishing- Spin & Bait Casting
8/25- Thursday & 8/27- Saturday- Tactics for High Country Blue and Mountain Sharp-tail Grouse
8/26- Friday- Archery Hunting Elk
8/28- Sunday- Beginner Bowhunter

Harkins Theatres 18 – 720.374.3118

- Summer Movie Fun – 10 Movies, \$5, Just for kids!
Monday-Friday, 9:45am show time.
8/1-8/8- *Alpha and Omega*
8/5- *Another Earth, The Change Up, and Rise of the Planet of the Apes*
8/12- *30 Minutes or Less, Glee Live 3D and Late Bloomer*
8/19- *Conan the Barbarian, Fright Night, & Spy Kids: All the Time in the World*
8/26- *Don't Be Afraid of the Dark, Final Destination 5 and Our Idiot Brother*

Visit www.HarkinsTheatres.com for more information

Improv Comedy Club and Dinner Theatre – Tickets: 303.307.1777, www.ImprovDenver.com

Ticket prices vary based on comedian and show time. Call for details.

- 8/4-8/7- Thursday-Sunday- Tom Segura
8/11-8/14- Thursday- Sunday- Orlando Jones
8/18-8/21- Thursday-Sunday- Joe Torry

Toby Keith's I Love This Bar and Grill – 303.728.9468, www.countrybarco.com

Local and regional live music acts Wednesday-Saturday.

National acts:

- 8/6 Saturday- Granger Smith
8/12 Friday- Eli Young Band
8/18 Thursday- The Dirt Drifters

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

Reservations required for events marked at 303.289.0930. Free unless noted. Hours: Tues.-Sun., 6am-6pm. Visitor Center: Tues.-Sun., 9am-4pm. Refuge closed all federal holidays. Directions to Refuge: www.fws.gov/rockymountainarsenal/ Wednesdays, Saturdays and Sundays- Wild Rides.** 9:30-11:30am. 2-hour guided viewing tour.**

Tuesdays, Saturdays and Sundays – Refuge Fishing. 6am-6pm. Catch/release fishing at Lake Mary and Lake Ladora. Signed permit and Colorado fishing license for anglers 16 or older plus \$3/day fee required.

Saturdays-“Wild” Talks. 1pm. Join a naturalist every Saturday for 10-minute mystery “wild” talk.

8/2 Tuesday and 8/30 Monday- Tuesday Tots: Wetland Water Safari.** 10-11am. Toddlers—become

wildlife biologists on this wildlife water safari! Learn tools/techniques, then head out to look for wildlife clues in/around water. 1-hour program designed for parents and toddlers to interact about nature. Children ages 3-6 must be accompanied by parent/legal guardian. Limit 3 children per parent. **

8/7 Sunday- Sunday Matinee: Amazing Journeys. 1pm. Experience big screen in new state-of-art auditorium. Experience incredible spectacles as millions of creatures undertake extraordinary journeys of survival. Families welcome; no reservations required.

8/11 Thursday and 8/20 Saturday- Family Fun Days.** 10-11:30am. Special kids programming. Jump aboard tour bus for wildlife bingo; look for clues on scavenger hunt around lakes and trails.

8/13 Saturday- Moonlight Hike.** 7-9pm. A three mile hike under light of a full moon. Flashlights and hiking boots recommended.

8/14 Sunday- Sunday Matinee: Ocean Oasis. 1pm. Journey into bountiful seas and deserts: Mexico's Sea of Cortes and the Baja California desert. Families welcome.

8/21 Sunday- Wetland Photo Tour.** 7:30-10am. Capture the wetlands' wonders through your camera lens. Recommended for adults. Open to all photography levels.

8/21 Sunday- Sunday Matinee: Africa—The Serengeti. 1pm. Enjoy an extraordinary journey to East Africa to view the great migration of two million wildebeests, zebras, and antelope over 500 miles.

8/23 Tuesday- Birding 101.** 8:30-11 am. Learn techniques for bird identification, how to use binoculars and field guides. Great for first-time birders.

8/27 Saturday- Family Fishing Workshop.** 2-6pm. Hands-on clinic offers tips/tricks for fishing fun from Division of Wildlife. FREE.

8/28 Sunday- Homesteader History Tour.** 9:30-11:30 am. Venture back in time with a naturalist to the site's homestead years. Stories about the land and families that called it home.

8/28 Sunday- Sunday Matinee: Beavers. 1pm. Experience big screen in new state-of-art auditorium. Take an intimate swim with beavers; experience rich aquatic habitat of nature's great engineers. Families welcome.

SPORTS AND FITNESS

8/6 Saturday- Back 2 School 5K Family Walk/Run. First 5k to benefit Crowley Foundation Scholarship Fund at Central Park in Stapleton. Noncompetitive, nontimed walk/run for all ages. Race: 8:30am; check-in: 7:30am. To sponsor: Kenneth Crowley, 720.935.6465 or www.crowley-foundation.biz

8/6 Saturday- Davita Kidney Rock 5K Run/Walk. City Park, 8am. www.davita-kidneyrock.org

8/7 Sunday- TRI for the Cure. Women's triathlon to benefit Denver affiliate of Susan G Komen for the Cure. Register: www.triforthecure-denver.com

8/13 Saturday- AIDS Walk Colorado. 7:30am-2 pm. Cheesman Park. Presented by Colorado Aids Project. www.aidswalkcolorado.org

8/27 Saturday- Denver Oyster Urban Adventure Race. Billed as “Ultimate Urban Adventure Race” combining pure athleticism with thought-provoking strategy. Teams run-bike-paddle-climb-race around city answering clues & completing tasks. Register: www.denveroyster.com

8/27 Saturday- Let's Get Dirty! Mud Run MS Colorado. 10K course with water/mud boot camp-style obstacles. 9am. Winter Park, CO. www.mudrunMScolorado.org

STAPLETON/PARK HILL/ LOWRY EVENTS

Beginning 8/5 Friday- Newborn Care 101 Workshop. Expectant parents learn how to care for newborns at Naturally Loved, 29th Ave. Town Center. \$35/ Individual; \$50 Couple. Contact: Sharon Rowland, 303.635.0979. Register at <http://smoothtransitions.net>.

