

Front Porch

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

DENVER, COLORADO

MAY 2012

STAPLETON



U.S. Surgeon General Visits New Wellness Center at Anschutz Campus

The U.S. Surgeon General, Regina Benjamin, in her U.S. Public Health Service uniform, is visible among the red-shirted staff of the new

Colorado Center for Health and Wellness as they stretch before a group walk. Benjamin was in town to promote National Public Health week. One

of her biggest goals, like that of the new wellness center, is to promote a healthy lifestyle—and for people to discover that living healthy is enjoyable.

By John Babiak

“I’m a longtime champion of the power of prevention,” said U.S. Surgeon General Regina Benjamin, MD, MBA when she visited the new wellness center at Anschutz Medical Campus. “Health does not occur in a doctor’s office or the hospitals only. Health also occurs where we live, where we learn, where we work, where we play. This center

epitomizes the switch from sick care to wellness, which is key to the nation’s health.”

In June 2011, Benjamin released a first-ever National Prevention and Health Promotion Strategy. It calls for our nation’s health system to be reformed and shift its focus to wellness and prevention. It directs policymakers and governments, businesses and citizens of all ages to practice well-

ness, create healthy environments, deliver preventive health programs, and eliminate healthcare disparities in our country.

Benjamin, in an interview with the Front Porch, talked about preventable health problems. “These are the four things that are causing the highest numbers of chronic disease in the U.S.: inactive lifestyles, poor eating, excessive drinking of alcohol, and use of tobacco.” (continued on page 4)

Bluff Lake Apartments to Open in May



Staff for Mercy Housing’s new Bluff Lake Apartments are getting ready for the arrival of tenants. Left to right are Josephine Penhallurick, Outreach Services Coordinator, Connie Oates, Assistant Manager and Monica M. Cleveland, Property Manager.

By Nancy Burkhart

Mercy Housing, one of the largest developers of affordable housing in the country, has opened its second facility in Stapleton aimed at offering

low income and homeless families a new future. The Bluff Lake Apartments are located at East 30th Avenue between Havana and Hanover streets.

The four-story building will have (continued on page 8)

Redistricting Is Not An Easy Task

By Carol Roberts

After months of poring over precinct and neighborhood boundaries and populations and listening to Denverites comments’, City Council members voted Monday, April 23, on a redistricting map. The Front Porch interviewed the two Council people who submitted maps for a vote—Chris Herndon and Paul Lopez—to help (continued on page 12)



Councilman Chris Herndon

Transportation Updates

Central Park Bridge – The opening is projected to be the first weekend in May. The bridge will connect Central Park Blvd. to I-70 east and west and to Northfield. Final approvals from the City and County of Denver were still pending at the time this paper went to press. The Front Porch will confirm the opening date on our Facebook page.

Construction of an RTD Bridge Over Quebec will begin in May. The bridge will be just south of and parallel to the existing Union Pacific Bridge over Quebec (continued on p. 26)

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

Wellness Center Opens

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Q&A with Flobots Lead

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No More NCLB

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Lots of Letters

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New Service Directory

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Share comments at Front Porch Newspaper



A warm spring brought beautiful blossoms on Stapleton's maturing trees.



CALENDAR

Events listed below are FREE and OPEN TO THE PUBLIC or are nonprofit.
(Additional events are listed on pages 18-22. Recurring events are listed on page 19.)

MAY

Every Tuesday & Thursday

Bungee Boot Camp 8:30am & 6pm thru 8/30/12
The Green* www.bungeebootcamp.com

Tues., May 1 – Fri. May 18

Hub Walkers, weekdays, 8am. One-hour walks.
Start at the Hub. 7484 E. 29th Ave (entry faces
parking lot behind Cycleton) 720-865-2356

Saturday, May 5

Bash Dash, adventure race for kids and families in
the Stapleton Town Center. Young Philanthropists
Foundation www.yfoundation.org/bashdash/

Saturday, May 5

Denver Recycles' Free Mulch Giveaway &
Compost Sale 8am–2pm. Havana Nursery,
10450 Smith Rd., south of I-70 on Havana St.
www.DenverGov.org/DenverRecycles (see p.26)

Saturday, May 5 & June 2

Museum of Contemporary Art Denver
1¢ admission on first Saturdays.
1485 Delgany St., MCADenver.org

Saturday, May 5 & June 2

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

Sunday, May 6

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

Tuesday, May 8

Greater Park Hill/Stapleton Community mtg. on
education issues Odyssey School, 6550 E 21st
Ave., 6–8pm. Devita_Bruce@dpsk12.org

Thursday, May 10

Active Minds Seminar, 7–8pm “Pakistan”
Stapleton MCA Community Room*

Wednesday, May 16

Attorney Meet & Connect Social 5–7:30pm at
SmartSpace 2373 Central Park Blvd. Ste 100
Free, drinks & appetizers provided. 303-803-1500

Thursday, May 17

Adult Activities Group, 4-mile walk. Meet at
Rocky Mountain Arsenal visitor center at 9am
RSVP kbowman@stapletonfoundation.org, or
720-865-2356 (see page 21)

Thursday, May 17

SUN Community Forum, presented by MCA,
Forest City, and CAB. Central Park Recreation
Center, doors open at 6:30pm, Forum begins at
7pm. Submit questions for Forum at
stapletonunitedneighbors@gmail.com or at
stapletonunitedneighbors.com

Thursday, May 17 & May 31

Bluff Lake Nature Center Fireside Chats
6:30-7:30pm, followed by roasted marshmal-
lows. Suggested \$1 nonmember donation.
Ichickos@blufflake.org

MAY

Saturday, May 19

Teen Pregnancy Prevention Month presentation,
“Talk is Power,” 2-3:30 p.m. Planned Parenthood,
7155 E. 38th Ave, 303-321-7526. (See page 22)

Sunday, May 20

Colfax Marathon. Route map posted at
www.FrontPorchStapleton.com or
www.coloradocolfaxmarathon.org
Be prepared for traffic delays along the route.

Saturday, May 26

Sweet William Market 9am–2pm. The Green*
Last Saturday of the month thru Sept.

Saturday, May 26

Pools Open, Noon. Aviator, PJ, F15, Jet Stream.
Pools@stapletoncommunity.com

Monday, May 28

DJ at Pools, 12–4pm. Aviator, PJ, F15, Jet Stream*

JUNE

Every Monday–Thursday

Family Fun Night 6–8pm, at the pools. Mon. at
Jetstream* Tue. at Puddle Jumper* Wed. at F15*
Thu. at Aviator* pools@stapletoncommunity.com

Every Saturday

Yoga on The Green 4–5pm The Green*
June 2 through July 28. 303.377.7444

Friday, June 1

First Friday Flight (Italian Wine Tasting) 7–8:30pm
Aviator Pool. events@stapletoncommunity.com

Fri, June 1 & Sat June 2

Theatre on The Green, “Once on this Island”
6–8pm. The Green*
Events@stapletoncommunity.com

Saturday, June 2

Stapleton Environment and Ecology Day (SEED)
The Green*, 10am–2pm with activities to cele-
brate opening of the Hub. (See page 28)
SUNSustainability@gmail.com

*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.
Stapleton MCA Community Room, 2823 Roslyn St.
Aviator pool: 8054 E. 28th Ave.
Puddle Jumper pool: 2401 N. Xenia St.
F15 pool: 2831 Hanover St.
Jetstream pool: 3574 Alton St.

**The Front Porch welcomes submissions
of upcoming local events (see
information on p.19) and story ideas.
Deadline is the 15th for the next issue.**



What is your Community DNA?

RSVP is from the French phrase *répondez s'il vous plaît*, meaning “Please respond.” In planning for an event or party, this is often written on the invitation or announcement. I challenge you this summer to respond when you receive an invitation that asks you to tell if you are coming. If you have ever planned a party or event, you understand the need for people to respond. It is just good etiquette. Let's make this a summer we courteously respond!

Activities on The Green

Bungee Bootcamp: This summer we are activating The Green (29th & Roslyn) with a variety of activities. Bungee Bootcamp is a fun, non-military fitness routine that utilizes a creative combination of tandem, hand and feet bungees to create the most energetic fitness routine you can imagine.

