As a young person on a strider whizzed through the red light at 23rd and Holly, his mother, trailing behind, shouted, “This is the only time in your whole life you can run a red light.” The child was most pleased and so was everyone else who participated in Viva Streets on Sunday, August 14. That day, 23rd Ave. between Colorado and Syracuse was closed to motorized traffic for four hours and 23rd Ave. became a “ciclovia,” a bike path or street closed to cars. (continued on page 26)
SEPTEMBER

Every Sunday
Farmers Market 8:30am–12:30pm
The Green*

Saturday, September 3
Stapleton Recycling Event 10am–2pm
Santa’s Club parking lot in Queen Square

Saturday, September 3
Neighborhood Partners Environmental Team & Sand Creek Regional Greenway—8th Annual REI Volunteer Clean-Up Day 8am–noon. Meet at Sand Creek Trailhead. Sign-up at volunteeroutdoors.net (More information on page 18)

Saturday, September 3 & 10
Kara McGlynn & frontporchstapleton@gmail.com
AD SALES: Kara McGlynn 303-333-0257
303-526-1969
Carol Roberts and Steve Larson
EDITORS and PUBLISHERS:
(See article on page 24)
(See article on page 12)
doors.net (More information on page 18)

Thursday, September 8
Stapleton Activities, Inc. Potluck 6–7pm
Active Minds Seminar; Span 7–8pm
Stapleton MCA Community Room*

Saturday, September 9
Stapleton Rocks… A concert for a Cause 6pm–10pm The Green*

Sunday, September 11
Colorado Remembers 9/11, Civic Center Park, sponsored by the mayor & governor, with the Beach Boys, CBS4, Symphony/ Military Foyer, 1-4pm the911colorado.org

Sunday, September 11
Dog Dash 1–7 F15 Pool*!

Sunday, September 11
Stapleton Community Golf Tournament 4-person scramble and parent-child tournament. Bonnie House, Hop in a Blackhawk helicopter and Humvee 1–5pm, Westerly Creek School fundraiser (More information on page 19)

Saturday, September 17
SUN Kubbball Tournament Proceeds benefit Stapleton elementary schools. 1-dem, 2-front, Central Park*. stapletonmudwrestling@gmail.com
(See article on page 24)

Saturday, September 17
Rocky Mountain Arsenal National Wildlife Refuge Volunteer Open House 10am–2pm
(See article on page 12)

SEPTEMBER

Sun, Sept 18 & Mon, Sept 26

Friday, Sept. 23 - Sat., Oct. 1
Dennw Beer fest. www.dennwbeerfest.com

Saturday, September 24
Sweet William Market 9am–3pm
The Green* www.sweetwilliammarket.com

Saturday, September 24
Farmfest at the Urban Farm 1–4pm
10200 Smith Road, Denver 80239
Email info@urbanfarm.org for tickets
Music, food, fun for families. StapleAdenver.org

Sunday, September 25
3rd Annual Park hill Home Tour & Street Fair, 1am-5pm. See story on pages 1 & 2
robertslocke@msn.com or 303-355-4492

Sunday, September 25
Step Up for Down Syndrome, City Park
7pm-12pm Live Entertainment, Games, Food Fundraiser for Mile High Down Syndrome Assoc

Monday, September 26

OCTOBER

Saturday, October 1
Dennw Art Museum – SCFD Free Day 720-865-5000 www.denverartmuseum.org

Thursday, October 6
Stapleton Education Expo, preschools – high schools. DenverMcAuliffe International School 3400 Syracuse St 6:30–8pm SUNEducationCommittee@gmail.com

Thursday, October 13
Active Minds Seminar 7-8pm
Stapleton MCA Community Room*

Sunday, October 16
Pumpkin Patch 8:30am–12:30pm
The Green*

*More information at Events@stapletoncommunity.com
The Green is located in the 29th Ave. Town Center in Stapleton at E. 29th Ave. and Reaslin St.
Stapleton MCA Community Room, 2827 Reaslin St.
Central Park is at MLK and Central Park Blvd.
F15 Pool is at 2831 Hawker 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 is our continuing piece about creating a positive Denver Neighborhood Attitude or DNA. We like to provide a little something for you to help us make Denver a better place.
How often are you frustrated by a driver on the road only to pass them and you notice they are on the phone, not paying attention to the job of driving? This month we want to challenge you to put the phone down whenever you are in the car. See if you can go without using the phone unless you are pulled over and Parker. This is not an easy challenge but it will help to make our community a safer place if all drivers are paying attention to driving and not using their phone. Try it for the month and see how it goes.

Active Minds Seminar
The topic this month is Spain. Active Minds will follow the Stapleton Activities, Inc. potluck at 7pm on Thursday, September 8 in the Stapleton MCA Community Room from 7-7:30pm. See story on pages 1 & 2.

C A L E N D A R

Information about upcoming events, classes, music and more is listed in the Calendar in the Front Porch. The Calendar is updated weekly and also available online at www.frontporchstapleton.com.

Nearby events 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.)

2011 Stapleton Rocks Schedule
Apolo 10-10:30am
School of Rock 10:45-11:15am
Lucy Tanagaja 11:30am-12pm
The Running Lights 12:15-12:45pm
Youth in Conflict 1-1:30pm
*BREAK* 1:45-2:15pm
Masogathers 2-3pm
Getting Betty 3:15-3:45pm
3 Star Monday 4:30-4:45pm
Waltz Cannibal 4:45-5:15pm
Ozana My Alley 5-6pm
Olivia Baden 6:15-6:45pm
Mitch Leno Trio 7-7:30pm
Humbuckers 7:45-8:15pm
Control Tower 8:30-9pm

We also want to correct the name of the logo contest winner. Jason Hird created our terrific new logo and we misspelled his name. Sorry, Jason! For more information about this event, visit our website at www.stapletoncommunity.com or call the MCA office at 303.388.0724.

Dog Daze
The pool goes to the dogs on Sunday, September 11 from 1-3pm, at F15 pool. Bring your furry friend for a dip in the pool. The cost is $5 per dog in advance and $10 at the door. The proceeds go to the Denver Animal Shelter. For more information, visit our website at www.stapletoncommunity.com or call 303.388.0724.

Sweat William Market
The final market of the season is scheduled for Saturday, September 24 from 9am–2pm on The Green. Sweat William Market is a great place to meet friends while wandering through the treasures displayed on The Green. If you have not been, it is a treat to wander and see the creative ways people express themselves.

Kid’s Triathlon
The Stapleton MCA would like to thank Andi Fehrer for organizing our first Kid’s Triathlon. Thanks to our sponsors and also to the 12-14-year-old age group for blazing the trail for our younger age groups. This is sure to be an annual event!

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

Diane Deeter
Director of Programming and Events

The Stapleton Front Porch is published by Stapleton Front Porch, LLC, 2566 Syracuse St., Denver, CO 80238. 33,000 papers are printed. The free paper is distributed during the first week of each month to homes and businesses in Stapleton, Park Hill, Lawry, Montclair, Mayfair, Hale and East Colfax.

Front Porch
www.frontporchstapleton.com
Sponsored by Stapleton MCA

2 SEPTEMBER 2011
Stapleton Front Porch

EDITORS AND PUBLISHERS:
Carol Roberts and Steve Larson
303-526-1969
Karis McGlynn@ gmail.com
ADSALES: Karisa McGlynn 303-333-0257
KarisMcGlynn@gmail.com
Park Hill Home Tour

Patty and Dave Roush are only the second owners of this 1929 home on Forest Parkway. The original owner lived alone for many years, so the house was in good condition, but not renovated. When she died, she left the home to the Montview Presbyterian Church, which then sold the home to the Roushes in 1983. Their first renovation was a new kitchen in 1986.

The Roushs found some landscaping plans that had been drawn for the home in the 1950s and not implemented. Thirty years later, they tracked down the original landscaper and had him redraw the plans and install new landscaping in the 1980s.

The dining area of the Paddocks’ approximately 1850 square foot home looks out on their almost 10,000 square foot lot. When they first moved in, they had a major renovation done on the house, during which they lived in one room, washing dishes in the shower and cooking on the barbecue.

The Paddocks say what they like best about their home is looking out at their yard or being out on their porches. “It’s like a refuge. We’ve done a lot to the yard... adding perennials, trees and a vegetable garden,” says Katherine. The yard is not, however, a refuge for pigeons. The Paddocks have seen hawks kill three pigeons in the four years they’ve lived there. “We had a hawk in our bird bath this week,” says John.

The home could be described as Cotswold Cottage style (sometimes also called Storybook Style or English Country Cottage), which often has a steep roof, a prominent chimney near the door and an asymmetrical design. The Roush’s home has a unique turret, the exterior of which is shown above and the interior is visible at the back of the bedroom. Their large “pet” (stuffed) dog can be seen looking out the window. The home originally had one large bathroom upstairs, which they had renovated into a master bath and a hall bath for their two daughters.

The 1900 block of Forest Street will offer live entertainment, beer and wine, and a variety of food from local restaurants. A silent auction will include donated items from local businesses and individuals. And in addition, local artisans and businesses will display products and non-profits will offer information and volunteer opportunities.

Advance tickets online (by 9/23) are $13.50 for adults, $8 for seniors 60 and over and $5 for kids 6-12 years or at King Soopers. Tickets are also available at Park Hill Bookstore and Park Hill Library. On the day of the tour, tickets are $15/9/6. Visit ParkHillHomeTour.com for more information.

Now Enrolling for Infants, Toddlers, Preschool, Kindergarten & Applying for Charter School with DPS

At Monarch Montessori of Denver we are planning to expand to a Public School of Choice K-3rd grade with DPS in the Fall of 2012 and growing each year up to 5th grade. If you are interested in this investment in your child’s education, visit MonarchM.com, go to the Charter page and fill out the Intent to Enroll NOW!

Call us at 303.565.4165 to schedule a personal tour!