8/11 Thursday- Fireside Chat at Bluff Lake Nature Center, Bats! Learn about bat myths/misconceptions and roast marshmallows over campfire. 6:30-8pm. All ages. Free/members; \$1 donation/nonmembers. Near MLK and Havana in Stapleton. www.blufflakenaturecenter.org

8/12 Saturday- Stapleton Blanket Group. Provides homemade blankets to seriously ill, traumatized or otherwise in need children. No sewing experience required. Meets 2nd Saturday of month at 2638 Florence from 9:30-11:30am. 303.953.9679

8/18 Thursday- Fireside Chat at Bluff Lake Nature Center, Native American Stories. Stories told and sung in variety of languages while roasting marshmallows over campfire. 6:30-8pm. All ages. Free/members; \$1 donation/nonmembers. Near MLK and Havana in Stapleton. www.blufflakenaturecenter.org

8/26 Friday- Free Conscious Movie, Budrus. About Palestinian leader who united Fatah, Hamas and Israelis in an unarmed movement. 7:30pm. FREE. Center of Light, 2300 Forest St. Denver@Center-sOfLight.org or 303.913.7053

Central Park Recreation Center

Info: www.denvergov.org/recreation or Facebook Central Park Recreation Center. Now registering for fall sports.

THEATRE

8/19 through 9/18- Love! Valour! Compassion! Vintage Theatre, 2119 E 17th Ave. 303.839.1361, www.vintage-theatre.com

8/26 Through 9/17- The Guys Presented by Firehouse Theater Company at the John Hand Theater 7653 E 1st Pl. 303.562.3232, www.john-hand-theater.com

9/9 Through 10/2- Ragtime. Arvada Center, 6901 Wadsworth Blvd. 720.898.7200, www.SummerAtTheCenter.com

9/9 Through 10/9- Roshomon. Aurora Fox Theatre. 9900 E. Colfax. www.aurorafoxartscenter.org, 303.739.1970

9/9 Through 10/22- Completely Hollywood. Avenue Theater. 417 E. 17th Ave. 303.321.5925, www.avenuetheater.com

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Denver Montclair International School (DMIS) is a private, independent school that offers full-immersion, bilingual education in French, Mandarin Chinese, and Spanish to students ages 3 years old through 5th grade, and is pursuing authorization to become an IB World School to offer the Middle Years Program in grades 6–8. DMIS is now accepting applications for the 2012–13 academic year, ages 3 years old through Kindergarten and for grades 6 and 7.



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More Events...

August 2—28th Annual National Night Out

The 28th Annual National Night Out (NNO), a crime prevention event sponsored by the National Association of Town Watch (NATW), will be held Tuesday, August 2. That night everyone is encouraged to turn on outside lights and come out and participate in local activities with their neighbors and discuss strategies to keep each other safe. Overall goals are to raise crime prevention awareness, encourage participation in local anticrime programs, strengthen neighborhood spirit and partnerships with police, and let criminals know neighborhoods are organized against crime. For more information, go to NationalNightOut.org.

August 6—DaVita Kidney Rock 5K Run/Walk and Kidney Disease Screenings

DaVita Inc., a provider of kidney care services for those with end-stage renal disease (ESRD) and chronic kidney disease (CKD), will host a 5K fun run/walk Saturday, August 6, starting at in Denver's City Park. The event will feature the Kidney Health Expo, games and prizes at the Kid Zone, refreshments, and the DaVita Blues All Stars Band. Starting at 8am, free kidney disease screenings will be performed by The Kidney TRUST. All proceeds benefit Bridge of Life—DaVita Medical Missions to open dialysis centers in developing countries and teach local medical teams how to care for CKD patients.

Free advance registration: www.davita-kidneyrock.org, (\$25/day of event). Each participant receives a personal fundraising page, with incentives. Kidney disease affects one of every six Americans; most of whom don't know they have it. Risk factors include diabetes, hypertension, cardiovascular disease or a family history of these conditions. People over 60, African-Americans and Hispanics are at higher risk. Learn more at www.davita.com.

August 7—UPS Car Show at Northfield

The UPS Automotive Team is sponsoring a Car, Truck and Bike Show on Sunday, August 11, with all proceeds benefitting the United Way. Competition classes are: cars original and restored; street rods 1900–1932; street rods 1933–1949; modified; trucks original and restored; trucks modified; motorcycles original and restored; motorcycles modified; imports; low riders; and race cars. Registration is \$20 on the day of the show. Music will be provided by R&M Custom Car Show Productions. The event will be held in the parking lot north of Bass Pro Shops from 10am–2:30pm. Awards will be presented at 3pm. For more info, contact Dan Douglas at 303.286.6662 or 303.912.5671.

August 13—Family Fun ZOOMily at Denver Zoo

Families can enjoy an evening of enchanted wishes, dreams and wild things at Denver Zoo's ZOOMily on Saturday, August 13 from 6–9pm. Costumed characters will roam about and kids can enjoy stories, games, crafts, desserts and other entertainments. Children who come dressed in costume are eligible to enter for prizes. Proceeds benefit the Red Apple Fund, a Denver Zoo scholarship fund subsidizing admission, program fees and transportation for low-income groups and families. Tickets: \$12 in advance/members; \$15 in advance/non-members. Ticket sales end 8/8 and usually sell out. For tickets/information: www.denver-zoo.org or 303.376.4800.