Beginning May 1, then continuing every Tuesday and Thursday through August 30, there will be two sessions. One class will be offered in the morning from 8:30–9:30am and the other in the evening from 6–7pm.

All abilities are encouraged to join a Bungee Bootcamp fitness class. It's as fun as it sounds. Bring a friend and become attached bungee style. Remember to bring a water bottle, appropriate shoes and a smile! For more information, go to www.bungeebootcamp.com.

Yoga on The Green: Stapleton CorePower Yoga is hosting Yoga on The Green (29th & Roslyn) this summer to benefit our local schools. Classes will be every Saturday beginning June 2 through July 28 from 4–5pm. Come join the class on The Green!

The suggested donation is \$10–\$15 and will benefit the local schools. All skill levels are welcome; 14 and up is the recommended age for participants. For more information, contact Stapleton CorePower Yoga at 303.377.7444.

Active Minds Seminar

Pakistan: Formed in 1947 out of the partition of British colonial territories in South Asia, Pakistan has experienced decades of conflict with India. More recently, Pakistan has undergone internal conflict between its secular government and the rising tide of Taliban-led Islamic fundamentalism. As a longtime U.S. ally, Pakistan has been considered key in the war on terror. With the discovery of Osama Bin Laden in Pakistan, however, some are questioning the nature of this relationship. Join us as we examine the future of this precarious nuclear nation.

The seminar begins at 7pm on Thursday, May 10, in the Stapleton MCA Community Room located behind King Soopers at 2823 Roslyn St. Everyone is welcome. For more information, visit www.ActiveMindsForLife.com.

SUN/CAB Community Forum

The annual community forum is scheduled for Thursday, May 17 at Central Park Recreation Center. Receive updates on commercial and residential development in the Stapleton Community as well as other pertinent community information. The doors will open at 6:30pm and the presentations will begin at 7pm.

Sweet William Market

The summer market season opens on Saturday, May 26 with the first Sweet William Market of the year. Market hours are 9am–2pm. This market will happen the last Saturday of every month through September. For more, visit www.sweetwilliammarket.com.

Pools Open

All pools are scheduled to open at NOON on Saturday, May 26 with DJs scheduled to play at each facility from 12-4pm on Memorial Day!

Please be sure to locate your family's pool IDs before opening weekend as each resident will be required to show an ID upon entry to avoid paying the daily fee. You may renew your family's membership cards online for \$10 each or you may purchase new cards in person at the pools or at the MCA for \$20.

Theatre on The Green

The Aurora Fox Theatre and the Stapleton MCA are excited to bring theatre to The Green again this summer. This year we will feature the musical *Once on This Island* the first two weekends of June.

The performances will begin at 6pm on The Green on Friday, June 1, Saturday, June 2, Friday, June 8 and Saturday, June 9. This is a free event open to the public! For more information, visit www.stapletoncommunity.com.

Wine Tastings

First Friday Flights are the name of our summer wine tastings at the pools. June 1 from 7–9pm at Aviator Pool is the initial flight to Italy where we sample regional Italian wines. The Grape Leaf will host the evening and provide a fun-filled education about the wine you will be drinking.

If you have a membership (pool) card, go online to www.stapletoncommunity.com and sign up. If you do not have a membership card, call 303.388.0724 to reserve your spot. Member rates are \$5 and nonmember rates are \$10 for the evening.

Stapleton Summer Solstice Stroll

SAVE THE DATE! June 22, 5:30–8:30pm. For more information, check the Stapleton website at www.stapletoncommunity.com.

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

Diane Deeter
Director of Programming and Events



Sponsored by Stapleton MCA

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Front Porch

www.FrontPorchStapleton.com

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, Lowry, Montclair, Mayfair, Hale and East Colfax.

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Surgeon General Visits New Wellness Center

Left: Dr. Jim Hill, director of the new wellness center gave U.S. Surgeon General Regina Benjamin a tour of the new facility, then the two led a one-mile walk through the Anschutz Medical campus.

Right: Dr. Benjamin and Dr. Hill talk to the Front Porch about their common mission to promote healthy lifestyles.



(continued from page 1) **Lifestyle and Diet** – “In Colorado, you’re number one in the number of adults who are least obese, but number 29 in children. Our children are becoming obese—and in a state like Colorado where you’re the best, that’s frightening,” says Benjamin. Information from the Surgeon General’s office reveals that almost one in every three children in our nation is overweight or obese. The numbers are even higher in our African American and Hispanic communities. Obesity predisposes children to chronic

disease. Seven out of 10 deaths among Americans each year are from chronic diseases—yet many of these diseases are preventable by lifestyle changes.

Benjamin says adults should engage in at least 150 minutes of moderate-intensity activity each week, and children and teenagers should engage in at least one hour of activity each day. “The activities should be fun to do—if not habit forming—and bring joy. If they are fun, physical activity and exercise will be sustained and people will want it more.” The Surgeon General is using her position and visi-

bility to make all Americans aware of the benefits of physical activity: it strengthens bones and muscles, reduces stress and depression, and makes it easier to maintain a healthy body weight or to reduce weight if overweight or obese.

Excessive Alcohol Use – Information from the Surgeon General’s office shows excessive alcohol use is a leading cause of preventable death in the U.S. and contributes to more than 79,000 deaths annually. Use that is considered excessive includes binge drinking, underage drinking, drinking while pregnant, and alcohol-impaired driving. Over half of the alcohol consumed by adults and 90 percent of the alcohol consumed by youth occurs while binge drinking.

Tobacco – Tobacco use is the leading cause of premature and preventable death in the United States, according to the Surgeon General’s reports. Living tobacco free reduces a person’s risk of developing heart disease, various cancers, chronic obstructive pulmonary disease, periodontal disease, asthma and other diseases, and of dying prematurely. The Surgeon General promotes making cessation options accessible and affordable. Reducing tobacco use by children and youth is especially important—every day, 4,000 young people try their first cigarette and approximately 1,000 will become daily smokers. “It’s really going to be the kids themselves who will need to talk to their peers and keep them from smoking,” says Benjamin.

Another form of preventive medicine that is high on Benjamin’s list is breastfeeding. “As a society we need to encourage and support mothers who wish to breastfeed,” says Benjamin. “There is overwhelming research-based evidence that supports the benefits to both the mother and child, especially if the child

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Stapleton: past, present and future.

A decade after our first homeowners moved in, Stapleton continues to be a national model for smart growth. With each passing year the trees grow bigger, and the residents help shape the community into something greater than anyone could have imagined. Here’s to the next 10 years.

We invite you to visit our newest neighborhoods, Central Park West and Bluff Lake, showcasing the latest in energy-efficient home designs. And stay tuned for the North Neighborhoods, coming Spring 2013.

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f FORESTCITY

1990

Denver civic and business leaders create Stapleton Redevelopment Foundation.

2001

A groundbreaking ground-breaking. Construction begins at Stapleton.

2003

500 families live in Stapleton. East 29th Avenue Town Center opens for business. Classes begin at two new elementary schools.



Name changed to Stapleton International Airport.

1964

Denver voters approve plan to build Denver International Airport (DIA).

1989

Denver Municipal Airfield opens. Hailed as the most modern airport in the country.

1929

Forest City is selected as master planner and developer of Stapleton.

1998

Old airport closes, DIA opens. The “Green Book” unanimously approved by City Council as foundation for the sustainable redevelopment of Stapleton.

1995



Stapleton’s first residents move in.

2002

Stapleton’s population is now well over 5,000. Denver School of Science and Technology is open. And so are The Shops at Northfield Stapleton.

2006



can be breastfed for six months or longer. For the mothers this includes lower rates of breast and ovarian cancer—and losing weight gained during their pregnancy is easier. For the child, antibodies in breast milk protect babies from ear infections and illnesses that include pneumonia and diarrhea. Children who are breastfed are less likely to become obese and develop asthma, and the risk of sudden infant death syndrome is also reduced. There are economic benefits too. Healthier babies mean less employee time off to care for sick children, and higher productivity for the employer.” Additionally, families who follow optimal breastfeeding practices can save up to \$1,500 in expenditures on infant formula in the first year alone.