MonarchM.com

Monarch Montessori
11200 E. 45th Ave. Denver 80239
720.746.2140
COME GROW WITH US!
Derek Blass, first-time published novelist, trial lawyer, community activist and do-it-yourselfer, sets goals and goes full-speed ahead.

He describes his fast-moving thriller, *Enemy in Blue*—about the surreptitious videotaping of an illegal Mexican immigrant murdered by a racist police officer and its cover-up—as "action of a movie by producer Bruckheimer with director Tarantino's characters and edge."

Half Mexican on his mother's side, Blass noted a void in the Latino population when growing up near San Francisco. Teenage angst to get far away from home led him cross-country to Duke University. But, at that time there wasn't a prevalent Latino community in North Carolina. At his work's full time as a lawyer and renovates his house.

In recent years, Blass observed that police brutality cases involving Frank Lobato, Juan Vasquez and Michael DeHerrera had a profound, disturbing effect on the Latino community. Such incidents aren't new, but are now widely publicized through personal videos and social media. Thus, the nexus for his debut novel.

"There are good cops and bad cops. Most cops are good people, but I believe all cops should be good because they carry guns and don't have the margin of error to be abusive," says Blass.

"Why I writes: "I've just always enjoyed writing."

At Christmas 2008, his wife, Meranda, gave him a paper notebook. He wrote 500 words a day, at 5am, as if training for a marathon. His novel took two and one-half years to write; a year to edit. "It's like compound interest," he says. "You feel like you make money at a snail's pace, but then one morning, after ten years of discipline, you awake and have doubled your initial investment."

He initially toyed with the route of traditional publishing. Deciding that path wasn't timely enough, and a natural do-it-yourselfer, he took control. He learned a Flash program to build his website, designed business cards, publicized and branded the book with social media, and used an Amazon service to set up sales. Only the cover was designed professionally. Blass intends to establish his target market, prove sales, and then may approach traditional publishers about readership expansion.

He notes it can cost $7,000–$10,000 to get your book out there, depending on how much a writer uses outside services. He says, "It's not easy! Writing may be your passion but it's just
I Love My School

For more than 20 years, Montessori Children’s House of Denver has made a difference in the lives of children by providing education techniques that engage your child’s interest, in a stimulating environment where children can thrive. Call today to learn how we can uncover the genius in your child. 303.322.6324 x 29

Now Enrolling 18 Months - 6th Grade
Hilltop - Mayfair - Park Hill - Stapleton www.mchdenver.org uncover the genius

(continued on p. 21)
A Store Where Partying and Budget-Conscious Shopping Go Hand-in-Hand

By Nancy Burkhart

Looking for a fun party venue for a bride-to-be, a cheerleading team or a bunch of girlfriends? Try My Best Friend’s Closet, a used clothing and accessories store for men and women at Northfield. “We buy, sell and trade gently used brand name and designer clothing, bags, purses, shoes, sunglasses and accessories,” said Phillip Davidson, whose family first started My Best Friend’s Closet in Southlands off of E-470 and Smoky Hill. “Our men’s section isn’t quite as large. Men tend to wear their stuff until it falls apart,” he said.

Merritt, Brandi Francis and Danielle Davidson, decided they would rather deal with brand name and designer clothes and accessories than sling hash in a restaurant, he said. “We’ve always wanted to do a family business,” he said. “None of us wanted to do a restaurant. My sisters have all been in other shops if the item isn’t at Northfield. And, if Southlands doesn’t have it either, Northfield will make a note and/or brand is requested, a call can be made to the other shop if the item suits at Northfield. And, if Southlands doesn’t have it either, Northfield will make a note of the request and notify the shopper when the item is available.


New Store at Northfield “An A

By Nancy Burkhart

Some women like to be known for the classic look. Others prefer the Bohemian approach. Young girls like the current fads. Their grandmothers may feel more comfortable with the antique feel. All of these women and girls will find their personal look at Charming Charlie, which will open on Tuesday, Sept. 6, next to Toby Keith’s Bar & Grill in Northfield.

“We are basically an accessory destination,” explained Nicole Duke, the new store’s general manager. “We are filled to the brim with accessories divided by color. People can go straight to what they’re looking for. We have simple, Bohemian, very modern—something for everyone. The price range is $4.97 to $49.97.

“We have everything except clothing—jewelry, handbags, scarves, belts, headbands, bangles, hats, wallets. We carry shoes as well. And we carry some tops, but no bottoms,” she said. “I say the store is for anybody. We have stuff for 8-year-olds or 80-year-olds.”

Duke started her relationship with Charming Charlie as a customer and moved on to become assistant manager at the Southlands store in Aurora before taking the helm at the Northfield location.

“I chose to work with Charming Charlie because I was so passionate about the product,” she explained. “I love accessories, so it was the perfect fit for me. It was so friendly and so genuine, and everybody was so passionate about what they were doing. I really look for people with that same passion or energy. When I hired people for this store, I didn’t care as much for their past retail experience. I wanted them to have a great personality and a ton of passion.

The best real estate choice.

Lana Dardano | Tammy Morran | Ken Greenfield | Samantha Dardano
New Montessori in Lowry Has International Focus

By Nancy Burkhart

More than 100 years ago, Dr. Maria Montessori started the Montessori philosophy of teaching children by following the child. She developed a hands-on method of learning that provides a child with interests, needs and choices—and the freedom to work.

Punum Bhatia has been working with Montessori teaching for 27 years. She has been training teachers in the philosophy since 1994. Now as the executive director of the Montessori Casa International (MCI) preschool in Lowry, Bhatia is combining teaching children with training teachers. Teachers “come from all over the state and overseas” to be trained in Montessori by her, says Bhatia.

The Montessori philosophy of teaching children has an international focus. “I want to open their minds to see the world as really a very small place, to be accepting of different cultures and different religions and different lives,” Bhatia said. “I want them to become worldly, to be able to take care of the environment. Children (in the classroom) will take a lot of time to grow plants, flowers. We want them to become responsible citizens. That was Montessori’s aim.

“For the teachers, observation is a very important part of training,” she explained. “We want them to see the child without bringing judgment in. Their power of being able to see the child and allowing the child to reveal themselves is important. Observation is difficult for adults. We bring with us prejudgment. We need to take the child for whatever he/she is.”

Children who are 2½ to 6 years old can attend MCI preschool. “Parents can expect a nurturing, caring environment where we follow the child,” Bhatia said.

“Keeping the child’s interest is always in mind. We are also exposing the children to a second language—Chinese. We are preparing the neural passages of the brain so that the children will accept other languages. We want to help them to have a new way of seeing the world. We want to inspire this passion for learning. Languages open up a whole different world for them.”

For information, call 303.523.7590, visit www.mcidenver.edu or email Punum Bhatia at pb@mcidenver.edu. The school is located at 7551 E. Academy Blvd. in Lowry.

For further information, go to www.charmingcharlie.com.

Nicole Duke will be store manager at the new Charming Charlie set to open in Northfield on September 6.
New Montessori School Opens in Stapleton

By Carol Roberts

"The natural environment plays a big part in how our school was designed," says Jeff Waxman, site director (principal) of the new Montessori Children’s House of Denver in Stapleton, referring to the appearance of the building which, with a large silver-colored silo, looks like a farm. "The Montessori philosophy is deeply rooted in the natural environment. You’ll see plants, you’ll see pets that the children might help care for.”

The school has traditional indoor classrooms, that, following the Montessori philosophy of a “prepared environment,” have Montessori materials out on the shelves and available for the students to choose what work they’d like to embark on. Waxman explains, “Adjoining the indoor classrooms are outdoor classrooms with more shelving and more works that are there. The outdoor classroom moves to the playground with the emphasis on the natural surroundings. The playground is less about playground equipment and more about different kinds of landscape and texture and material and plant matter and things like that.

“The roof line of the building slopes back toward the rear of the campus, and that’s made to channel the rain water, which we’ll collect. There are hand pumps like you’d find on a farm that the kids will pump to water. And we have a dry river bed that the water will run through and go back into the aquifer. The younger children really love to play in water. So we have works in the classroom, the outdoor environment and even on the playground that will involve water play. The language of children is play, so we realize that even though the teachers refer to things as “works” in the classroom, the children sometimes feel as though they’re playing because they’re so motivated and interested in the materials.”

The school has toddler classes aged 18 months to 3 years, primary (ages 3-5), lower elementary (1st-3rd grades) and upper elementary (grades 4-6). All classes except the toddler group have openings. Students spend three years with the same teacher and the same peers. The younger children learn from the older ones, and then, over time, they become the leaders in the classroom.

Waxman has a Masters degree in Education, Montessori certification and a Masters degree in Counseling. He says owner Rachel Averch, who started the school 20 years ago with her mother, is herself a Montessori teacher and her graduate work on how to help children make discoveries through nature guided her vision for the design of the building.

The school is located at 2211 Xanthia Way, off Central Park Blvd. For more information call 303.322.8324 or visit www.mchdenver.org.
A World-Class Neighborhood Market

By Jon Meredith

In July, Marczyk Fine Foods, the well-known higher-end grocery store near downtown, opened their second location in the old Fairfax Hardware building at Colfax and Fairfax. The company is calling itself a “world-class neighborhood market.” The completely refurbished building has come full circle, as it was originally a Safeway half a century ago. The building now has polished cement floors and opens up to the roof structure, which has been beautifully restored. There is a liquor store at -

beautifully restored. There is a liquor store at -

The new location will be more kid oriented than the store on 17th Ave. near downtown, where the Marczyk Friday-night burger cookout is a Capitol Hill institution. A new tradition for the Colfax Store will be unveiled next spring, based on what customers there want.

Besides buying the building and completely refurbishing it, Marczyk’s has hired 30 new employees to their staff—which is certainly notable and commendable in this down economy.

Marczyk’s is located at 5100 E. Colfax. Hours are Mon.-Sat., 9am to 8pm and Sun., 10am to 6pm. For more information, visit www.marczykfinefoods.com.