Stapleton Discovery Center Open Weekends Aug. 13 through Labor Day

The Stapleton Discovery Center will be open August 13 through Labor Day (September 5) on Saturdays from 10am–6pm and on Sundays from noon–5pm. The Discovery Center offers information about Stapleton, Stapleton homes participating in the Parade of Homes, model homes and all new homes for sale. For more information, visit <http://stapletondenver.com/community/whats-happen->

ing/stapleton-discovery-center. For more on the Parade of Homes, visit www.parade-ofhomesdenver.com.

August 14—Northeast Denver Dads Invited to Stapleton Dads Barbeque

All dads are invited to attend a barbeque on Sunday, August 14th hosted by Stapleton Dads at the Aviator pool from 6pm–9pm. Founded in 2009 by a father of two in Stapleton, this group is a social network for dads in Stapleton and neighboring areas offering a break from the family for a few hours, once every three months. Previous events have included BBQ's in Central Park, poker tournaments, and a bowling outing. Future events may include a trip to The Great American Beer Festival, golf tournament, and ski trip to Summit County. The cost is \$25 per person (including private pool rental, food, and beer). To RSVP, please call Merritt Hopper at 303-493-6234 or email stapletondads@hotmail.com. Visit www.Stapletondads.com or Stapleton Dads on Facebook for more information.

August 14— Fiddle and classical violin concert

On August 14 at 2pm at St. Thomas Episcopal Church, a fiddle and classical violin/

viola concert will be presented by Christopher and Cosima Luther. The siblings grew up in Denver and attended Denver School of the Arts. Christopher is completing his PhD in viola performance at the University of Texas. Cosima is pursuing her career as a conductor, teacher and performer in Los Angeles. They are founders and teachers at the Rocky Mountain Fiddle Camp. The concert is free, but an offering will be taken and split between St. Thomas Episcopal Church and the artists. St. Thomas Church is located at 22nd and Dexter. For more information email Elizabeth Bennett eliza500@aol.com.

August 20—Team Hope Walk to Help Cure Huntington's Disease

The Huntington's Disease Society of America (HDSA) will hold its 7th annual walk for a cure from 9am–12pm on Saturday, August 20, to help the 30,000 Americans with HD and the 250,000 who are at risk for this devastating inherited brain disorder. HD causes a slow and irreversible loss of both mental and physical capacities. Each child born to an HD-affected person has a 50/50 chance of inheriting the disease. At present, there is no effective treatment or cure. HDSA promotes research, supports those affected by (continued on page 20)

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Events (Continued)

HD, and provides education about the disease. To learn more: www.hdsa.org.
Registered participants will walk a course and afterwards enjoy an exhibit area, food, drink and entertainment. Cost: \$25/each for team of 4; \$35/individual. Held at Stapleton's Central Park (MLK Blvd. and Central Park Blvd.). Check-in: 8am; Walk: 9am. Register: www.firstgiving.com/hdsa-rm or call 303.837.9937. You can sponsor a team or walk as an individual, family or team.

August 27—Free to Breathe® 5K Fun Run and Walk to Defeat Lung Cancer

The 2nd Annual Denver Free to Breathe® 5K Fun Run and Walk will be held in Central Park at Stapleton on Saturday, August 27. The event unites people to raise public awareness and funding for research to defeat lung cancer. The goal is to create hope and change for those affected by lung cancer, the leading cause of cancer death in Colorado and the nation's top cancer killer—taking more lives than breast, colon and prostate cancer combined. All proceeds support the National Lung Cancer Partnership's research, education and awareness programs.
Event-day registration starts at 8am. A community rally will be at 8:50am. The 5K Fun Run starts at 9am; 5K Walk at 9:15am. Register for \$20 online at www.FreeToBreathe.org by August 22; mailed registration is \$23 (must be received by August 19); event-day registration is \$25. Central Park is located at 8775 Martin Luther King Blvd. in Stapleton. To learn more, register, donate, sponsor or volunteer, visit www.FreeToBreathe.org.



Photos by Jose Argueta / Major League Soccer

Check out the video from the White House visit at www.FrontPorchStapleton.com



Top: The Rapids present President Obama with a team jersey. Below: The Rapids players kick the ball with the children of military families during a soccer clinic on the White House lawn.

Rapids Visit White House

President Obama Honors Reigning Major League Soccer Champs

By John Babiak

On June 27 the Colorado Rapids made a special trip to the Nation's capitol. The purpose was not to play rivals D.C United. This time the venue was The White House and the special occasion included being honored as the 2010 MLS Champs by President Barack Obama and tutoring deserving children.
First the Rapids' contingent took in a behind-the-scenes tour of the White House. The Stapleton neighborhood was well represented. It included the team's Technical Director, retired Rapids' standout Paul Bravo. "There was not a moment that I was in the White House when I was not thinking back to all those history lessons through school that explained the significance of the White House and the history surrounding it. There were a lot of great memories. The one that sticks out for me is seeing the hallway that leads into the East Room and thinking about all of those presidents who had made that same walk," said Bravo. "I felt an enormous sense of pride and was honored to be representing our club and fans throughout the visit as champions. I hope that it is not a once-in-a-lifetime opportunity, but if it was, then it is something that I will cherish for the rest of my life."
It was in the East Room where the team waited for the arrival of the President. The Rapids' Head Coach, Gary Smith, escorted the President to his podium. The President, himself a "Soccer Dad," commended the Rapids' determination, especially after they landed the second-to-last playoff spot and then went on to earn the title. "They showed up in close games, they clawed back from behind. They just kept on winning. And when the clock ran out, the Rapids were the best team in American soccer" said Obama. He recognized several players including Stapleton's Omar Cummings. Cummings and teammate, Conor Casey received praise for being the 'highest-scoring forward combination' in the league. Cummings was named to the 2011 MLS All-Star Team last month.
Managing Director and Stapleton resident, Jeffrey Plush bestowed the President with an Obama #10 Rapids jersey. "It was an opportunity of a lifetime," Plush said of being in the immediate presence of the President. The number 10 was selected
(continued on p. 21)