The Surgeon General, appointed by the president, oversees the operations of the Commissioned Corps of the U.S. Public Health Service, a 6,500-member team of public health professionals, including nurses, social workers, therapists, educators, dentists, physicians, veterinarians, research scientists and engineers. They deliver the nation’s public health promotion and disease prevention programs and advance public health science. They serve in the nation’s fight against disease and poor health conditions, and provide emergency preparedness rapid and effective response to public health needs.

Dr. Benjamin was raised by her divorced mother in Daphne, Alabama. When her family came upon hard times they sold their property. In order to feed themselves, the family caught crabs, fish and shrimp in the Gulf of Mexico. She won a scholarship to Xavier University and then attended medical school at the University of Birmingham and Atlanta’s Morehouse School of Medicine. She also holds an MBA from Tulane. She gained notoriety after starting a health clinic in the small and poverty-stricken shrimping village of Bayou La Batre, Alabama. The floodwaters of Hurricane Katrina damaged her clinic, and then fire completely destroyed it—but she continued serving her patients at their homes and in area hospitals.

Dr. Benjamin has received numerous awards including the Nelson Mandela Award for Health and Human Rights and the National Caring Award, which was inspired by Mother Teresa.



All new members get an individual assessment that includes a customized workout plan. The plan is stored on a “key” which, when inserted into a kiosk, (shown below) shows the workout plan on the screen, with step by step instructions. The key is also inserted into each piece of equipment during the workout, and a digital display on the equipment shows what settings should be used and how many repetitions.



State-of-the-Art Wellness Center Opens at Anschutz Medical Campus

By John Babiak

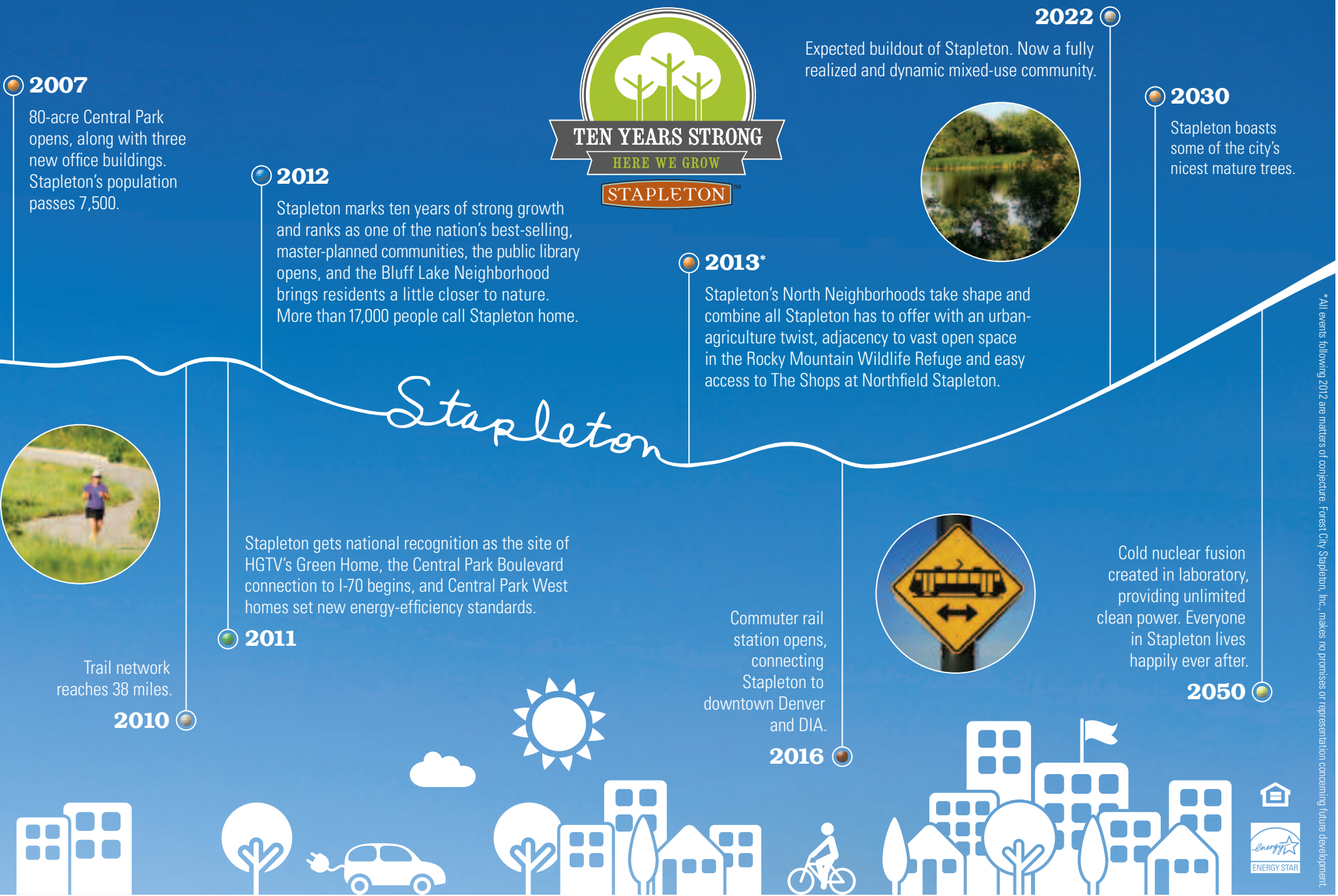
After years of planning, a first-of-its-kind medical and wellness facility held its grand opening on April 16th, 2012 at the University of Colorado Anschutz Medical Campus in Aurora. The Colorado Center for Health and Wellness is a national model for a more holistic approach to community health and the integration of health and wellness. The center is a preeminent, research-based resource for all who wish to make sustainable improvements in lifestyle and health. One of the Center’s primary goals is to reduce obesity and weight-related chronic diseases in Denver, the state and across America—and the center sees itself as a partner with individuals, schools, businesses and government to accomplish this goal.

The center is the result of the vision of its executive director, James Hill, MD, PhD, a professor of pediatrics and medicine at the University of Colorado. Not only does he bring his enthusiasm and leadership to the center, Dr. Hill is a recognized international leader in the fight against obesity. He previously served as

chair of the first World Health Organization Consultation on Obesity—and he was a member of an expert panel on obesity at the National Institutes of Health that developed the first U.S guidelines for the treatment and prevention of obesity.

For Dr. Hill, this has been a dream to have a center to help empower and educate people and at the same time evaluate interventions that work for obesity prevention and treatment. He has dedicated his career to developing a facility that brings together both ideal physical space and a talented team. In 2008, the Anschutz Foundation awarded the University of Colorado Denver a \$15 million grant that was matched by the University and the School of Medicine. The funds were used to design and build the state-of-art, 94,000 square-foot, “green” complex. The building was designed for multiple uses, including a wide array of programing, some of which is free and open to the public (and will be listed in the Front Porch events section). It is also home to researchers and staff, their offices and laboratories.

(continued on page 30)



Financial Education for Students Packed into a Day

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Below: Jonathan Lindenmuth volunteers to answer a question.



Photos courtesy of CenturyLink

Above: CenturyLink vice president Scott Russell teaches first graders at Bill Roberts school about financial literacy.

By Kim McGrigg

Be on the lookout for a crop of lemonade stands, lawn mowing services, and babysitting businesses. On April 12, volunteers from CenturyLink, including managers and executive level staff, adopted Bill Roberts School for the day and taught the Junior Achievement (JA) curriculum over the course of just five hours. CenturyLink staff helped local kindergarteners learn about personal budgeting using stories about working, earning and saving while eighth graders tackled the global economy, what makes world trade work and how trade affects students' daily lives. "JA is a unique program that connects real world experiences to classroom instruction," said Cheryl Beckwith, 3rd and 4th grade teacher at Bill Roberts K-8 School.