A W orld-

Class

Neighborhood

Market

By Jon Meredith

In July, Marczyk Fine Foods, the well-known higher-end grocery store near downtown, opened their second location in the old Fairfax Hardware building at Colfax and Fairfax. The company is calling itself a “world-class neighborhood market.” The completely refurbished building has come full circle, as it was originally a Safeway half a century ago. The building now has polished cement floors and opens up to the roof structure, which has been beautifully restored. There is a liquor store at -

beautifully restored. There is a liquor store at -

The new location will be more kid oriented than the store on 17th Ave. near downtown, where the Marczyk Friday-night burger cookout is a Capitol Hill institution. A new tradition for the Colfax Store will be unveiled next spring, based on what customers there want.

Besides buying the building and completely refurbishing it, Marczyk’s has hired 30 new employees to their staff—which is certainly notable and commendable in this down economy.

Marczyk’s is located at 5100 E. Colfax. Hours are Mon.-Sat., 9am to 8pm and Sun., 10am to 6pm. For more information, visit www.marczykfinefoods.com.
The exit from the subway station framed a perfect day. Deep blue autumn sky, a few branches from trees beginning to change color, buildings shining brightly in the sun and a refreshing warmth engulfed me as I reached the top of the exit stairs. Above ground, on the avenue, the backdrop transformed to a perspective embedded in my mind’s eye, even today. It was Saturday, September 15, 2001, and I had come to New York the previous night on the first flight I could get out of Denver. My brother-in-law had worked in the twin towers and was missing. I had been seemingly prepared for what I was to see by news reports and photographs, yet images could not at all begin to capture what my eyes would envisage that day. Other senses joined in; right away, I noticed an odor that was unfamiliar, not familiar to my senses ever before or since. A smell, not pungent but a constant reminder that something was not right, a mixture, seemingly harmless at that time that will forever remind me of death. A gray dust and paper were everywhere, storefronts closed, emergency lights flashed, windows were shattered leaving broken glass strewn across the pavement. I walked a block or so and came upon the remains of the towers. My first thought was that no one could have possibly survived. The massive rubble stretched for blocks and blocks, the vastness of which only could be realized by the human eye. Building remains and twisted steel reminded me of Colorado mountaintops. Jagged remnants of building and steel: except for the towers’ skeleton, nothing resembled the World Trade Center at all. The most horrifying image was in fact not the wreckage of the two towers but rather the damage to the outlying buildings that were still standing. All the windows were blown out in at least 30 skyscrapers that surrounded the site. Inside they were dark, reminding me eerily of caves, where vultures and bats might nest. Living humans were everywhere as well. Hustling to find anyone who may have still been alive, helping in any way they could. Trying to make a difference, trying to put this behind them, trying to make it “normal” again, fighting against the evil that had perpetrated this event. Like ants busy on an anthill, people were working hard in the hope that their toil would make this devastation go away. The energy from their efforts was contagious and would soon be caught by the entire country. For a very short time afterward, Americans were unified, all of us against an enemy whom we did not know. This wreckage was deliberately caused by people with ideologies and beliefs different than those of most of our citizens, nor by an adversary with a flag, nor an enemy we could see and conquer. Yet, to this day that damage and those lives lost have scarred this country and we are not the country and the people we were before 9/11 and we will never be again. I reported to Trinity Church where I had volunteered to hand out water and snacks to the rescue workers. A tower of bottled water 100 yards long and 15 feet high had been placed there by Wal-Mart, a sign said. I handed out for the rest of the day, somehow I felt vital. The next day the New York Times ran a story on exactly where the planes hit the buildings. The first plane hit the north tower on the 104th floor at 8:46 a.m.; my brother-in-law worked on the 107th floor. We knew he sent an email from his desk to a coworker at 8:42.
Hairworms are parasitic to many grasshoppers and live in songbirds, mice, skunks, spiders, and even worms. Horse and cut away their food. Life that a dairy cow can! Their formidable mandibles shear square yard over 10 acres can eat the same volume of plant food in about 15 hours. In fact, I have been told that half a dozen grasshoppers per single individual could be the ideal candidate for a children’s carousel ride. These species of grasshoppers can eat forbs, however, not fancy farm crops like many of their detractors do. This summer was no different, but with the exception of one creature that truly stood out. Even my weak eyes could easily spot the Rainbow grasshopper. The armor coat of this arthropod rivals that of Joseph and his amazing Technicolor dreamcoat. White, blue, yellow, black and red lines transverse the shell as if it were held together by rubber bands. The Rainbow grasshopper would be the nearest thing to a children’s carousel ride. Often referred to as the “Painted grasshopper,” “Barber Pole grasshopper,” “Uncle Sam,” the Rainbow grasshopper is native to the Western Great Plains states. They are also found in New Mexico, Arizona and Texas. Rainbows prefer to “hang out on” prairie and desert grasses and in alfalfa fields. They nosh on low-growing broad-leaf forbs, however, not fancy farm crops like many of their despised cousins do. These species of grasshoppers can eat their own weight in plant food in about 15 hours. In fact, I have been told that half a dozen grasshoppers per single square yard over 10 acres can eat the same volume of plant life that a dairy cow can! Their formidable mandibles shear and cut away their food.

Grasshoppers have several natural enemies including songbirds, mice, skunks, spiders, and even worms. Horsehair worms are parasitic to many grasshoppers and live inside their bodies. To put it bluntly, they feed on their host. When the worms complete their growth in the grasshopper, they kill the insect by forcing their way out through the exoskeleton. Grasshoppers ingest hair worms’ eggs when they eat plant leaves.

There are 11,000 or so species of grasshoppers in the world. They are related to crickets and roaches. Grasshoppers are cold-blooded creatures. The best time to catch and release them is in the early morning hours before the sun warms their bodies. During this hot summer, they have been leaping and flying here, there and practically everywhere.

Each grasshopper species produces its own unique song. A few make a cracking sound by snapping their hind wings when they are in flight. However, most grasshoppers make sounds by rubbing two body parts together. Males do the singing to attract mates. Female grasshoppers deposit a pod-like, egg-shaped structure that can contain over 100 eggs in loose, moist soils. They may lay up to as many as a dozen pods per season. Eggs that are laid in the fall can survive overwinter. Most grasshopper nymphs hatch in late spring and the early summer. Six nymph growth phases then follow. It takes an average of 40–60 days from “egg to adult.” Colorful adult Rainbow grasshoppers are visible here in the plains of central and eastern Colorado from June through October. Rainbow grasshoppers are one of about 100 different grasshopper species that call the Centennial State home. There is still ample time to observe this grasshopper up close and in person. So get outside, find a plot of native grassland, walk slowly and put your Nature Ranger eyes to the test. You may just be rewarded by catching a gorgeous rainbow!

Marko and John Babiak are Stapleton residents. Marko, 10, is an avid wildlife photographer. John is an enrichment teacher. Weekly he teaches his popular Nature Rangers ecology classes to students at Stock, Roberts, the Denver Language School, Westerly Creek and Odyssey. He can be reached at NatureRangerJohn@aol.com.
Mayor Hancock's First Six Weeks
By Carol Roberts

Mayor Hancock's first six weeks in office have been characterized by a concerted effort to engage the community and establish a new direction for Denver's governance. In his inaugural address, Mayor Hancock outlined a vision for a city that is transparent, inclusive, and focused on the needs of its residents. He emphasized the importance of collaboration with city departments, community leaders, and stakeholders to address the challenges facing Denver.

In his first six weeks, Mayor Hancock has focused on building relationships and establishing a new leadership style. He has hosted 10 different roundtable discussions where he has invited a couple hundred members of the community to sit at the table and talk with him. These discussions have been an opportunity for Mayor Hancock to hear directly from the community about their priorities and concerns.

Mayor Hancock has also been reaching out to city employees. He is beginning random and scheduled visits to various departments throughout the city. He has already visited the Department of Excise and licenses, run by Stapleton resident Tom Downey. In conjunction with city hall and the Latino and African American community for different directors and managers.

According to his Deputy Chief of Staff, the mayor has hosted 10 different roundtable discussions where he has invited a couple hundred members of the community to sit at the table and take part in a conversation with him about a variety of subjects including economic development, how we can strengthen relationships between city hall and the Latino and African American communities and roundtables were held on attributes that would be beneficial for different directors and managers.

Hancock says community input at his roundtable meetings has helped him step outside the traditional structure of such positions as head of Public Works, Human Services and Economic Director and approach hiring more strategically by asking the question, “Which strategy are you pursuing and who fits in that strategy in which decisions are being made.

According to his Deputy Chief of Staff, the mayor has hosted 10 different roundtable discussions where he has invited a couple hundred members of the community to sit at the table and talk with him. These discussions have been an opportunity for Mayor Hancock to hear directly from the community about their priorities and concerns.

Mayor Hancock is also reaching out to city employees. He is beginning random and scheduled visits to various departments throughout the city. He has already visited the Department of Excise and licenses, run by Stapleton resident Tom Downey. In conjunction with the national search for a police chief, Hancock has placed suggestion boxes in police substations and has visited at least two substations, asking the officers for input on the kind of chief Denver should be looking for. Starting in September he will set aside time when city employees can make appointments and talk to him.

Regarding the budget, Dreyer says they have almost completed work on the budget to be submitted to city council. “We’re closing budget gaps in the tens of millions of dollars. We’re multiple years into doing this so impacts are unavoidable.”

Regarding the Stock Show, the mayor, through his working group, is assessing the pros and cons of expansion at the current site or a relocation to a different site, inside or outside of Denver. This group will work for a few months and then make a recommendation to the mayor about a park forward.

Hancock created a new position called Peak Performance Officer and has named Stapleton resident Dave Ettinger to this job. The mayor, as a city councilman, was impressed with Ettinger's work doing efficiency analysis in the police department and created this position to use Ettinger’s skills citywide.

The mayor has launched the Denver Education Compact in order that the city, the schools and the private sector can cooperatively focus on efforts that will have the greatest impact in helping Denver children succeed. The Compact is co-chaired by the mayor, DPS superintendent Busquld and Kaiser president Dr. Donna Lynne, with retiring DPS board member Theresa Pena as Executive Director.