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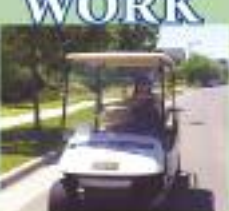
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Vet: Keeping Pets Healthy Helps Keep Owners Healthy

By Nancy Burkhart

Dr. Margot Vahrenwald, a Stapleton resident who just opened the Park Hill Veterinary Medical Center at 2255 Oneida St., says that keeping people's pets healthy keeps their owners healthy.

"Holding a pet can lower your blood pressure," Vahrenwald said. "Pets can help offer an emotional ground or an emotional experience that's enriching somebody's life."

Vahrenwald said her mother always thought that her daughter would become a veterinarian. Despite that claim, Vahrenwald went into public relations and public affairs. Then, when she decided to make a career change, she remembered an experience she had when she was about 24 years old and a veterinarian impressed her with his treatment of her dog.

She graduated from veterinary school at Colorado State University and then did an internship back east. She and her hus-



Dr. Margot Vahrenwald meets her patients sitting on the floor and waiting for them to come to her. Her new Park Hill clinic opened in late July. Her first patient was Moose, a West Highland Terrier.

band, Chris, moved to Stapleton in 2004. They have two daughters, Savannah and Caitlin. The Vahrenwalds live with two dogs, a rescued Chihuahua named Walter and a fluffy terrier named Tober. Two cats, Bart and Mish-mish (Arabic for apricot), also share their home.

When Vahrenwald grew up in New Mexico, she had both dogs and horses as pets. However, in her practice, she only treats dogs, cats and "pocket" pets like ferrets and guinea pigs. She doesn't care for reptiles or birds, but does have friends with chickens, so she has become knowledgeable about their care, she said.

"We're a vet practice with a personality," Vahrenwald explained. "We're just a little bit fun and a little bit quirky. Our goal is to deliver the highest level of care for our patients. The biggest thing we do is improve the quality of life for our patients. We want to make

them as healthy as possible for as long as possible. And, by doing that, we're helping clients be healthier, too.

"People get nervous going to the doctor, and when a lot of animals go to the veterinarian, it's the only time that they leave home. They're not that excited to come to the vet," she said. "I sit down on the floor until they'll come to me, and I give them treats. I try to make the animal feel less stress about coming to the doctor."

For information or to make an appointment at the Park Hill Veterinary Medical Center, 2255 Oneida St., call 303.388.2255 or go to www.parkhillvet.com. Email Dr. Vahrenwald and the medical center at moreinfo@parkhillvet.com.

A grand opening celebration will be held Saturday, August 6 from 10am - 2pm. Activities will include tours, mock surgery for kids to watch, goodies for people and pets, face painting and tattoos.

Obama Honors the Rapids

(continued from p. 20) because it is assigned to a team's playmaker. Stapleton neighbor and Rapids' Assistant Coach Brett Jacobs commented, "I think a lot of inspiration can be taken from a day like today. It brings back that winning feeling and what an accomplishment winning the MLS Cup is."

The Rapids had one more stop on their itinerary—the South Lawn where they

hosted a soccer clinic for children of military families. Assistant Coach and Stapleton resident, Steve Guppy choreographed soccer activities and friendly games. The players joined in and Rapids were soon winning the hearts of the young soccer enthusiasts. "The whole event was fabulous. The kids were in awe of the players. It was a touch of class," said Guppy.



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NOTICE OF PUBLIC HEARING

Martin Luther King Jr. Boulevard Extension from Havana to Peoria

Wednesday, August 17, 5:30pm—Central Park Recreation Center

A public hearing for the Martin Luther King Jr. Boulevard Extension Environmental Assessment will be held on Wednesday, August 17, 2011 from 5:30 p.m. to 8:00 p.m. at the Central Park Recreation Center, Community Room located at 9651 East Martin Luther King Jr. Blvd., Denver, CO 80238. An informal open house will be held between 5:30 and 6:00 p.m. The formal public hearing will begin at 6:00 p.m. and last until 8:00 p.m. or until everyone's input is received.

The purpose of the hearing is to present the planned improvements to Martin Luther King Jr. Blvd. between Havana Street and Peoria Street. The proposed improvements would widen the roadway to four lanes, with a center median. A 10-foot wide multi-use path and a 5-foot equestrian trail, separated from the roadway by a native vegetative strip/buffer, would be constructed on the north side of the roadway. A 8-10-foot wide multi-use path, separated from the roadway by a landscaped tree lawn, would be constructed on south side of the roadway. Additional right-of-way acquisition would be required. Mitigation

for impacts to prairie dog habitat would be required. Relocation of Sand Creek Regional Greenway trail near Peoria Street would also be required.

All interested citizens are invited to attend this public hearing. Copies of the Environmental Assessment will be available for review. Written and verbal comments will be received at the hearing. Written comments also may be submitted in person, mail or e-mail to Dennis Arbogast, URS Corporation, 8181 E Tufts Avenue, Denver, CO 8023; dennis_arbogast@URScorp.com. Comments must be received on or before September 2, 2011 in order to become a part of the official hearing record.