According to a recent study by JA and The Allstate Foundation, 58% of teens reported learning how to manage money in school or from teachers in 2011. In 2012, that number dropped to 24%. The JA programs align with Colorado state standards in social studies and personal financial literacy (as well as with some of the standards in math and language arts). The programs have been independently tested and shown to result in approximately a 19% knowledge gain on topics such as global competition, business ethics, and needs and wants. Bill Roberts was one of seven schools where, over the course of a week, CenturyLink volunteers brought the JA program to more than 3,000 students in Colorado.

Kim McGrigg is a Park Hill resident and director of communication for Junior Achievement.



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* Well, perhaps the decade???
To be continued...

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Cavity Free at Three, Seriously!

By John Babiak

The staff at Children's Hospital Colorado Dental Center at the Anschutz Medical Campus is on a mission: to help rid kids of the longest standing and most chronic childhood illness: tooth decay.

According to the recent Colorado Health Foundation 2011 Colorado Health Report Card, our children rank 38th in the United States with 77 percent of Colorado's children receiving one or more preventative dental visits in the past 12 months. With the premise that dental diseases are nearly 100 percent preventable, the belief is that when preventative care advice is followed, children can be cavity free. Foremost is all children should have a first dental visit upon eruption of their first tooth or by age one.

The Cavity-Free at Three Program at



Valerie Haustein watches Children's Hospital Dental Clinic manager (and Park Hill resident) Grace Turner demonstrate proper brushing techniques on a toy's teeth. Haustein, a dental hygienist, and Turner are the key spokespersons for the Cavity Free by Age Three program at the Children's Hospital Colorado Dental Center.

Children's Hospital is championed by its director, Dr. Elizabeth Shick, dental hygienist Valerie Haustein and clinical care manager Grace Turner. Haustein says, "When we work with children in elementary schools we use simple 10-15 minute age appropriate lessons to talk about the purpose of teeth—eating, speaking, smiling; food, drink and snack choices that are good for our teeth versus those that are not as good, and the ways we take care of our teeth—by regularly visiting our dentists, brushing twice or three times daily, using mouth rinse and daily flossing," said Haustein

So what are the lessons that every child (and parent) can learn, apply and benefit from?



One hour after this child ate a sticky dried fruit food it was still stuck between the teeth and on the biting surfaces. The sooner food is removed after eating, the less acid is created. Photo courtesy, T.P. Croll, DDS

Oral Microbiology 101. Dental cavities are caused by acid-producing bacteria that live in our mouth. These microbes colonize on our teeth and eat the same foods that we consume. How do they get there? At a very early age they are passed along to children by their adult caregivers, for example, by a mom or dad who wets a pacifier or shares a spoon.

Happy Foods	Sad Foods
Fruit	Cookies
Veggies	Cake
Cheese	Dried fruit
Crackers	Granola bars
Pretzels	Sweet cereals
Nuts	Fruit roll-ups
Peanut butter	Toaster pastries
Wheat bread	Soda, tea-based drinks
Sugar free snacks	Fruit & sports drinks
Water	Candy

Once in our mouth they digest our carbohydrate and sugar-rich foods and release an acid that attacks the protective enamel layer of our teeth. The combination of acid and its exposure time on the surface of a tooth is what drives tooth damage, erosion and decay.

(continued on page 8)



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Time:
Location:
Cost:
Registration:

4th and 5th graders
June 18 to June 22
9 a.m. to 4 p.m. each day
Stapleton's Central Park Recreation Center
\$185 per participant
www.yacenter.org/Stapleton

Mercy Housing

(continued from page 1) about 225 people living in one-, two-, and three-bedroom units. The property will feature a playground, computer lab and resident service base where residents will take classes to learn to access such services as health insurance or to receive job training. After-school and summer programs for children also will be offered.

“All the residents are low-income families,” explained Jennifer Erixon, Mercy Housing senior vice president, Real Estate Development and Asset Management. “Half the units are for families transitioning out of homelessness. Of those units, we will have 15 of them specially set aside for homeless veterans. Most of the residents are families. We started accepting applications about three months ago.

“We work with existing service providers, so we expect that most of our families are already in some sort of transitional housing situation, so they’ll be transitioning out of the temporary situations into the more permanent housing we provide,” she said.

Bluff Lake Apartments provides permanent housing for residents who continue to live up to the required qualifications set forth



Workers install a soft surface for the playground at the Bluff Lake Apartments.

by Mercy Housing. They can earn up to 50 percent of Denver’s median income, which is \$39,500 for a family of four.

“As long as they continue to income qualify for our property, they can live at our property as long as they want to,” Erixon said. “Typically, we find that most of our residents are working, but their income is at such a level that they’re unable to pay for the market-rate cost of housing.”

Residents are a combination of people who are disabled, senior citizens who are retired on fixed incomes, and families who may have suffered a job loss and are working their way back, according to Erixon. They also are “families where there was an abuse situation and it’s now a mom who’s supplying for her family. It’s diverse backgrounds among the people we serve,” she said.

“We see housing as the first step towards stability for the families that we serve,” Erixon explained. “We find that once they start to feel secure and safe in their housing, they can start fulfilling their potential. We are interested in providing service-enriched housing, working with the adults, and making sure that they know what benefits they’re entitled to. Families coming out of crisis situations may be eligible for federal or state benefits. We help them to access the system.”

Mercy Housing wants Stapleton residents to know that Bluff Lake residents will fit well into the neighborhood, Erixon said.

“We would say that the families living at Bluff Lake Apartments share the same values as their neighbors,” she said. “They want a safe place for their family to live. They want their family to have access to quality education. They want to be proud of their home. Stapleton neighbors are really remarkable in terms of the level of support that they’ve provided to us in our new development. We look forward to continuing to build a relationship with them.”

For information about Mercy Housing or Bluff Lake Apartments, email Jennifer Erixon at jerixon@mercyhousing.org.

Cavity Free

(continued from page 7)

Recommendations:

(1) Do not share eating utensils or cups with children, or wet or clean pacifiers with your mouth. Never sweeten a pacifier. (2) Avoid eating and snacking over long durations. (3) After eating, remove any remaining food and/or sweet beverages by brushing, flossing and rinsing out your mouth with water two or three times per day. (4) For infants, without teeth, wipe their gums, cheeks and tongue with a wet cloth after feeding.

Diet and Tooth Decay.

Your choice of foods and beverages plays a significant role in cavity formation. Sticky or chewy foods that remain in the mouth longer cause more damage, as do sour candies made with high concentrations of harsh citric acid that weakens and erodes our teeth.

Recommended Foods:

Fruit leather and chewy snack bars are sticky and tend to wedge between teeth and on surfaces. Raw fruits are best, as is cheese. They cause more saliva flow and neutralize the acids.

Drink water rather than sweetened beverages—including sports drinks.

Do not suck on sour candies for a long time. Don’t brush teeth after eating acidic foods, wash their residue away with water.

Follow these recommendations and you may arrive at your dentist’s office with zero cavities!



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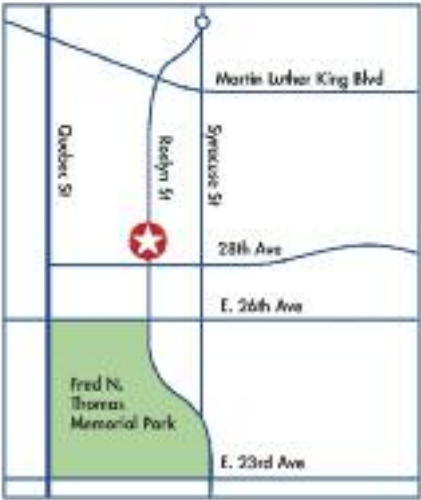
by Rick Artist, MD

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Elizabeth Buisker, DO
Kristine Walsh, MD, MPH
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The Centers for Disease Control and Prevention (CDC) is sharing some news as part of their Get Smart about Antibiotics campaign. Widespread overuse of antibiotics is fueling an increase in drug-resistant bacteria and creating a pressing, public, health problem.

Almost every type of known bacteria has become stronger and less responsive to antibiotic treatment in recent years. Antibiotic-resistant bacteria can threaten the community with a new strain of infectious disease that is more difficult to cure.