Regarding the school board, the mayor has not yet announced candidate endorsements but says those will be forthcoming. What’s coming in September? Roundtables will include minority-owned businesses, finance sector, bioscience sector, young entrepreneurs and GLBT. The mayor's staff will continue efforts to secure a diversity of voices to sit at the table and take part in a conversation with him about a variety of subjects.

The mayor’s working group, is assessing the pros and cons of expansion at the current site or a relocation to a different site, inside or outside of Denver. This group will work for a few months and then make a recommendation to the mayor about a park forward.

In December, Mayor Hancock will host his first town hall meeting. The purpose of the meeting is to provide a forum for community members to ask questions and discuss issues important to them. The meeting will be held at the city’s Rec Center and will be open to the public. The mayor will debut his “State of the City” address in January, which will provide an update on the progress made during the first six months of his administration.

Mayor Hancock’s first six weeks have been a period of transition and establishment. He has laid the groundwork for a new approach to governance that is collaborative, inclusive, and focused on the needs of Denver’s residents. As he continues to work towards his vision for a thriving, inclusive, and sustainable city, Mayor Hancock will face challenges and opportunities that will define his tenure as the leader of Denver.
Teacher's Service Dog Joins Second Grade Class

As a 15-year-old, Shannon Umbreger was a varsity basketball player. Then one night her friends decided to pull an unthinking teenage prank, and her life changed forever. Her friends kidnapped her and put her in the trunk of a car. Tragically, a car accident left Shannon a paraplegic. She has been in a wheelchair ever since.

Today, Shannon is 27 years old. She and her husband, Zane, have three children: Alexis, 4, Anya, 5, and Zander, 8 months. And, Shannon teaches second-graders math, science and social studies at Bill Roberts K-8 School. Last spring, she coached a 6th-grade basketball team to an undefeated season. Her goal is to coach a 6th-, 7th- and 8th-grade team to the same winning end.

Life is positive now for Shannon. However, the little things in life could be made better. As a paraplegic, dropping things can present problems. And, when she is in a room by herself and needs help, it is difficult to alert another person to come to her aid. And so, two-year-old Rowena, a golden retriever/labrador retriever mix, came into Shannon's life.

Ro, as Shannon calls her new partner, underwent special training for her job. "She is able to pick up things I drop and give them to me," Shannon said. "Sometimes when I'm transferring (from one seat to another), I fall. She's trained to get the phone for me so I can call for help. She's trained to get someone to help me. When I'm stretching, if my legs have a spasm, she's trained to lay across them. For sit-ups, she'll lay across my legs. She hits handicapped door buttons and elevator buttons."

Ro came to work with Shannon on July 5. Since that time, the two have been learning how to work together as a team. "I've never had a dog before," Shannon said. "I've learned a lot in six weeks about grooming and taking care of her. She's such a great dog and a really good listener. It was just about me remembering the cues. I didn't want to confuse her. As we've been going, she's learning to anticipate where I want to go. I've had to learn which side the dog should be on going through a door—should she go first or is there room for both of us?"

"The first time we went out, I forgot to put her seatbelt on. We were on the bus and she started to fall. The bus driver said, 'This dog is a service dog. We must have the seatbelt on.'"

That focus for Ro is an important lesson Shannon is teaching her students at Bill Roberts.

"She's so great with the kids at home, I'm not worried about her being around children," Shannon said. "But we have to make sure in the beginning that they know that she's not the class pet dog. She's here to help me."

The school also sent letters to the parents of students in Shannon's class to determine whether anyone might be allergic to dogs.

After the children had been in school for the first two days, Shannon felt pride for both Ro and her students. The students were really great," she said. "The students thought their children might be O.K. with Ro because they don't pet her and she doesn't rub against the children or lick them, Shannon said. Shannon is pleased with Ro's work, and believes the upcoming school year will be a good one for both of them.
Chinese Teens Experience

Mark and Jennifer Borre with their 2 1/2-year-old daughter Bert hosted Zhou Sting (Cindy), age 13.

By Nancy Burkhart and Carol Roberts

This summer, 14 Chinese students, ages 13 to 16 years old, from Wuxi, China, came to northeast Denver to experience American culture with U.S. families for two weeks.

Scott and Stacie Gilmore of Montbello had two Chinese students in their home, along with their own children, Sterling, 15, Samantha, 12, and Serenity, 6. Their guests were Xi Ke, whose American name is Sally, and Chen Yufan, whose American name is Jack. “We wanted to learn about a different culture,” Stacie explained. “We’ve never had an opportunity to visit China. We work with children and thought we would be able to provide a fun experience for exchange students. We wanted our kids to really be able to connect with kids from somewhere else in the world.”

The Gilmore family immediately learned something about the difference between the Chinese and American cultures. “We have a huge backyard and do a lot of outdoor things,” Stacie said. “Both students who stayed with us live in high-rise apartments. A mountain is a hill seem ed huge to them,” she said. “Yet, they were very sw am a lot, took a trip to the m ountains and w ent hiking.”

“Both students who stayed with us live in high-rise apartm ents. A mountain is a hill seem ed huge to them,” she said. “Yet, they were very sw am a lot, took a trip to the m ountains and w ent hiking. “Both students who stayed with us live in high-rise apartm ents. A mountain is a hill seem ed huge to them,” she said. “Yet, they were very sw am a lot, took a trip to the m ountains and w ent hiking.”

“We walked around Lookout Mountain. Anything bigger than a hill seemed huge to them,” she said. “Yet, they were very

On August 14, 180 kids aged 6 to 14 years old participated in the first Stapleton Kids Triathlon. Stapleton parent And Felcher suggested the idea to the Master Community Association and organized the event. Parents met to set appropriate distances for each age group. Ages 6-8 swam 25 meters, biked 1 mile and ran 1/2 mile. Ages 9-11 swam 50 meters, biked 2 miles and ran 1 mile. Ages 12-14 swam 100 meters, biked 4 miles and ran 2 miles. A professional timing company was hired and kids wore a timing chip on their ankle that recorded times as they started and ended each portion of the race. Everyone who finished recei ved a medal. Now parents are meeting to assess the event and determine possible changes that could make the event better next year. Felcher said a small amount of money was raised from the event and given to the StarKidz Project—and they hope to raise more for local youth-related causes in the future.

Winners of each age category are listed above. Business sponsors were Stapleton Home Services, Showcase Landscaping and Stapleton Mortgage.

Stapleton’s First Kids Triathlon

Triathlon participants included Paige Small (above) swimming; Ella Clifford (below left) starting the bicycle event; Sadie Havens (below middle) running.

Fully finished, basement, hardwood floors, 2 bedrooms. 1080 sq. ft. New sewer line.

Sold in 1 Day!

Call or text 303-520-1124
www.theboydgrouionline.com • jerryaboyd@msn.com

55 years of Experience!

Terry Gist Jerry Boyd Mark Stevinson

September 11th-Commemoration
10am Worship Service & Human Link of Love

September 18th-100th Anniversary
10am Worship Service & Luncheon

September 25th-Fall Back
9am & 11am Worship Services with a Fall Fair!

A Journey of Faith

Road to 100: 1911 - 2011

5209 Montview Blvd. • 303-322-1867 • www.phumc.org

We Can Help With All
Your Real Estate Needs!

$229,950

Supers location, 3 bed/2 bath. Fully fin. basement, hardwood floors, 2 fireplaces. 1080 sq. ft. New sewer line.

Sold in 1 Day!

$292,950

Centennial beauty has value. 4 bed/4 bath. Office, fin. basement, deck, AC, hardwood flrs, new windows, 2,600 sq. ft.

Urban Paw Prints

Dog Walking, Pet Sitting, Taxi Service, In-home Care, Hugs and Kisses

www.urbanpawprints.net • 720-429-1358 • 303-204-6443

Terry Gist Jerry Boyd Mark Stevinson

Stapleton’s First Kids Triathlon

Triathlon participants included Paige Small (above) swimming; Ella Clifford (below left) starting the bicycle event; Sadie Havens (below middle) running.

Fully finished, basement, hardwood floors, 2 bedrooms. 1080sq. ft. New sewerline.

Sold in 1 Day!

Call or text 303-520-1124
www.theboydgrouionline.com • jerryaboyd@msn.com

55 years of Experience!

Terry Gist Jerry Boyd Mark Stevinson

September 11th-Commemoration
10am Worship Service & Human Link of Love

September 18th-100th Anniversary
10am Worship Service & Luncheon

September 25th-Fall Back
9am & 11am Worship Services with a Fall Fair!

A Journey of Faith

Road to 100: 1911 - 2011

5209 Montview Blvd. • 303-322-1867 • www.phumc.org

We Can Help With All
Your Real Estate Needs!

$229,950

Supers location, 3 bed/2 bath. Fully fin. basement, hardwood floors, 2 fireplaces. 1080sq. ft. New sewer line.

Sold in 1 Day!

$292,950

Centennial beauty has value. 4 bed/4 bath. Office, fin. basement, deck, AC, hardwood flrs, new windows, 2,600 sq. ft.

Urban Paw Prints

Dog Walking, Pet Sitting, Taxi Service, In-home Care, Hugs and Kisses

www.urbanpawprints.net • 720-429-1358 • 303-204-6443

Terry Gist Jerry Boyd Mark Stevinson

Stapleton’s First Kids Triathlon

Triathlon participants included Paige Small (above) swimming; Ella Clifford (below left) starting the bicycle event; Sadie Havens (below middle) running.

Fully finished, basement, hardwood floors, 2 bedrooms. 1080sq. ft. New sewerline.

Sold in 1 Day!

Call or text 303-520-1124
www.theboydgrouionline.com • jerryaboyd@msn.com

55 years of Experience!

Terry Gist Jerry Boyd Mark Stevinson

September 11th-Commemoration
10am Worship Service & Human Link of Love

September 18th-100th Anniversary
10am Worship Service & Luncheon

September 25th-Fall Back
9am & 11am Worship Services with a Fall Fair!