Copies of the Environmental Assessment are available for review at:
—Colo. Dept. of Transportation, Region 6, 2000 S. Holly St., Denver, CO 80222
—Federal Highway Administration, 12300 W. Dakota Ave., Lakewood, CO 80228
—Stapleton Visitor Center, 7480 East 29th Ave., Denver, CO 80238

Persons interested in attending the hearing who have special communication or accommodation needs are encouraged to contact Dennis Arbogast at (303) 796-4751. Requests should be made at least 72 hours prior to the public hearing. Every reasonable effort will be made to accommodate those needs.

DSST Public Schools Receive \$7 million to Expand

By Carol Roberts

DSST Public Schools (DSST) recently received a \$7 million commitment from John C. Malone, PhD, chairman of Liberty Global, to help fund expansion of its network of public charter schools. The \$7 million commitment is comprised of a \$4 million gift in 2011 and an additional \$3 million in matching funds for new money raised by DSST through 2013. The grant from John Malone is the largest in DSST history. Bill Kurtz, CEO of DSST Public Schools, said the funds will support their vision of helping double the number of four-year college-ready graduates from Denver Public Schools by 2020 and support the opening of new schools across Denver.

DSST Policy for Stapleton Enrollment

Since the school was built on land in Stapleton donated by the master developer, Forest City, Stapleton residents are offered enrollment preference that phases out gradually over the next 10 years, according to Christine Nelson, DSST Chief of Staff. However, the requirement stated in the school's charter that commits them to accept 40 percent free- and reduced-fee lunch students takes top precedence over all automatic admittance categories. Sibling, Staff and Founding Family preferences also take precedence over the Stapleton residency. All students must submit an application by the application deadline (late January) regardless of automatic admittance preference.

One hundred forty students are accepted into the 6th grade. In grades 7, 8, 9 and 10, the number of students selected depends on the number of spots that become available due to students transferring out of DSST or repeating a grade. No students are accepted in 11th or 12th grades. The number of spots varies but is estimated to be between zero and 15 per grade.

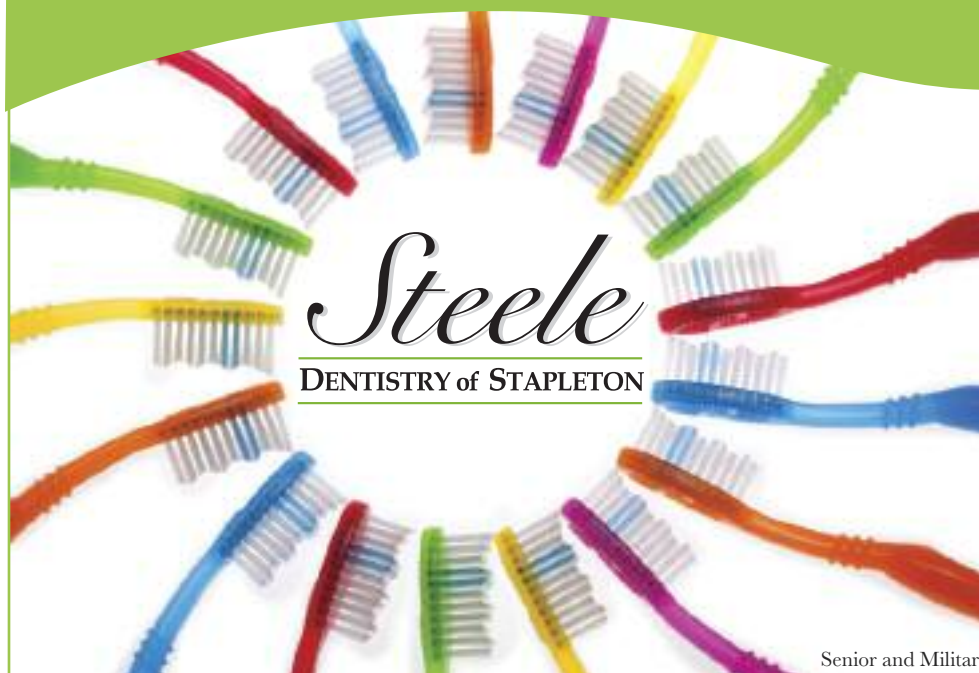
About DSST Public Schools

DSST Public Schools (DSST) operates open-enrollment STEM (science, technology, engineering and math) charter schools and is part of the Denver Public Schools (DPS) district. DSST currently serves approximately 1,500 students with five schools on three campuses. DSST has been approved to open five additional schools on three campuses over the next five years. At full enrollment, DSST Public Schools will serve over 4,400 students, and will nearly double the number of four-year college-ready DPS graduates by 2020.

DSST: Stapleton has consistently been the highest-performing high school in DPS, based on growth and absolute performance. DSST: Stapleton's first four graduating classes earned 100 percent acceptances into four-year colleges. DSST: Stapleton Middle School was one of six middle schools nationally to earn an EPIC award for outstanding student growth and achievement results.

Students are selected to attend DSST through a random lottery; there are no admissions criteria. Additional information about DSST Public Schools, including an application, is available at www.dsstpublicschools.org.

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HGTV Green Home in Stapleton Goes to New Jersey Resident



HGTV's Jamie Durie (left) is shown as he gives New Jersey resident Debbie Stolte the news that she won the HGTV Green Home Giveaway 2011. Brian Stolte, Debbie's husband, and daughter Erica are in the background. Photo courtesy of HGTV.