What You Need to Know:

- Antibiotics don’t work for a cold or the flu. Antibiotics kill bacteria, not viruses. And colds, flu and most sore throats are caused by viruses.
- Prevent infections by practicing good hand hygiene and getting recommended vaccines.
- Do not ask for antibiotics when your doctor thinks you do not need them.

What can I do to feel better if antibiotics won’t treat my illness because it’s caused by a virus?

For upper respiratory infections, such as sore throats, ear infections, sinus infections, colds and bronchitis, try the following:

- Get plenty of rest.
- Drink plenty of fluids.
- Use a clean humidifier or cool mist vaporizer.
- Take acetaminophen or ibuprofen to relieve pain or fever.
- For children and adults, decongestants and saline nasal sprays may help relieve some symptoms.

Remember, always use over-the-counter products as directed. Many over-the-counter products are not recommended for children younger than certain ages. Ask your doctor about additional, natural remedy solutions.

If you would like to make an appointment with Dr. Artist, please contact the Stapleton Family Medicine office directly.

This information is courtesy of the Centers of Disease Control and Prevention.



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People Who
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The Rapper, Activist and Philanthropist

Jamie Laurie, aka Jonny 5, is the lead singer and song-writer for the Flobots. He wants to be known for his contributions to society. His music and lyrics are how he is getting there.

Jon Meredith: The Flobots have had considerable national success, yet it seems all of you are about more than just your music and the stardom that goes with success. Your nonprofit arm, flobots.org, is helping build a \$2.8 million music studio on Denver's west side to be primarily used by local children and Denver Public Schools. What brought you to use your success to empower children with these types of opportunities?

Jamie Laurie: First and foremost we are a band and as a band we are going to entertain people, and our shows are primarily to bring people together as a community and celebrate the chance to be together. While we are doing that, we want to engage people, not just with their bodies but their mind as well. The message we put out is that everyone has the ability to create change in the community around them. Everywhere we go, we meet people who are creating change in their community and our music is a chance for them to be together in the same venue and celebrate.



Jamie Laurie is an East High School graduate and lead singer and songwriter for the Flobots.

JM: What is the process you use to write the Flobots lyrics?

Laurie: There are five members of the band and we all write together. Every song has its own story as to how it came into existence. The best songs are the ones that all of us enjoy. If all of us are happy, chances are many others will enjoy the song as well. We have been searching over the years for one process that will become our process, but we haven't found it yet.

[At this point in the interview, Laurie politely excuses himself to take a call from his mother. In overhearing his side of the conversation, it is clear he has a great relationship with her.]

JM: After going to college at Brown you served in AmeriCorps/Vista for three years. What gave you the impetus to begin thinking about music as a career and a way to motivate people?

Laurie: In 2003, I decided to come back to Denver and really try music as a serious endeavor. Up until then, I really hadn't given myself permission 'cause I thought that music was something I enjoyed on the side, and in college I had decided the real way to make change in this world is to be a social activist. I didn't know what type of activist, but I knew I was committed to change but not necessarily to music. In AmeriCorps, I was riding in a car with a group of kids from the program. I was always trying to get them involved somehow, in change in their lives. There was a song on the radio and all four kids, one Guatemalan, two Haitian and a Liberian girl, became immediately unified by the song. I thought to myself, if I really want to reach these kids I need to be the voice inside the radio. That was the first time I gave myself permission to view music as more than a hobby. I realized it could be fundamental to social change.

JM: What inspired the band to start flobot.org?

Laurie: It started when we were invited to perform at PeaceJam in 2006. It was the largest gathering of Nobel laureates ever in the U.S. and included the Dalai Lama. We were overwhelmed with the sense that there was a larger purpose to what we were doing than just playing music. We came back to Denver and were encouraged to take our

music to the Denver Children's Home. From there the idea of inspiring kids through music became the focus of what our nonprofit is all about.

JM: Who was instrumental in raising the money to get the studio building funded?

Laurie: Your readers. Anyone reading this article who wishes to get involved should contact our executive director, Jamie Duffy, at flobots.org.

JM: What is it like growing up in Denver and playing Red Rocks for the first time?

Laurie: We have played there three times and always as the opening act. It is every musician's dream to play there, especially if you are from here. I hope we get the chance to headline soon.

The Flobots are releasing their new album, *The Circle in the Square*, on July 31.

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Students Send Water Filters to Zambian Village

By Jon Meredith

A visit from a Peace Corp volunteer working in Zambia to Stapleton resident Sara Stern's homeroom at Stanley British Primary School (SBPS) in Lowry has inspired a group of middle-schoolers to help send water filters to a small village there. Stern is working with the 6th, 7th and 8th graders on this project.

Heather Cummings, a Denver resident and former Peace Corps volunteer, asked Stern if she could come to SBPS to show the children what life is like in the village of Simwatachela, Zambia. During Cummings' talk, students noticed immediately that all the villagers were drinking from a small, muddy water puddle, according to seventh-grader Sam Pfeifer. "The water supply there is a little hole in the ground which all the villagers drink out of. One of the pictures showed a black blob in the water that turned out to be a dead rat." Eloise Gordon adds, "When all the kids saw the rat, we knew they needed cleaner water and water filters are the way to make dirty water clean."

Abe Neuwirth articulated the reaction of his fellow students. "We knew we had to take action in order to make a difference in the village." The students agreed that sending water filters to the villagers was a good idea. However, filters are expensive and the logistics of getting them from 4th and Quebec Street to a small village in Zambia that is an eight-hour drive from an airport are almost insurmountable. Even though the kids had a worthwhile idea, they needed to solve three problems: which filters would work best in that environment, how were they going to pay for them, and how were they going to get them to the village?

To determine which water filter to use, eighth-grader Grace Romer did a science fair project on different types of



British Primary School students show water filters made by Lifesaver like the ones they sent to Zambia. In the front row, left to right, are Aliza Saper, Grace Romer, Chiara Dart, Evan Doherty and 8th grade teacher, Sara Stern. Back row: Abe Neuwirth, Nick Maahs and Head of School Jim Barrier.

filters that were appropriate for use in the area where the village is. "I made a connection with the Lifesaver Company during that time and they offered to donate three filters," she says. However, the issue of logistics remains a problem, as the cost of shipping the filters can be more than the cost of the filter itself.

The group has been raising money for the project. "So far we have been looking for different companies to present to and last week we went to the Rotary Club and they donated \$700 to the project. We do a slide show and ask for donations," explained Noah Mushkin. When asked why people in those organizations should give, Mushkin states, "You can be saving lives because in Africa someone dies every 20 seconds from a water-caused illness."

This will be an ongoing project for Stanley middle-schoolers. Next year, current seventh-graders will move up to board positions and will recruit incoming sixth-graders to get involved. Chiara Dart says the long-term goal is to dig a well in Simwatachela, which will cost around \$5,000. The well will solve the logistical problems that come with sending filters to a remote village like Simwatachela, Zambia.

Head of School Tim Barrier is excited by the educational value of the project and the motivation of the students. "We're very proud of the fact that this project arose from student interest, and from their desire to take action and have impact. In our mission statement, we talk about 'preparing students to make a positive difference' and these young people, as well as the teachers working with them, are great examples of doing exactly that."

For further information on projects in Simwatachela, Zambia, go to www.ssaap.org.



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Colo. was exempted from No Child Left Behind. What does that mean to the state?

By Carol Roberts

In January 2002 George Bush signed into law No Child Left Behind (NCLB).

The goal of the bill was to close the achievement gap among schools through more accountability. Although most agree the goals are laudable, there is wide agreement that NCLB is not working effectively to achieve its stated goals.

In May 2010 Colorado passed the Great Teachers and Leaders Law, (Senate Bill 191, sponsored by State Senator Michael Johnston), which set state requirements for educator evaluations. In February 2012, Colorado, along with nine other states, was exempted from the requirements of NCLB. The Front Porch asked Sen. Johnston what this exemption means. Johnston explains: "The NCLB is like a Model T out on the road right now—which means it was an ambitious innovation when it first got started and it changed a lot of the way we do business. But no one would want to drive a Model T today.