A Journey of Faith

Road to 100: 1911 - 2011

5209 Montview Blvd. • 303-322-1867 • www.phumc.org

We Can Help With All
Your Real Estate Needs!

$229,950

Supers location, 3 bed/2 bath. Fully fin. basement, hardwood floors, 2 fireplaces. 1080 sq. ft. New sewer line.

Sold in 1 Day!

$292,950

Centennial beauty has value. 4 bed/4 bath. Office, fin. basement, deck, AC, hardwood flrs, new windows, 2,600 sq. ft.

Urban Paw Prints

Dog Walking, Pet Sitting, Taxi Service, In-home Care, Hugs and Kisses

www.urbanpawprints.net • 720-429-1358 • 303-204-6443

Terry Gist Jerry Boyd Mark Stevinson

Stapleton’s First Kids Triathlon

Triathlon participants included Paige Small (above) swimming; Ella Clifford (below left) starting the bicycle event; Sadie Havens (below middle) running.

Fully finished, basement, hardwood floors, 2 bedrooms. 1080 sq. ft. New sewer line.

Sold in 1 Day!

Call or text 303-520-1124
www.theboydgrouionline.com • jerryaboyd@msn.com

55 years of Experience!

Terry Gist Jerry Boyd Mark Stevinson

September 11th-Commemoration
10am Worship Service & Human Link of Love

September 18th-100th Anniversary
10am Worship Service & Luncheon

September 25th-Fall Back
9am & 11am Worship Services with a Fall Fair!

A Journey of Faith

Road to 100: 1911 - 2011

5209 Montview Blvd. • 303-322-1867 • www.phumc.org

We Can Help With All
Your Real Estate Needs!

$229,950

Supers location, 3 bed/2 bath. Fully fin. basement, hardwood floors, 2 fireplaces. 1080 sq. ft. New sewer line.

Sold in 1 Day!

$292,950

Centennial beauty has value. 4 bed/4 bath. Office, fin. basement, deck, AC, hardwood flrs, new windows, 2,600 sq. ft.

Urban Paw Prints

Dog Walking, Pet Sitting, Taxi Service, In-home Care, Hugs and Kisses

www.urbanpawprints.net • 720-429-1358 • 303-204-6443

Terry Gist Jerry Boyd Mark Stevinson

Stapleton’s First Kids Triathlon

Triathlon participants included Paige Small (above) swimming; Ella Clifford (below left) starting the bicycle event; Sadie Havens (below middle) running.

Fully finished, basement, hardwood floors, 2 bedrooms. 1080 sq. ft. New sewer line.

Sold in 1 Day!

Call or text 303-520-1124
www.theboydgrouionline.com • jerryaboyd@msn.com

55 years of Experience!

Terry Gist Jerry Boyd Mark Stevinson

September 11th-Commemoration
10am Worship Service & Human Link of Love

September 18th-100th Anniversary
10am Worship Service & Luncheon

September 25th-Fall Back
9am & 11am Worship Services with a Fall Fair!

A Journey of Faith

Road to 100: 1911 - 2011

5209 Montview Blvd. • 303-322-1867 • www.phumc.org

We Can Help With All
Your Real Estate Needs!

$229,950

Supers location, 3 bed/2 bath. Fully fin. basement, hardwood floors, 2 fireplaces. 1080 sq. ft. New sewer line.

Sold in 1 Day!

$292,950

Centennial beauty has value. 4 bed/4 bath. Office, fin. basement, deck, AC, hardwood flrs, new windows, 2,600 sq. ft. 
Sally studied English from grade 1 to grade 10 and had an English teacher from Australia. The various host families planned memorable outings for their Chinese visitors that included horseback riding at Rocky Mountain National Park, the Cheyenne Frontier Days (Isabel was dazzled by the cowboys’ strength, “So cool, the muscles on the cowboys!” she said), bowling, a Rockies game, and the latest Harry Potter movie.

Stacie Gilmore said her Chinese students really felt like they became part of her family. “We’ve emailed quite a bit since they left.” Now both the Chinese children and the Gilmore family are exploring ways to interact in the future. “Jack had never contemplated studying for college in America,” Stacie said. “But, in his last email, he said he was thinking about it. We told him he has a place to stay.

“We have thought of taking a trip to China now. The two Chinese exchange students said if we come to China, their parents would love to be able to host us. We haven’t looked into an exchange trip for our children,” Stacie said. “But, we would certainly consider having our children participate in something like that. And, we would do this kind of exchange again in a moment.”

Compass USA in Northglenn organized the exchange. They can be reached at 303.466.4707 or visit www.compass-usa.net.

Isabel Jiang, the Chinese chaperone who traveled with the group, waves her Broncos hat and holds a quilt her host Cheryl Herrmann (right) gave her.

fit and healthy. We saw the biggest, brightest rainbow that I’ve ever seen. Jack was just in awe. He said he had never seen a rainbow in his life.” Jack further commented that air pollution in China is the reason they don’t see rainbows there.

Isabel Jiang, the group’s chaperone from China said all the Chinese students were surprised and impressed with how kind everyone was to them—and they were having such a good time they forgot to contact their parents. In the first few days she was deluged with emails from worried parents who hadn’t heard from their children. After she uploaded photos and told the parents how much fun the students were having, Isabel said the parents asked, “Can they host the adults?”

Isabel stated that most of the students in the group are “only” children and observed that perhaps even more important than working on English was having an American-style family experience with siblings where they have to learn sharing. Stacie Gilmore pointed out that Jack and Sally, who both are only children, especially enjoyed being with the Gilmore’s youngest daughter, 6-year-old Serenity. “In China, having more than one child is only for the very wealthy who can afford the taxes. Jack and Sally would sit with Serenity and play with her because they didn’t have any younger siblings.”

Isabel said she heard only one minor complaint. “I got some little complaints about breakfast. They miss steamed buns. They think the cold cereal is so strange. I told them, ‘It’s the American breakfast, you should try it.’ The biggest challenge for them is not English, they miss the Chinese food.”

Sally observed, “People here eat more meat, but in China, we eat more vegetables. American people like cold food, but Chinese people like hot food.” (Sally does not like ice cubes in her drinks.) Asked about favorite foods, Jack emphatically said cheeseburger, adding, “The hamburgers in China are not as good as here.” Sally’s favorite food was French fries.

Cindy, the youngest member of the group chose pizza as her favorite food, and said she’d never had a sandwich before coming here. What food did she miss most? Rice.

The three students interviewed all had impressive English skills. Jack said with the exception of second grade he had studied English every year since grade one. “Now I will carry on in English until I finish college,” he said. Sally studied English from grade 1 to grade 10 and had an English teacher from Australia.
DENVER METRO EVENTS
ArtWalks and Exhibits:
9/12 Friday - Santa Fe Arts District. Santa Fe Dr. between 10th and 6th. www.artistrictsantafe.com
9/14 Friday - North Denver’sถนนที่นี้ ArtWalk. 37th and Arvada Ave. www.denverartwalksquare.space
9/15 Friday - Highlands Square First Friday. 32nd and Lowell, North Denver. www.highlands-square.com
9/19 Friday - Aurora’s East End Second Friday Art Walk. Gallery openings, music, theater and food. 3-8pm. Map to all venues at Fletcher Plaza/MLK Library (E Colfax at Elway).

Free Wednesday Activities for Seniors: 1st Wed., 1:00-3:00pm, crafts/light lunch, 2nd Wed., 12pm, big lunch/entertainment. 4th Wednesday, 12pm, light lunch/ bingo RSVP: 303-439-7554 for big luncheon. 303-807-019 for other services. Bonaweit House, 1400 Josephine St. Sponsor: Assistance League of Denver
9/12 Friday to 9/15 Monday - Festival of Mountain and Plains, Festival of Colors. FREE admission food, artisans, carnival rides. www.stateofcolorado.com
9/15 Saturday - Old House Society Sidewalk Stroll. 1-3pm. Homes in Bellaire-Hale neighborhood, 12th and Dexter Tickets $5 at King Soopers or www.denversoldhousesociety.org
9/16 Saturday and 9/17 Sunday - 31st Annual Plant and Bulb Sale. 9-11am. Tickets $20/advance, $25/door. www.rmaha.org,
9/17 Saturday - Dumb Friends League Flag Walk 9:30am. 6 mile hike with your dog to help pets at Buddy Center. www.dumbfriendsleague.org
9/17-20 Tuesday - Denver Botanic Gardens Sustainable Food Film Series. Ingredients. 7pm. Free; suggested donation $10 Denver Botanic Gardens 1007 York St.
9/19 Wednesday - Seniors Expo 10-1pm. Cook Park Rec Center 7100 Cherry Creek Dr. For Seniors Only! $5 and their families. www.senior-solutionsofcolorado.com
9/21 Wednesday - Denver Botanic Gardens Fall Plant and Bulb Sale. 9-3pm. Over 10,000 plants, pansies, shrubs, trees for sale. www.botanicgardens.org
9/22 Saturday - In the Moonlight Alley. 90-themed homeowners to dance to The Felice Brothers live music. 12noon-2pm at public Tudor Wed. Thursday 11-7, new merchandise. Friday 10-4, 35% off most items. www.jeffsdenver.com, denver@jjeffs.com, 303.384.9198
9/22 Saturday - MS On the Move Luncheon. Colo.-Wyo. Chapter MS Society’s annual luncheon with We KeepMoving video of what it means to live with MS. 11:30-1pm. Denver Marriott City Center, 1701 California St. $125/person; $75/young professionals (under 35); online at www.msmd.org or cureMSco-wyo.org. Emily Holtzman 303.698.5405 or cureMSco-wyo.org
9/29 Thursday to 10/1 Saturday - Great American Beer Festival. Colorado Convention Center. Tickets: www.greatamericanbeerfestival.com
10/1 Saturday - Denver Botanic Gardens Chicken Coop Tour. 10-4pm. Soft launch of Denver-area backyard chicken coop. Coop owners on hand to answer questions about coop design, chicken care, city ordinances and more. Maps for sale beginning at 9/1. $20 for max of 4 people. www.botanicgardens.org
10/1 Monday - Making Green Attainable for Home Builders and Home Buyers. Presented by USGBC Metro Denver Chapter. 6-8pm. Light buffet dinner/drinks. Registration required: www.usgbc.org, 100member $200, single member $120, 2nd floor meeting room, 416 Platte St.
10/4 Tuesday - Blessing of the Animals. 10:30-11:30am. Bringaggio friends to Denver Broncos logo, 2005 S Quebec St. for brief ceremony in Sheelagh Mal Pet Memorial Garden. FREE RSVP: 303.751.3772 x701, 303.671.3772 x1378
Live Music at The Soiled Dove. 7401 E 1st Ave. Lowry Tickets: www.soidedove.com Denver Public Art Tours. FREE Public Art Tours—on foot, bike, scooter—for art and architecture lovers. Reservations required. Schedule/supplies: www.denvergov.org/publicart. Also download PDF of Denver’s Public Art Guide. FREE Learn to Compost classes. Offered by Denver Recycles, various dates Saturdays and Sundays. Registration required 720.865.6810 or catherine@denvergov.org