New Jersey resident Debbie Stolte, a former special education teacher's aide, won the HGTV Green Home in Stapleton. Her grand prize package includes the eco-friendly home in Stapleton, a 2011 GMC® Terrain® and \$100,000. Stolte was particularly excited because she has been out of work. She had entered the giveaway twice a day online throughout the entry period and her name was chosen from more than 22 million entries.

Forest City Stapleton, Inc. contributed the gross proceeds of the ticket sales to tour the home, \$54,600, to Urban Peak, a local non-profit organization that provides a variety of services including shelter and meals, education, employment, housing, and medical care to help homeless young people.

The two-story HGTV Green Home has approximately 2,400 square feet of living space, three bedrooms and 2½ baths. The home received a Platinum LEED certification—the highest rating a home can earn within the Leadership in Energy and Environmental Design program that acknowledges the energy efficiency of homes. HGTV viewers can see Stolte's surprise reaction when she learned she was the winner and see her receive the keys to her home on the nationally televised special, HGTV Green Home Giveaway 2011, on Saturday, August 20 at 8pm ET/PT (6pm Mountain Time, unless otherwise listed on the local schedule). In addition, they can view a 360-degree virtual tour of the home at HGTV.com/greenhome. Information provided by HGTV.

Can Exercise Help Adolescent Depression?

By Andrea Dunn, PhD

There is increasing evidence that exercise may help reduce symptoms of depression and may also be a useful coping strategy for adolescents. An ongoing study on the role of exercise to treat depression in adolescents is being conducted with participants at Denver Recreation Centers, including Montclair in northeast Denver, and additional participants can still become a part of this study.

Adolescent depression has become a major public health problem with one in 33 children having clinical depression (Mental Health America). According to the National Research Council and Institute of Medicine, the age at first symptom is around 11. However, the first diagnosis of depression is typically not until the age of 15. Even then, less than 20 percent of teens receive the treatment they need. Depression left untreated is linked to school failure, impaired social functioning, teen pregnancy and suicide.

Adolescents may not show signs of depression in the same way as adults and each child is different. Some adolescents may show signs of hopelessness, have a lack of interest in the things around them such as friends or family, or are unable to concentrate. Other adolescents may express their symptoms through their irritability and agitation. These expressions of irritability and agitation can manifest themselves in the form of being fidgety, restless, or moving around more or less than normal. Or a child's depression can be expressed through isolating him or herself

from others and spending hours watching TV, playing video games or being on the Internet. While most adolescents display some of these behaviors, symptoms of depression are usually longer lasting.

Two common forms of treatment are medication and talk therapy—and now there is evidence that exercise may also help. It is important to remember that treatment is a process of trial and error. If one option does not work, parents should pursue another option until the best match is found for their child.

If you are interested in learning more about the study investigating the role of exercise to treat depression in adolescents, please contact Project Coordinator Jennifer Cummins at 303.565.4321 x3673 or visit www.DOSEforTeens.org. The staff working with the participants at recreation centers include clinicians, supervised by Dr. Don Bechtold, a child psychiatrist and director at Jefferson Center for Mental Health; and trained recreation therapists. The study is being funded by a grant from the National Institute of Mental Health.

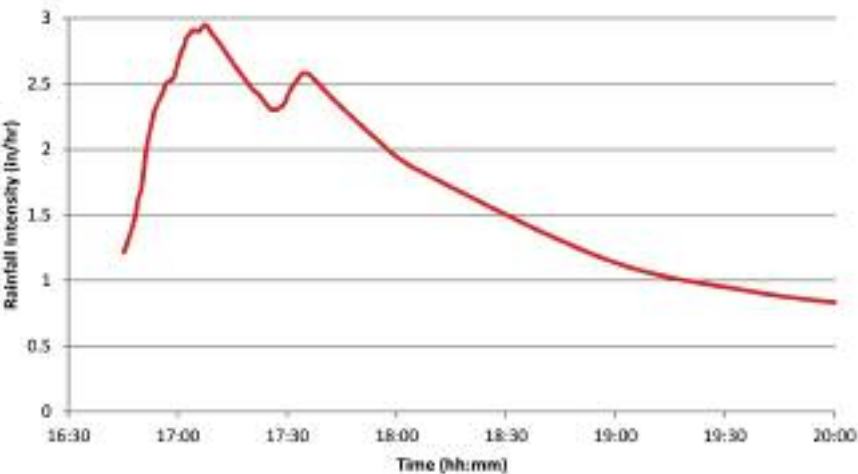
Dr. Andrea Dunn is a senior scientist at Klein Buendel, Inc., a research firm specializing in the development and evaluation of programs to change health behavior and prevent chronic disease. Dr. Dunn earned her doctorate in exercise science from the University of Georgia and was a post doctorate fellow in the Department of Psychiatry at the University of Colorado Health Sciences Center. She has been studying and publishing on exercise treatment for depression since 1991.

Flood Control

(continued from page 3) temporarily. "I think a lot of people who come here are not aware of the previous condition of this stretch of Westerly Creek and its current function until they see it flooded like this—so I think now they can appreciate what function it serves." Nicola goes on to say, "Credit needs to be given to our design team including Matrix Design Group and our landscape

architect, EDAW (now AECOM), for their vision of what this could become and then executing it in concert with our construction manager, MA Mortenson. It was a pretty aggressive project to turn this nothingness into what it is today with the trails and the sustainable plants and structures that are in there. It's far more than just a drainage channel. It's a park that can be used and enjoyed by everybody."

July 7, 2011 Rainfall Gauge at the Urban Farm at Stapleton



The 100-year flood level would require the average rainfall over a one-hour period to be 2.57". The rainfall exceeded that level at times but was not sustained at that level for a one-hour period. The rainfall on July 7 was determined to be at a 90-year flood level. The Stapleton area was one of the hardest hit in the metro area.