"The federal government believes that our state system for accountability and assessment is better than the national standard, so they'd rather have us use our own tools than what the others use. The great practical impact for this waiver is that we won't now have districts and teachers and principals living under dueling accountability systems. For the past ten years teachers and principals have had separate sets of reporting, accreditation and intervention—one that was federal and one that was state level. This will allow us to eliminate the additional federal layer and just focus on our state results, our state intervention and our state accountability system. So it's a significant reduction of paperwork and overhead for schools to manage, which means they can devote more of their dwindling resources for the direct education of kids.



State Senator Michael Johnston, sponsor of Senate Bill 191, explains what it means to Colorado to be exempted from the federal No Child Left Behind law.

"One of the things that we've found is that we've had a great process over the last couple of years where teachers around the state collaboratively worked to rewrite Colorado standards. So we now have new sets of standards in all of our content areas, in all of our grade levels. From all of the teachers I've talked with and worked with, they have uni-

versally been supportive of these new sets of standards because they really are more manageable than the old ones. There are fewer, they're clearer and they're higher than the old standards. It used to be if you wanted to teach ninth-grade English, you inherited a standards book of 170 pages—and you or I could never possibly teach all of this in one year. Now we're talking about a quarter of that—a smaller set of really deliverable standards that you can teach to. And now we're building new assessments that are directly aligned to those standards. So I think people know that we've invested in these standards and we're investing in these assessments. There's nothing wrong with teaching to the test if the test is one that you believe in. If you believe that the test is accurately measuring the things that are important for kids to know, then it can be useful.

"The key (to the exemption) is that it doesn't require us to keep using an outdated federal system. We are exempt until there's a new statute. If there is a new statute, we won't know if it might recognize the states that received waivers and extend those waivers. It might require us to come back under a new federal system. If the federal government comes back with a much better, stronger, updated, more effective model, then we would be interested in looking at it again. In the meantime we'd rather be using what we've built than what they built 10 years ago.

"I think that Colorado already is a national model and it should inform the next draft of NCLB. I'm confident that it will in some ways."

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Redistricting

(continued from page 1) readers can better understand the rationale and the emotions that were part of this difficult task.

The vote on April 23 was 9-4 in favor of the redistricting the map submitted by Councilman Herndon. Since all city ordinances must be voted on twice, the second and final vote will be on April 30, after this paper is printed.

“Over multiple community meetings that we had and just shy of 150 emails that I went through and I read the comments people made at the public hearings—and I didn’t find any-

body who thought it was wise to split those communities,” says Herndon. “And that was my value of keeping neighborhoods whole that I always stuck with. It never made sense in any capacity to split neighborhoods and that’s what I think was the key difference between Map D (Lopez’ map) and Map F. Map F kept more neighborhoods whole, whereas Map D was splitting neighborhoods, in my opinion, unnecessarily. (Maps are posted at www.FrontPorchStapleton.com.)

“There is no perfect map. I don’t want to pretend that,” Herndon continues. “But I do think Map F takes several different interests

into account and does give a pretty good product at the end taking all the demographics into account, balancing the history of where we’ve been as a city. I’m glad to see that a majority of council members supported it on Monday.”

Two of the criteria that were considered in redistricting decisions are keeping neighborhoods together and keeping communities of interest together. Sometimes those seemed to be at odds.



Councilman Paul Lopez

“It’s about your daily life in Denver. There are a lot of people in these areas who are losing their homes to foreclosures, to predatory lending. There are a lot of folks who are becoming unemployed. Does that mean that they should not have a voice in Denver? Does that mean that we should cut them up into different districts and dilute their voice? Or should we advocate, on this end, for the folks that are losing? It’s much more profound

than some old coalition that existed. It’s about people in neighborhoods today and their voices being heard and not being drowned out.

“You have to look at the city through a lens without council district lines. When you do that you start seeing groups of people with common interests and common causes and common challenges. And it’s important that we do not ignore those challenges and it’s important that we do not dilute those voices in those neighborhoods, from those areas coming to council.

“Don’t get caught up in some of the hype about ethnicity,” Lopez continues. “It’s much more profound. Those folks in some of these neighborhoods that became the issue, they deserve a voice on city council. Their voice needs to be honored in how we spend those general fund dollars.

“The last thing we want to see, and what we want to avoid, is when folks focus more on ribbon cuttings and projects and development and not addressing some of those challenges. We don’t want to see the real challenges that residents in our city are going through become backburner issues. We need to be sure we understand those issues and that we are working diligently to resolve those issues.

“My map does a better job of addressing the issues. It’s not about 90 degree angles on the map. It’s about making sure people are represented and making sure they have a stronger voice and they’re not on the back burner.. and a unified voice. Just because you live in one neighborhood doesn’t mean that you only think about that neighborhood. You think about your neighborhood as part of a larger city.”

The Front Porch will share the final redistricting vote on April 30 at www.FrontPorchStapleton.com and on our Facebook page.

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Environmental Graphics: Creating Environments with Signage

By Nancy Burkhart

Twenty years ago, signage was something created in flashy colors on metal or plastic and slapped on the face of a building with huge screws. Today, however, environmental graphics create signage that uses the same materials used in the building or parking lot that they call home.

"We create environments with signage," explained Marty Gregg, founding principal of ArtHouse Design, which recently relocated to Stapleton at 2373 Central Park Blvd.,

Suite 204. "We do signage, poles, directories and wayfinding. We also do branding and logos. We just finished illuminated towers that are 22 feet tall on 14th Street. They have



Marty Gregg, principal, Arthouse Design, has recently moved his business to the office condos at 23rd and Central Park Boulevard. Behind him are his staff members, left to right: Megan Charles, Beth Rosa (holding picture of missing staff member Clara Carpenter) and Chuck Desmoineaux.

"way-signing" and directional information for traffic and pedestrians. The back sides have pictures that are illuminated graphics all night long."

ArtHouse Design has created a new logo for Bennigan's, all the signage and graphics inside and outside on both buildings at the Denver Art Museum, and has done all the graphics and signage at Children's Hospital over the past five years. They also have done wayfinding signage for both the University of Denver (DU) and the University of Colorado (CU).

"When somebody is going to a college campus, they make up their mind

whether that is where they will go to school in eight to 10 minutes," Gregg said. "When you are a school like CU or DU, you want that person's first minutes on the campus to be as good as possible. You don't want them wondering where they're going or where they're going to park. If it's too difficult, maybe they'll go someplace where they feel more welcome. It makes a lot of sense to hire an environmental designer to make that transition for people."

While ArtHouse Design does do signage for individual firms, their clients most often are developers and architects, according to Gregg.

"Developers and architects understand," he said. "We usually have an initiated client who has bought this service before. They call to say, I've got this great building, business or parking lot, but nobody knows we're here or how to get from Point A to Point B.

"We give them a plan. If they want one sign, they will go to a sign builder. Most say they want a comprehensive look. I'm doing my job when the line between what I do and what the architect does is blurry and the materials we're using are the same as the architect is using. Sign information needs to tie in with the building, fixtures and carpet. I've been doing this for 25 years and I'm sensitive to these needs and the way things look."

Gregg lives in Stapleton with his wife, Polly, and their two sons, 13-year-old Max and 9-year-old Nick.

"I'm thrilled to be in Stapleton," Gregg said. "It's just a great place to live and work. I can see both kids' schools from my office. I ride bicycles with my neighbors. I run. It's just an incredible lifestyle. It's so cool to live and work here."

For information about ArtHouse Design, go to www.arthousedenver.com or call 303.892.9816. Email Marty Gregg at marty@arthousedenver.com.

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<p>May 10-13 CHRISTINA PAZSITSKY "Cheslea Lately" "World's Dumbest"</p>	<p>May 31-June 3 LAVELL CRAWFORD Special Engagement "Comedy Central" "Breaking Bad"</p>
<p>May 17-18 CEDRIC THE ENTERTAINER Special Engagement "Madagascar" "Barbershop" "Comic View"</p>	

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Bona Fide Fish & Chips Bring Great Britain to Colfax

By Nancy Burkhart

Alex Stokeld grew up in Denver, but his father was British and one of 16 children. “Growing up, I spent a lot of time going to England, bouncing from house to house,” Stokeld explained. “My parents had a little restaurant for a couple of years while I was growing up. I did the finance thing for a couple of years, but it was killing me. I needed to be back in the kitchen.”