HEALTH AND WELLNESS
9/15 Thursday - Newborn Care 101 Workshop. 11am-1pm $35/single, $50/couple. Newborn care, city ordinances and more. Maps for sale beginning at 9/1. $20 for max of 4 people. www.botanicgardens.org


9/15 Thursday - Newborn Care 101 Workshop. 11am-1pm $35/single, $50/couple. Newborn care, city ordinances and more. Maps for sale beginning at 9/1. $20 for max of 4 people. www.botanicgardens.org


9/15 Thursday - Newborn Care 101 Workshop. 11am-1pm $35/single, $50/couple. Newborn care, city ordinances and more. Maps for sale beginning at 9/1. $20 for max of 4 people. www.botanicgardens.org

9/12 Thursday- HIV testing at Rocky Mountain Cancer Centers. Free HIV care. FREE. 1-5pm, 3rd Thursday monthly. 4545 E 9th Ave #120. 303.393.8505, Adrian Pilaris.

Sundays through September- Yoga Rocks the Park. 9am-12pm, City Park Bandstand. Live music and yoga classes for adults/kids. Also at Alamo Placita Park on Saturdays. www.yogarocksdenverpark.com

10/5 Wednesday- Men for the Cure. 6pm. For men to educate themselves about breast cancer and world-class clinical programs for breast cancer at U of Colorado Hospital. Price: $20/student, $100/student professionals; table sponsorships available. Place: Invesco Field at Mile High, 1080 Miller St. RSVP: 720.848.7802

LECTURES AND DISCUSSIONS

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

9/16 Tuesday- Charlie Chaplin and Silent Film Era. 10:15-11:15am. Jewish Community Center, 351 S Darks St. Live Stream. RSVP: 303.316.3693. Repeats on various dates, venues; www.active minds.com

9/18 Thursday- Spain. 6pm potluck, 7pm program. Steamboat Master Community Assoc., 2823 Roslyn St. RSVP: 303.388.0724

9/19 Tuesday- NASA and Future of Space Exploration. 11am-12pm. (10:45 admittance). Temple Emanuel, 51 Grape St. RSVP: Jodi. 303.388.4013 x307

9/21 Tuesday- The Soviet Union: Road After Collapse. 7:30-8:30pm. Taped at Linehan Annex at CU Boulder. Repeats through 9/25.

9/22 Tuesday- The Afghan War: 10 Years After. 7pm. Free. Bockman Auditorium, 1350 Grant St. For info: 303.384.2587.

9/25 Sunday- Colorado Authors Series: Mindy Slink. 2pm. Author of Walking with Donor, Most Hokage Hands Guide to Donor; and co-author of Colorado Oranges: Cooking Seasonally, Eating Locally.

9/26 Monday- Colorado Authors Series: Buzzy Jackson. 6pm. Author of Sharing the Family Tree Blue Bloods, Black Sheep, and Other Obsessions of an Accidental Genealogist. Joining her will be CPL's in-house genealogy specialist, James Jeffrey.

9/26 Monday- Colorado Authors Series: Caroline Dow. 2pm. The Le Top Reading for Beginners: Your Fortune in a Teacup. Tea leaf reading demo, how to choose and brew tea, herbal teas for health, hosting a tea party, history of tea.


9/14 Wednesday- “Create Playdates” at Denver Art Museum. Kids 3-5 can create, sing, and move 3rd Wed. every month. Drop in, meet other tots for art making, story time, 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


9/19 Friday- Denver Botanic Gardens Family Fun Night. 4th Friday each month explore nature at night in Monarch Children's Garden. New theme monthly performers in Stapleton Stage, snacks by campfire and more. $20/member for family of 4, $14/each extra person. 25 nonmember/family of 4, $14/each extra person. Kids 2 and under free. www.botanicgardens.org

9/21 Thursday- September-Star Kids Play

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.

Data in numerical format (mm/dd), day of week- Name of an Event- or one- 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

CALL FOR INFORMATION:

For more information or to submit an event, contact:
Pamela Betts, 720.799.2134, pamela_betts@auroragov.org

(continued on page 18)
Last market of the summer season!

Come shop the stalls as we say goodbye to the season.

Last chance to shop with your summer veggies & fruits!

Every Saturday, May to September
Funders Green, 20th & Sycamore
Sign up for monthly Market details at klin@evillesanador.com

“Here’s your chance to grab those veggies you’ve been thinking about all summer and find some new pieces you’ve never even dreamed of!”

—Kim Scuba

115th Street Market

September 2011

18

Stapleton Front Porch

NOW ON SALE!

THE LION KING

BROADWAY’S AWARD-WINNING MUSICAL

CALL TOLL-FREE TO ORDER YOUR TICKETS:
1-800-843-8723
tickets@denvercenter.org

DENVER CENTER ATTRACTIONS:
15TH STREET PLAZA
CALL 303.627.7000
tickets@denvercenter.org

TIFFANY & CO

15TH STREET PLAZA
CALL 303.556.3810
tickets@denvercenter.org

MANY MORE EVENTS...
More Events...
Sept. 10—FREE Denver Art Museum Friendship Powwow

The Denver Art Museum’s (DAM) 22nd Annual Friendship Powwow and American Indian Cultural Celebration on Saturday, Sept. 10, 10am–5pm, will host Native American dancers and drum groups, working artist demonstrations, hands-on family activities, art making on the plaza and more. General museum admission is FREE on this day.

The DAM has the most comprehensive American Indian collection of any art museum in the country. The museum is located on 15th Ave. between Broadway and Bannock. For more, go to www.denverartmuseum.org.

Sept. 11 — Golf Tournaments and “Hop-in-a Helicopter” Event

On the 10 year anniversary of 9/11 three events will be held at the Common Ground Golf Course located on the east side of Lowry. The main event is a 4-person scramble golf tournament with dinner and drinks afterward provided by LaSandia and Volume Rate Liquors. The second event is a Parent/Child Put Tournament. The third event is a “Hop-In-A Helicopter and Humvee.” The armed forces are providing a Blackhawk helicopter along with a Humvee. The forces react to every move— sizing visitors up as friend, foe or their next meal.

Sept. 14 — The Pajama Game at Denver School of the Arts

Opening Friday, September 16, the new T. Rex Encounter at Denver Museum of Nature and Science will showcase advanced robotics and cutting-edge face recognition technology to make visitors closer than ever to raptor dinosaurs and a life-sized 42-foot-tall T. rex. Travel back 67 million years and explore the Cretaceous world as robotic prehistoric animals react to every move— sizing visitors up as friend, foe or their next meal.

This interactive 13,000-square-foot exhibition, free with museum admission, is offered in English and Spanish. Also opening: two 3D IMAX films, Dinosaurs Alive! and Waking the T. Rex: The Story of Sue. www.dmsm.org.

Sept. 16 to 18 — Dance Performance to Benefit The Gathering Place

The Damsels, a Denver contemporary dance company whose mission is to raise money and awareness for women and children in crisis, will perform “The Pursuit of Happiness.” Sept. 16–18 at Cleo Parker Robinson Theatre, 119 Park Ave. West. A portion of the proceeds goes to The Gathering Place, Denver’s only drop-in center for women, children and transgender individuals experiencing homelessness and poverty. The performance touches on love, money, drugs and religion in one’s journey to happiness. Tickets: $15/online, $20/door (discount with item donation). www.thedamselsdancecompany.com 303.257.5049.

Sept. 17—Denver Forensic Dance Troupe: Transition to New Parenthood

Denver Forensic Dance Troupe, a women’s dance company whose mission is to raise money, drugs and religion in one’s journey to happiness in English and Spanish. Also opening: two 3D IMAX films, Dinosaurs Alive! and Waking the T. Rex: The Story of Sue. www.dmsm.org.

Sept. 19 — FREE Denver Art Museum Golf Tournaments and “Hop-in-a Helicopter” Event

Kids don’t come with an owner’s manual, so sometimes parents need a new idea or maybe a little support to get past the frowning and on to the laughing, growing and learning. Admission is free, but space is limited. Sign-up for seminars online at www.childrenscolorado.org/parenting and to reserve free child care.

Questions? Call 720-777-5437 (phone is not for RSPV). Seminars will be held at: Children’s Hospital Colorado, 2nd floor Conference Center, 15123 E. 16th Ave. Aurora.

Testing All Tweens and Teens: Social Networking and Your Kids

Wednesday, September 7, 6–7:30 p.m. Guest Speaker: Dr. Jeffrey Dolgan

We Just lowered our auto rates in Colorado.
Rebajamos las tarifas de automóviles en Colorado.

Finding space that fits you who are...
selling space so you can move on.

Jesika Aarni, Agent
7505 East 35th Avenue
Denver, CO 80229
303-377-5433
jesikaaarni.com
Hablamos Español

To switch now, stop by,
call, or click in and find out
how much you can save.