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The SUN Spot

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



Stapleton Recycling Event

By Caroline Batorowicz, LEED AP

Finally, the day you've all been waiting for is almost here! SUN is very proud to announce the Stapleton Recycling Event. This event is open to all and will take place on Saturday, September 3, from 10am–2pm at the Sam's Club parking lot. The following items can be recycled:

Electronics—*Metech Recycling* accepts a wide array of items, including TVs and batteries, with small fees for certain electronics. For a full list of accepted items and fees, and to learn more about Metech, visit the sustainability page of the SUN website.

Shredding—*Xpress Shred* will shred documents, hard drives, DVDs, CDs and floppy disks. There is no fee for shredding.

Mattresses and box springs—*Colorado Recycling Services* will take these items for \$6 apiece.

Books, CDs, DVDs and VHS tapes—*Reading Tree* will accept good condition items that will be donated to needy schools and other organizations.

Clothing, shoes, towels, bedding, drapes and tablecloths—*Red Apple Recycling* will collect these items, which do not have to be in great condition. Some of their "Little Red Schoolhouse" containers have been placed around our community for the collection of these items. For a complete story on how donated items are processed and where they end up,

visit the SUN website.

Moving boxes will be collected by *The Kearns Team*, which should be broken down. Please bring only true moving boxes, not other cartons.

Compact fluorescent light bulbs and tubes with black or silver ends only will be collected by *Home Depot*. **Rechargeable batteries from cordless power tools** will also be collected by *Home Depot*.

Plastic grocery bags will be collected by SUN and taken to *King Soopers*. SUN will accept all other plastic bags without holes, such as bread or produce bags, to be placed in dog parks.

Latex paint in good condition will be collected by *Mix Paints*. The paint needs to be in its original can with a readable label. They will not accept intermixed paint. The recycling fee is \$2 per 1-gal container (empty or full). *Mix Paints* turns the old paints into new low-VOC paint.

Plastic flower pots, flats and containers will be collected by *City Floral*. You can also drop them off at their store at your convenience.

Metal pots and pans as well as other metal items will be collected by *Alpine Waste*.

Bikes and bike accessories in any condition will be collected by *The Bike Depot*.

Pet food and supplies and old rags will be collected by SUN and donated to *The Urban Farm*, which is always in need of your kind donations to care for the many animals that live at the farm. The Urban Farm will bring some furry friends to join us at the event.

To add some excitement to this event (as if it's not exciting enough), we will have music and

yummy food sold by the Deluxe Street Food Truck and OiNKs BBQ. Finally, what would a fantastic recycling event be without a raffle? We will have a \$100 gift basket, courtesy of Vitamin Cottage; and one-hour (\$75 value) of free home or office organizing, an in-kind donation from Meighan Meeker of Simply Put, Organizational Solutions for the Home, LLC.

If you're not sure if you'll be able to recycle an item or if you need financial assistance, please email SUN. We don't want the small fees associated with the recycling of certain items to prevent anyone from participating. Check out our website at www.stapletonunitedneighbors.com/sustainability for a complete up-to-date list of items that will be accepted, as well as each company's website and other pertinent information. See you in September!

Caroline Batorowicz is a SUN Board member and chair of the Sustainability Committee. She can be reached via email at SUNSustainability@gmail.com. She is an architectural designer accredited in LEED (Leadership in Energy and Environmental Design).

Letter to the Editor



Front Porch Torch in Mendocino, CA

After reading the latest Front Porch on the plane from Denver to California, we found ourselves in need of kindling for our romantic fire on the beach in Mendocino, CA. Luckily we still had the Front Porch in our luggage! One more article to read before we turn it into the best wedding anniversary to date. Thanks Front Porch!

Sincerely,
Mike and Nicole Greczyn, Park Hill

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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. Submit by the 15th for consideration for the following month's issue.

Display Advertising

To place a display ad, please visit www.FrontPorchStapleton.com. Display ad reservations are due the 10th of the month to ensure placement. (See our ad on page 9.)

Q: What are the plans for a stop-light at 33rd and Central Park Boulevard? Children from Central Park North will be walking to the Swigert-McAuliffe International School and this large intersection has the potential with increasing vehicular traffic to become dangerous for pedestrians as well as drivers.

A: Central Park Boulevard and 33rd Avenue has been identified in planning documents as a “future signalized location.” However, at this time, no construction plans have been submitted and no timeline has been set. Traffic Engineering Services (TES) will continue to observe the school as it opens, becomes active and as traffic patterns adjust. TES will evaluate traffic control, adjustments to parking, circulation, and signal timing. As Stapleton is able to build out more of their land,

Since You’ve Asked...

traffic patterns will continue to change and the City of Denver will work with Stapleton to fix any issues that may develop. Denver Public Schools and the school administration are responsible for determining the “safe route to school.” Currently, 33rd does not have any sidewalks between Central Park and Syracuse. Properties along 33rd Avenue are planned to be under construction for the foreseeable future. A signalized crossing of Central Park Boulevard is provided at 35th, where there is adequate sidewalk and controlled crossings from Central Park to the school property. The intersection of 35th and Syracuse is a planned all-way stop. Additionally, the school entrances are close to 35th Avenue.

Answer provided by Bar Chadwick, City of Denver Special Project Coordinator, Bar.Chadwick@denvergov.org.


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 3. Put your bike where you can get to it quickly.
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3. Take a photograph of your bicycle and write the serial number on the photograph. If the bicycle is stolen, the photo will help the investigator identify the bike.