Thus GB Fish & Chips, a step into British cuisine, was born. The GB stands for “Get Battered.” Today, Stokeld has three GB Fish & Chips in Denver. The latest one to open is at 5325 E. Colfax Ave., between Glencoe and Grape streets. The restaurants are a family project.

“My brother, Cyrus, runs the Colfax restaurant,” Stokeld said. “Cousin William runs Sheridan. My Aunt Barbara makes our desserts—bread pudding and cheesecake. My parents are involved. My dad makes the pork pies. We make the sausages—the bangers—so my dad supervises that. We’ve got little carts for ‘bangers on a bun’ at



Alex Stokeld, foreground, owner of GB Fish and Chips, and his brother Cyrus show a basket of their battered fare, served on what looks like a British newspaper.

public festivals...and we do big parties.”

Bangers are spiced English pork sausages. They contain water and breading, so when they are heated, they “bang” open, Stokeld explained.

The menu also includes shepherd’s pie, a hearty mixture of beef, lightly spiced vegetables and fluffy mashed potatoes. There is a pork pie, which is a hot-water pastry stuffed with seasoned ground pork, and pasties that contain a variety of fillings.

A variety of “swimmers,” or fish, are battered and deep-fried. They include cod, tilapia, prawns, squid and scallops. There also is New England-style clam chowder. Side dishes include chips or fries, mashed potatoes, baked beans, coleslaw, crisps or potato chips, and a curry sauce.

The kids have their own lower-priced meals with a choice of fish, a side and a soft

drink. On Sundays, children under the age of 12 eat free.

The restaurant is a small space with tables and counter seating at the bar where beer and wine are served. TVs feature soccer and rugby, or whatever viewing the customers fancy, according to Stokeld.

GB Fish & Chips is located on East Colfax Avenue because of Stokeld’s history in Denver. “I went to Regis, but I had friends who went to East and Manual

(high schools), so I hung out in the area as a kid,” he said. “I’m a Colfax kid in my heart. I’ve just always loved Colfax. It’s part of our city that makes me feel like I’m in the city.”

GB Fish & Chips accommodates customers with both eat-in and takeout tastes. To view a menu, go to www.gbfishandchips.com. Then call in your order at 303.333.4551 to be picked up. For further information, email gbfc07@gmail.com.



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Earth Day Events

By Carol Roberts

Sixteen-year-old triplets Jacob, Olivia and Noah Buege learned about volunteer opportunities with VOC (Volunteers for Outdoor Colorado) when the organization came to GW High School in search of volunteers (a good place to find them since IB students are required to do community service). VOC's Cairn program offers youth an opportunity to learn about community leadership, outdoor stewardship, and how to work with volunteers. "It sounded like a great opportunity to connect to the environment and improve it so we and others can enjoy being out-

side and stay active and healthy," says Olivia. Jacob adds, "We spent the whole year doing projects leading up to what we're doing here today (at Sand Creek). The xeriscape, the fence and the gravel were all planned by us, the students." After Olivia and Jacob described the triplets' Earth Day project, the big remaining question was, "What's it like being triplets?" Noah responded, "We are actually very close, we hardly ever fight. We get along well. People think it's really interesting, but it's all I've ever known. We have the same group of friends and we're all involved in theatre and for the most part do the same activities."

@ Sand Creek



Jacob, Olivia and Noah Buege, 16-year-old triplets from Stapleton who are sophomores in the IB program at George Washington (GW) High School, helped organize an Earth Day event in which over 100 youth spread gravel, built a fence and did xeriscape planting to renovate the Sand Creek Regional Greenway's Smith Road Trailhead in Stapleton. (Turn west on Smith Road from Havana and go to the end to reach the trailhead.)

@ Bluff Lake



Corey Batson, a volunteer from Nature's Educators, shows off a red-tailed hawk (as a young man in the audience imitates the hawk's wings) at an Earth Day celebration at the Bluff Lake Nature Center that attracted 650 visitors.

By Jeff Lamontagne, Bluff Lake Exec. Director

Bluff Lake Nature Center operates a 123-acre wildlife refuge and environmental science center in Stapleton. Located at 3400 Havana Way, Bluff Lake is a quiet sanctuary with a rich diversity of wildlife and migratory bird species, and it is al-

ways free to the public, dawn to dusk. During the summer, Bluff Lake hosts fireside chats at its amphitheater, and six weeks of camps for kids in the summer. For more information on fireside chats and summer camp schedules, visit www.blufflakenaturecenter.org.

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Take a Hike

by Marko and John Babiak

Little Drummer Boys (and Girls Too)

According to our bird-loving friends at the Colorado Birding Society, on any given day during the year, Colorado is home to a combined total of 12 different species of woodpeckers, sapsuckers and flickers. Some are rarely here and others come and go as seasonal migrants, while a few enjoy the Centennial state's surroundings so much, they take up residence here year-round.

By far the most common and interesting member of the woodpecker family in Denver is the northern flicker. Flickers, like all woodpeckers, are highly evolved birds that are well-designed to strip tree bark or hollow out wood. They are equipped with sharp, oversized, jackhammer-like beaks that are powered by heavy-duty head and neck muscles. A shock absorbing cartilage material joins their skull bone and beak, and very effectively prevents injury to the flicker's brain. Tiny hairs cover their nostrils, preventing wood dust and dirt from entering their nasal passages when they are performing their seasonal drilling or drumming routines in our neighborhoods.

Flickers possess an elongated, barbed, whip-like tongue that they flick out and in to capture their favorite live foods including ants, beetles and caterpillars. Ornithologists believe that at over five inches in length, a flicker's tongue is the longest of any bird on our continent. This is why you see them probing through groundcover plants, decomposing logs, and in loose soil around our lawns and parks. If they are lucky, they may come across an ant mound and devour the colony. It has been reported that in one flicker's stomach over 5,000 ants were found! To achieve a more balanced diet, they will also eat wild berries, seeds and nuts. During the fall and winter months, they can be lured to our backyards with a suet cage feeder that contains a cake, which basically is a solid block of rendered beef fat and peanut butter, embedded with chips of peanuts, almonds, pecans, corn and oat flakes.

Flickers are able to grip and steady themselves in a prone, upright position by employing their unique combination of two forward and two rear facing toes with sharp claws.

As my sidekick and I see it, to a flicker, an earth-toned

house is simply a large, oddly shaped tree that is attractive to them, especially in the spring when their mating instincts kick in. Both the boys and girls publicize their presence and territory by first drumming the loudest surface that they can find including your aluminum roof vents, rain gutters and the metal chimney flashing. They also hammer on hollow-sounding wooden shingles, siding and garden structures. Both behaviors are followed by booming Tarzan-like "ke-ke-ke" calls and joyful "flicka-flicka-flicka" songs. The short cabaret ends with a head and body bobbing courtship dance. These daily performances conclude in early July, just in time for the sound from our neighborhood ice cream trucks to move in and take over.

Flicker partners mate for life. Together they hollow out nesting cavities and roosting sites in soft dying or dead trees. Females will lay a clutch of six to eight eggs that hatch in about two weeks. The young birds fledge from their nests within a month's time.

Northern flickers can be identified not only by their chatter, but also their coloration. In comparison to their black and white woodpecker relatives, the bodies of Colorado's northern flickers display soft gray and brown tones. When they are flying in their distinct undulating pattern, their tail feathers reveal a salmon or yellowish tint, while their rump is bright white.



An overwintering male Northern flicker probes a backyard suet feeder.
— Photo by Marko Babiak

They have a black neck crescent, and black stripes and spots on their chest and wings. The flicker drummer boys sport a handsome, bright red mustache that extends from their beak to their chin.