Llámenos ya para
cotizar su auto

Finding Your Space

Top Dentist 2009,’10,’11
5280 Magazine

Top Dentist 2009,’10,’11
5280 Magazine

Creating Stapleton & Park Hill Smiles since 2004

High-quality clinical expertise, gentle for the whole family. Wellness-oriented care in a modern office with the latest technology.

Guest Speaker: Bettya Talmi, PhD

Talking About Toddlers

Tuesday, October 4, 6–7:30 p.m.

Guest Speaker: Members from Children’s Hospital Colorado

Finding space that fits you who are...
selling space so you can move on.

Finding Your Space

Finding space that fits you who are...
selling space so you can move on.

Jesika Aarni, Agent
7505 East 35th Avenue
Denver, CO 80229
303-377-5433
jesikaaarni.com
Hablamos Español

To switch now, stop by,
call, or click in and find out
how much you can save.

Llámenos ya para
cotizar su auto

Finding Your Space

Finding space that fits you who are...
selling space so you can move on.

Finding Your Space

Finding space that fits you who are...
selling space so you can move on.

Finding Your Space

Finding space that fits you who are...
selling space so you can move on.

Finding Your Space

Finding space that fits you who are...
selling space so you can move on.

Finding Your Space

Finding space that fits you who are...
selling space so you can move on.

Finding Your Space

Finding space that fits you who are...
selling space so you can move on.

Finding Your Space

Finding space that fits you who are...
selling space so you can move on.
CSAP scores for Denver Public Schools were released in August. Following are the scores for the schools in the Front Porch distribution area. Percentages show students at or above proficiency in each of the subject areas.
Swigert-McAuliffe International School principal Chuck Rasch leads a large group of parents and students on Stapleton’s traditional family walk to the first day of school. Families gathered at the “Dog Picnic” pocket park at 35th and Xania.

Boltage

(continued from page 5) Target. Not only will the students be competing individually, but grades and neighborhoods will compete against each other for prizes, she said.
M ost parents have given positive feedback about Boltage, Klaassen said.
“One parent said it was stressful to get the kids’ things together so that they could walk to school,” she said. “But once they started doing it, it was easier. The kids really want to do it, and they push their parents. The idea is for kids to do it anyway they can. For a pre-schooler or first-grader, a parent can park three blocks from school and walk to school with their children.
“The Boltage coordinators I’ve talked to in California are in an inner city,” she said. “Their program is rocking there. We should have 100 percent participation at Stapleton. It’s not hard.
“On average, we were having 10 to 15 bikes for 800 kids before this program,” she added. “This spring, even on wet and cold days, we had 50 to 100 bikes. I was flabbergasted. We had 250 kids enrolled in the first four weeks.”
Boltage provides the individual school with data on a regular basis.
This year, Klaassen said the math teachers will help to analyze the program’s data.
For information about the Boltage program, visit www.boltage.org or email Kristen Klaassen at kristeninco@gmail.com.
Denver County Fair Will Be Back Next Year

By Jon Meredith

The Denver County Fair will be back in 2012, over the weekend of August 10–12,” says Dana Cain, master promoter and the visionary of Denver’s first county fair. During the last weekend in July, the offbeat fair brought 25,000 people to the stock show grounds with a combination of blue-ribbon pies, a Devo concert, a Miss Denver Drag Queen competition and live chickens and llamas. The New York Times had two articles about the fair and its unique contests and events "spurring interest from all over the country,” according to Cain.

Next year promises to have plenty of new themes, promotions and contests. Cain pledges to listen to any idea that is genuinely offbeat or unique. Cain can be reached at dana@denvercountyfair.org

Sarah Burke, who has worked at CBS4 News in Denver for 10 years, will be moving from Stapleton to New York City in September to become the executive producer of the 11pm news at WCBS. She will be responsible for making decisions on what stories to cover and how they should be covered in New York’s TV market of 7.5 million households. She’s preparing herself for sticker shock in the apartment market, expecting that a 700-800 square foot apartment in Manhattan will cost about $4,000 a month plus a hefty fee for an apartment broker.

How did she get the job? An executive from CBS, which owns and operates 28 stations around the country, visited Denver this summer. Burke gave a presentation on her latest news strategy—and an interview, a trip to New York and a job offer followed. Burke, who is originally from Chicago, has lived in Stapleton since 2007 with her husband Tom Burke who is an investigative producer at Channel 7 news. Tom will stay in Denver for awhile with their 12-pound Jack Russell Terrier, Casey, to “tie up loose ends” and look into TV job possibilities for himself in New York.

Dr. Carrie Louise Daenell, ND (Naturopathic Doctor) was invited to present her protocol, “Healing the Aging Metabolism,” at an international medical conference, the Anti-Aging Seminar London 2011 (www.antiaging-conference.com). Daenell discovered, in working with her patients, that many women at a certain age (40 or so), despite a healthy lifestyle, discover they are gaining weight with age. She developed a protocol based on the molecule Adenosine Triphosphate (ATP) and found that her patients who followed this protocol experienced “a 9-18 pound weight adjustment and enhanced energy throughout the first year.” Dr. Daenell is the co-author of Better Breast Health for Life! (along with Kelly McAlessie, MD, a Colorado breast radiologist) and has appeared on local news around the country and PBS health programming shows. She practices as a health-optimizing consultant at LiveWell Center in Cherry Creek North. Dr. Daenell is a Stapleton mom.
Dealing with Bullying

By Katherine Rains

Bullying is the single most common form of violence facing our children today. Each year, 3.7 million children engage in it and more than 3.2 million are targets of it. Children with disabilities or who are obese are 63 percent more likely to be at the receiving end. These startling statistics are why most of us, as parents, spend a great deal of time worrying about how we can best protect our children. At a recent conference, local and international experts provided training for parents and educators about bullying and offered the following insights.

The behaviors and attitudes that lead to bullying (equal power) in later years are learned and begin in early childhood. Parents and educators should:

- Educate: Make sure young children (3 to 5 years) are exposed to positive social behaviors, including empathy and acceptance, at home and in their early childhood environment.
- Observe: Social exclusion can begin as early as 4 years of age and often goes unnoticed. Watch for early warning signs of bullying that can include reluctance to go to school, frequent complaints of stomachaches, headaches, and depression.
- Advocate: If your child is more likely to be a target of bullying because of differences, work with your child’s teacher and school to ensure that he or she is not being singled out within the classroom for their differences.

While parents cannot go to school or soccer practice every day, we can raise resilient children who are better prepared for obstacles through:

- Self-care: Set a good example at home by making sure the entire family is eating well, exercising, and getting enough rest.
- Self-esteem: Help your child to focus on his or her accomplishments, be realistic with goals and be specific with praise.

- Self-review: Help your children to remember their successes, trust themselves, learn how to ask for help, and have a sense of humor.

Steps to take if you suspect your child is being bullied:

- Tell your child that the bullying is not his or her fault. Find out who is doing the bullying and what type of bullying (e.g., cyberbullying) is occurring.
- Discuss with your child’s teacher the specifics of the situation, including how your child is being impacted. Make sure that steps are being taken so that your child feels safe in school. Keep a written record of discussions. Meet with other school staff as necessary.
- If you feel that the school is not properly dealing with the bullying situation, seek out additional resources from: the school district administration, the Colorado School Safety Resource Center, the Colorado Department of Education, and/or mental health or advocacy organizations.

Bullying is not just our kids’ problem, it is our community problem and it takes parents, educators and the community at large working together to ensure all children have a safe place to learn and grow. The 3rd Annual Teaching Beyond “Normal” conference was presented by Sewall Child Development Center. Katherine Rains, TBN 3 conference manager and grant writer at the Sewall Child Development Center, she, her husband and two sons live in Stapleton. For more information on bullying prevention, contact her at kbraun@sewallchild.org or visit www.sewall.org.

Katherine Rains is a therapist, TBN 3 conference manager, and grant writer at the Sewall Child Development Center. She, her husband and two sons live in Stapleton. For more information on bullying prevention, contact her at kbraun@sewallchild.org or visit www.sewall.org.
First Stapleton Education Expo on October 6

By Sophia Sbrigaglia, SUN Education Committee

Are you a parent feeling overwhelmed about choosing the right school for your child? Are you new to Denver and unfamiliar with the choice process in DPS? Do you want to learn more about all the school options available in NE Denver, in one location?

The SUN Education Committee is proud to present our first Stapleton Education Expo, open to all NE Denver residents wanting to learn more about preschools through high schools in this area. This year’s Expo will be hosted by the new Swigert-McAuliffe International School on Thursday, October 6 from 6pm to 8pm. The Expo will begin with a presentation from DPS about the choice process in Stapleton and what exactly are charter and innovative schools, followed by a Q&A session. Then tables from various schools will be open for you to visit. Participating schools include Baby Power Forever Kids,Paddington Station, Happy Ladybug,Montview Preschool, Monarch Montessori,Westerly Creek Elementary, Swigert-McAuliffe, Bill Roberts, Odyssey, Denver Language School, The Green School, Money Middle School, Denver School of Science and Technology, East High School and George Washington High School.

Questions for DPS to address at the Expo may be sent to SUNEducationCommittee@gmail.com. Mark your calendar and we’ll see you there!

Stapleton Kickball Tournament on Sept. 17

By Bryan Penny, SUN Board, sununitedneighbors@gmail.com

For the eighth year in a row, SUN is organizing the Stapleton Kickball Tournament. This year, we are fortunate to be partnering with The Stapletonon. The tournament is Saturday, September 17 in Central Park from 10am–2pm. Proceeds this year are going to the Stapleton elementary schools (Bill Roberts, Westerly Creek, Swigert/McAuliffe and Odyssey). Most important, we are looking for teams to play in the tournament. Without the teams, there is no tournament!

The website is now open for teams to sign up for the tournament. Each team can have up to 20 people; at least 9-14 players must be on the field, including four males and four females playing at all times. Registration for each team is $175, which includes 10 T-shirts (additional T-shirts: $10). Each participant will also receive a lunch donated by Chipotle and a beverage donated by IZZE. Because SUN is a 501(c)(3), this may be considered a tax-deductible donation. To ensure your team has a place in the tournament, sign up today on the SUN website: http://stapletonunitedneighbors.com/SUN-Kickball/kickball-registration.