Information provided by Technician Reyes Trujillo, Denver Police, Community Resource Officer, 720.913.1094.








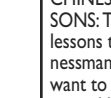


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Stapleton Front Porch

25

August 2011



Check out the video of the school at www.FrontPorchStapleton.com



Above: Second grade teacher Anda Seale has been a teacher at the opening of all three Stapleton schools. The Promethean board behind her, when used with the special pen she is holding, becomes a giant touch screen computer that enables more interactive learning to take place in the classroom. **Top right:** The playground map of the United States reflects the theme of geography and exploration that the namesakes of the school represent. **Bottom right:** The school has a beautiful full-court gymnasium.

France, South Africa and New Zealand.

SMIS is named after NASA Astronauts John “Jack” Swigert, Jr. and Christa McAuliffe.

Swigert grew up on Kearney Street in Park Hill and learned to fly

at Combs Aircraft located at Stapleton Airport. He studied engineering and business and he flew for the U.S. Air Force.

In 1966, Swigert was one of 19 astronauts selected by NASA to join their manned space exploration program. He served on the astronaut support crew for the Apollo 7 mission and ultimately was assigned to be the Command Module Pilot for the legendary Apollo 13 moon-landing mission. In 1970, he was awarded the Presidential Medal of Freedom and the NASA Distinguished Service Medal. In 1982, Swigert was elected to represent Colorado in Congress, however, he died eight days before the beginning of his term.

Christa McAuliffe was a distinguished history and social studies middle school teacher in Maryland and New Hampshire whose students referred to her as “a marvelous teacher who made their lessons come alive.” She was known as the “Field Trip Teacher” and was convinced

that direct experience was the most effective teaching tool. In 1985, McAuliffe was selected to be the first NASA Teacher in Space and was assigned to be the Payload Specialist on the



ECE, kindergarten and first grade classes have special rocking chairs made for schools that offer an acceptable way for young students to move while in their seats.

Space Shuttle Challenger. McAuliffe and her crewmates died on January 28, 1986 when the Challenger exploded soon after launch from the Kennedy Space Center. Her shuttle flight was to have been her “Ultimate Field Trip.”

The Swigert-McAuliffe International School is located at 3480 Syracuse Street. Visit smischool.wikispaces.com or call 720.424.4800. Email Principal Raisch at charles_raisch@dpsk12.org and Administrative Secretary Krystie Warlum at krystie_warlum@dpsk12.org. The International Baccalaureate Primary Years website is www.ibo.org/pyp/ or visit the DPS Primary IB website at <http://curriculum.dpsk12.org/psp/PostSecondary/ib/primary.html>.



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AUGUST Events at The Berkshire...

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 \$8.50 lunch special - Andy's Mom's Tuna Melt	2 Live music - Outta My Alley @ 9pm Wine Dinner featuring CO wines, 7pm rsvp to Kat@grapeexpectationsdenver.com	3 \$8.50 lunch special - Andy's Mom's Tuna Melt Half-priced bottle of wine night, choose from our entire list!	4 \$8.50 lunch special - Andy's Mom's Tuna Melt Tuaca Thursdays - \$3 Tuaca drinks!	5 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	6 Brunch-Open at 9am with our famous Bacon Vodka Bloodies and Bottomless Mimosas Karaoke with Mark Star 9:30pm.
7 Brunch-Open at 9am with our famous Bacon Vodka Bloodies and Bottomless Mimosas	8 \$8.50 lunch special - Chicken Salad Lettuce Wraps	9 Ladies night w/\$3 glasses of house wine, \$3 Cosmo Live music - Milo Sofia @ 9pm (mellow acoustic rock)	10 \$8.50 lunch special - Chicken Salad Lettuce Wraps Half-priced bottle of wine night, choose from our entire list!	11 \$8.50 lunch special - Tuna Melt Tuaca Thursdays - \$3 Tuaca drinks!	12 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	13 Brunch-Open at 9am with our famous Bacon Vodka Bloodies and Bottomless Mimosas
14 Brunch-Open at 9am with our famous Bacon Vodka Bloodies and Bottomless Mimosas	15 \$8.50 lunch special - Scallion Tuna Burger	16 Ladies night w/\$3 glasses of house wine, \$3 Cosmo Live music - Outta My Alley @ 9pm	17 \$8.50 lunch special - Chicken Parmesan Half-priced bottle of wine night, choose from our entire list!	18 \$8.50 lunch special - Chicken Cutlet Sub Tuaca Thursdays - \$3 Tuaca drinks!	19 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	20 Brunch-Open at 9am with our famous Bacon Vodka Bloodies and Bottomless Mimosas
21 Brunch-Open at 9am with our famous Bacon Vodka Bloodies and Bottomless Mimosas	22 \$8.50 lunch special - Chicken Apple Brie Sandwich	23 Ladies night w/\$3 glasses of house wine, \$3 Cosmo Live music - Outta My Alley @ 9pm	24 \$8.50 lunch special - Fish Tacos Half-priced bottle of wine night, choose from our entire list!	25 \$8.50 lunch special - Tuna Melt Tuaca Thursdays - \$3 Tuaca drinks!	26 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	27 Brunch-Open at 9am with our famous Bacon Vodka Bloodies and Bottomless Mimosas
28 Brunch-Open at 9am with our famous Bacon Vodka Bloodies and Bottomless Mimosas	29 \$8.50 lunch special - Pulled Pork Melt	30 Ladies night w/\$3 glasses of house wine, \$3 Cosmo Live music - Milo Sofia @ 9pm (mellow acoustic rock)	31 \$8.50 lunch special - Chicken Parm Sandwich Half-priced bottle of wine night, choose from our entire list!			



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