In addition to the kickball competition, the fields of Central Park will be socking with music, full of aromas from food vendors, and bubbling with entertainment for the whole family. Even if you are not planning to participate in the tournament, mark your calendar to come out and experience this Stapleton tradition.

SUN Recycling Event

Sept. 3, 10am-2pm
Sam’s Club Parking Lot

Correction!

The recycling event WILL NOT ACCEPT COMPACT FLUORESCENT LIGHT BULBS OR FLUORESCENT TUBES. We apologize for any inconvenience this might have caused. Batteries from power tools WILL be accepted.

For a full list of items that can be recycled visit www.stapletonunitedneighbors.com -> Go to the Sustainability Committee page and scroll down.

Letter to the Editor

Hot days can be deadly for pets

Very hot summer days for your pet are just not any fun—in fact they can turn dangerous quickly. Try this if you don’t understand why:

Go to your closet and zip up that down jacket and go for a little jog outside. Not so nice is it? Imagine being left outside for hours. Even the shade of a tree isn’t enough.

I see people riding bikes with their dogs on a leash running next to them with their tongue to the ground. They are not in little shorts and bare skin. They are wearing a cool sweater!

Dogs will follow their owners to the ends of the earth, do anything they are expected, and even seem excited as first. But as responsible pet owners we have simply got to get our head on straight and not think, “Oh, they love it,” or “Oh, they need the exercise so let me tie them up behind a bike and zip around town!” Also, pavement and sidewalks fry egg’s so hot! Yet we drag our dogs down blistering sidewalks while it burns the pads of their feet.

Take your shoes off, put on that coat, zip it up and now go for a mile jog behind your kid’s bike! Not so nice is it?

Avoid walking dogs mid-day. Go early or after the sun goes down. Carry water. Dogs need a break in this heat. Watch for signs of heat stroke. Every day see’s them in this climate.

Signs of severe heat stress include heavy panting, increased heart rate, glassy eyes, staggering walk, vomiting and diarrhea, according to a news release from Colorado veterinarians. They may have trouble breathing, have seizures or collapse. Get cool, not cold, towels and wrap their feet, legs, face and neck and get to a vet as soon as possible.

Especially be aware of how hard this heat is on older and overweight dogs.

The bottom line is to use common sense. There is just no ice cold beer and a dip in a pool for them at day’s end.

Chris Hartridge, Stapleton
N
evices for Denver recreation centers are expected to go into effect October 1 when rec center computer systems will be updated. Until that time only 1-month or day pass purchases will be available for purchase under the old rate structure, according to Angela Casias at Denver Parks and Rec. Under the new pricing, the head of household will pay full price and all other family members pay half price for annual memberships. Fitness classes will be included in the price and childcare while parents work-out will be included with a regional membership. Annual memberships can be paid for with automatic monthly withdrawals.

In southeast Denver, the Silver Sneakers program (which offers free membership to seniors) is already in effect at Moonlight and Hiawatha Davis Rec Centers and will be added this fall at Central Park and Monbello (both rec centers, respectively), hopefully sometime in September. The most expensive membership is considered to be household of four and the others will pay half price. Annual fees for regional rec centers are:

- Adults ($254.64) $369
- Young Adult (18-24) $270
- Youth (2-17) $50
- Senior (65+) $119
- Disabled $119

Packages for 15 or 30 visits are also available as well as day passes. The new tiered rate schedule showing all three fee levels (for neighborhood, local and regional rec centers) is posted at DenverGov.org (search for rec center fees) and at www.FromPorchatStapleton.com.
Don’t Forget to Nurture Your Trees

By John Babjak

A close look at trees in local neighborhoods reveals that a number of them are succumbing to some form of stress. Healthy stress-free trees are properly hydrated and nourished both by the soil and by tree-specific fertilizer. They are free of lesions in their roots and bark. Regular pruning, trunk wraps to protect trees from the winter’s elements, support stakes and ample mulch to cover the root ball all help keep trees resilient. Those less tolerant and more susceptible to ailments are clay-predominant and missing micronutrients. Main contributors to stress are poor soil that is clay-predominant and micronutrient deficiency. Silver and autumn blaze maples and aspen trees are most affected and it is a result of iron deficiency in the soil. Chlorosis is caused by an iron deficiency and is treated with an iron-containing fertilizer. Her daughter Neve, 4, and Anysa, 8, check out the tree with her.

Jodi Clifford looks at the yellowing leaves on a silver maple in her yard and has learned it is caused by an iron deficiency in the soil. She is treating it with an iron-containing fertilizer. Her daughters Neve, 4, and Anysa, 8, check out the tree with her.

Jodi Clifford lives in one of the first neighborhoods to be built in Stapleton so it has some of the oldest trees. Most are well established, tall, groomed and robust. Recently, however, Clifford noticed that a silver maple tree in her back yard was yellowing. She took the leaves to a local nursery and was informed that the tree was suffering from a condition called chlorosis. Silver and autumn blaze maples and aspen trees are most affected and it is a result of iron deficiency in the soil. Chlorosis is brought on by dry winters that are followed by a very wet spring and early summer. Clifford is currently applying a liquid fertilizer with iron and in the fall she will apply a deep-root, iron-containing supplement. This late-season application will make up for any iron deficiency and prepare the tree for winter dormancy. Clifford’s trees are tall, handsome and not bottom heavy so it is easy for her to park her car. “My mother taught me how to prune,” she says. “Pruning signals the tree to send energy to the limbs and branches. An excellent website for learning how to prune properly is the National Arbor Day Foundation, which includes an animated pruning guide along with considerable information for the home tree caretaker (www.arbor.org). Additional information about trees is available at the Colorado State University Extension website in a publication titled “Front Range Tree Recommendation List” (www.ext.colostate.edu~/ext/HotTopics on the home page). Or, for more information consider consulting a certified arborist.

The event was intended to get neighbors outside and moving, which it certainly did. The street was full of bikes, striders, tricycles, rollerbladers and walkers. Most participants had a smile on their face as they enjoyed walking, riding and mingling in the street without the concern about vehicular traffic. Along the avenue were food stands, tents promoting cycling and healthy living, a ping-pong table, a solar-cooking display, corn-hole games, a ma-

Viva Streets—Denver’s First Ciclovia

Above: Viva Streets participants moved along 23rd Avenue in many ways including walking, biking, skate boarding and, when tired, riding in a stroller.

(continued from page 1)
LiveWell Colorado, a nonprofit dedicated to reducing obesity in our state, and BikeDenver, an organization that promotes bicycling, cosponsored the event. Piep van Heuven of BikeDenver called the day “a huge step in bringing more cycling-only events to Denver.” She estimates that 7500 people participated. Van Heuven was particularly pleased that new council members Mary Beth Susman, Albus Brooks and Chris Herndon, all of whom represent portions of the route along 23rd Ave. in their respective districts, showed up and participated in the event. She hopes that will give the council the impetus to support street closures for bike events in the future.

The organizers are looking toward next year by enticing additional sponsors to support the event. They will look to the various neighborhoods and this year’s participants for comments and suggestions. Other cities, like Portland, Oregon, have rolling street closures each week with art, music and a festival atmosphere. The organizers envision the day those kinds of pedestrian-only events become a reality in Denver.

Above: Some creative and unusual modes of transportation added to the uniqueness of the event.
Right: Ex-Nugget player Mark Randall lifts Maray Lindley, 5, Stapleton resident and Denver Language School student to dunk the ball.
Below right: One family rolled their ping pong table right into the middle of 23rd Avenue.
Weekly Specials

Tuesday  Buy One-Get One Specialty Burger Night  5-close

Wednesday  95  Bud Buckets  open-close

Thursday  HIP Night $close  Live DJ  $3 Wells, $4 Calls &  $5 Premiums & House Wine

Beer of the Month  $3.20  14 oz. Select Beer Each Month

*All promotions are in stores specials only and cannot be used for togo items. Must be 21 and up after 8pm.

SAVE MONEY • SAVE ENERGY • BUILD GREEN

HUNTER DOUGLAS SPRING SALE
FREE Installation - Duette® Honeycomb Shades
25% OFF - PowerRise® 2.0 or PowerGlide® 2.0
Roman Shades & Norman Shutters
Motorized & Patio SunShades
www.flatironwindowfashions.com

CHOLESTEROL BUSTING FOODS – FACT OR FICTION?

With Stapleton Family Medicine’s Dr. Elizabeth Belsker

Approximately, 107 million U.S. adults have cholesterol levels of 200 mg/dL or higher, a level that the American Heart Association says increases your risk of heart disease and stroke.

Below are some common misconceptions around some of the most potent foods to aid in the fight against high cholesterol. Using your diet as a primary tool you can make a noticeable difference in your cholesterol levels.

Is oatmeal really a cholesterol buster?
Yes. Oatmeal happens to be one of the highest recommended foods for lowering cholesterol. The soluble fiber found in oatmeal is the driving force behind the cholesterol benefits. Soluble fiber lowers the amount of cholesterol that gets absorbed into your bloodstream.

Shouldn’t I avoid avocados because they are high in fat?
Avocados are actually rich in healthy fats that can increase your HDL, or good cholesterol, levels. Avocados do have a high fat content, but it is primarily monounsaturated fats which are considered healthy. In addition, the oleic acid in avocados can help to significantly decrease your LDL, or bad cholesterol.

I know vegetables are good for me, but are some better than others?
Yes. Some of the most powerful veggies are the dark green, leafy variety, such as spinach, kale, collard greens and Swiss chard. According to the National Heart, Lung and Blood Institute’s Family Heart Study, participants who ate four or more servings of fruits and vegetables a day had significantly lower levels of LDL cholesterol.

If dietary and lifestyle changes don’t lower your cholesterol enough, you may also need to take a cholesterol-lowering medicine. Check with your doctor to determine your heart attack risk and determine the proper treatment plan for you.