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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May 2012

17

Stapleton Front Porch

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:

5/4 Friday- Santa Fe Arts District. Santa Fe Dr. between 10th and 6th. www.artdistrict-santafe.com

5/4 Friday- North Denver's Tennyson Art Walk. Tennyson St. and 44th Ave. www.denverartwalk.squarespace.com

5/4 Friday- Old South Pearl Art Walk. www.oldsouthpearlstreet.com

5/4 Friday- Cherry Creek Arts District. www.cherrycreeknorth.com

5/4 Friday- Highlands Square First Friday. 32nd and Lowell, North Denver. www.highlands-square.com

5/11 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).

5/25 Friday- Final Friday at Denver Art Museum. 6-10pm. *Untitled* for April looks at artists' hidden meanings, codes and puzzles. General admission applies; members free. Bands, munchies and cash bar. www.denverart-museum.org

What to do in Denver? Visit www.denver.org/what-to-do or www.GalleryGuideDenver.com. Search art galleries by district, medium and style; info on nearby points of interest, Art Walks, exhibition openings, maps of Denver's Public Art

collection, links to recommended cultural itineraries.

Free Wednesday Activities for Seniors. 1st Wed., 10am, crafts/light lunch; 2nd Wed., 12pm, big lunch/entertainment; 4th Wed., 12pm, light lunch/bingo. RSVP: 303.439.7554 for big lunch, 303.807.0619 for other services. Bosworth House, 1400 Josephine St. Sponsor: Assistance League of Denver

5/1 Tuesday to 8/31- Titanic Tours at Molly Brown House. Learn about Titanic and Molly Brown. Tours daily on the hour; \$10/adults; \$8 senior and military; \$6 kids 6-12. www.molly-brown.org

5/5 Saturday- Jockeys, Juleps and Jazz. Denver's Kentucky Derby Event/fundraiser for mylifeline.org Cancer Foundation. Hors d'oeuvres, beer, wine, mint juleps. Live/silent auction, band, hat contest and more. Derby Attire. 3-7pm. Four Seasons Hotel, 1111 14th St. Denver. \$100/person. www.mylifeline.org

5/5 Saturday- Hands on Colorado at History Colorado Center. Hands-on activities introduce families to archaeology and preservation. 10am-5pm. Included in museum admission. www.historycolorado.org

5/5 Saturday and 5/6 Sunday- 25th Cinco de Mayo Parade and Festival. Civic Center Park, downtown Denver. www.cincomayomay.com

5/6 Sunday- Living History Day at Four Mile Park. 10am-4pm. Features summertime pastimes of mid-late 19th century! General park admission applies. www.fourmilepark.org

5/6 Sunday- Seedlings for Peace. Delaney Farms, 170 S Chambers Rd, Aurora. All faiths invited to restore earth and foster community by planting 100 trees. FREE. Register: Heather Oginsky at serendipity75@comcast.net. Donations for trees needed.

5/10 Thursday- P.E.O. International local chapter meeting. P.E.O. Philanthropic group supports educational opportunities for women. Meets 2nd Thursday of month, 7pm. Free. Contact copeojc@gmail.com.

5/11 Friday and 5/12 Saturday- Denver Botanic Gardens Plant Sale. 10am-6pm Fri.; 10am-4pm Sat. Horticulture experts answer questions and assist shoppers to choose right plants. FREE admission. 1007 York St. www.botanicgardens.com

5/11 Friday and 5/12 Saturday- Colorado Chocolate Festival. Denver Merchandise Mart. 1-25 and 58th Ave. FREE admission; tickets required for tastings. Music, kids' activities, wine tastings, cooking demos, etc. www.chocolate-festival.org

5/12 Saturday- Aerial Dance Over Denver's 5th Anniversary Masquerade Aerial Show and Party. Cirque-style performances on aerial apparatuses, dancing, food and prizes. Costumes welcome. FREE, all ages. 8964 E Hampden Ave. 303.771.0161, Gayle Lynne at Dance@AerialDanceOverDenver.com

5/12 Saturday- Wash Park Home Tour. 10am-4pm. Benefits Steele Elementary. Tickets \$20 in advance; \$25 day of. www.washparkhometour.org

5/17 Thursday- Colorado Federation of Garden Clubs. For all gardeners, 3rd Thursday. Grace: 303.455.0839

5/18 Friday- Bessie's Hope 2012 Fundraising Gala: Copacabana Night. Silent auction, gourmet dinner and Copacabana show of professional sound-alikes of Frank Sinatra, Marilyn Monroe, Dean Martin and Andrew Sisters. Benefits Bessie's Hope, matching families, individuals and businesses with lonely nursing home residents. 5:30pm silent auction, 7pm dinner, 8pm Copa Show. \$150/person plus other levels including table purchase. Tickets: 303.830.9037 or www.bessieshope.org.

5/19 Saturday and 5/20 Sunday- Tesoro Indian Market and Powwow. Award-winning Native American artists show/demonstrate their crafts, plus powwow with dancers/drummers in competitions of traditional, shawl, fancy, grass and jingle dancing in valley below The Fort restaurant, Morrison, CO. www.tesorofoundation.org, www.thefort.com

5/19 Saturday- First Race to Your Next Place. Citywide scavenger hunt with 250 teams vying for \$10,000 Grand Prize. www.liveurbanedenver.com

5/25 Friday to 5/28 Monday- 14th Annual Downtown Denver Arts Festival. 16th St Mall. FREE. www.downtowndenverartsfestival.com

5/26 Saturday- Memorial Day Remembrance Parade, Wreath Remembrance Ceremony, Tribute Ceremony. 9am-1:30pm, downtown Denver near Civic Center Park. FREE.

5/27 Sunday and 5/28 Monday- 33rd Annual Old South Gaylord Memorial Day Festival. FREE. www.southgaylordstreet.com

6/2 Saturday and 6/3 Sunday- Denver Chalk Art Festival. Larimer Square. FREE. www.denverchalkart.org

6/2 Saturday and 6/3 Sunday- Capitol Hill People's Fair. Civic Center Park. FREE. www.peoplesfair.com

6/7 Thursday to 6/9 Saturday- Tea and Treasures at Tablescapes 2012 Fundraiser. Benefits Assistance League of Denver; 10-3pm. Bosworth House, 1400 Josephine. \$16/ticket by 6/1; \$22 after and at door. 303.355.2470

Through June 17- Read My Pins, Madeleine Albright Collection. Her elaborate brooches broadcast messages to colleagues and press during her diplomatic career. Denver Art Museum. Free with admission. www.dam.org

Denver Urban Homesteading Farmers Market. Indoor, year-round farmers market and homesteading school with local/organic foods. Thurs/Fri. 3-7pm, Sat. 9-3. 200 Santa Fe Dr. FREE. www.denverurbanhomesteading.com for classes/seminars

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

Denver IDEA Café. FREE. Startup workshop and speakers presented by Small Business Chamber of Commerce. 2-3:30pm. Fridays. Panera Bread, 13th and Grant. www.SmallBizChamber.org or 303.861.1447

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

Volunteers of America Foster Grandparent Program. Seeks adults 55+ with lower incomes who love working with kids and can give 15/more hours/week. Small stipend given; transportation reimbursed. www.voacolorado.org, 303.297.0408 (Naomi Taggart)

Assistance League of Denver. Seeks members to help underserved in metro Denver. Programs for victims, students, children, and seniors. Learn more: www.denver.assistanceleague.org or 303.322.5205.

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

Denver Public Art Tours. FREE Public Art Tours by foot, bike, scooter; for art and architecture lovers. Reservations required. Schedule/signup: www.denvergov.org/publicart. Also download PDF of Denver's Public Art Guide.

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

5/17 Thursday- HIV testing at Rocky Mountain Cares nonprofit for holistic HIV care. FREE. 1-5pm. 3rd Thursday monthly. 4545 E 9th Ave, #120. Adrian Pilarski: 303.393.8050

Cancer: Thriving and Surviving. New curriculum from Stanford Univ. Chronic Disease Self-Management Program. FREE 6-week 2-hr. classes as part of Univ. of Col. research project. Call Linda Nugent at 303.956.8908 or 800.900.2629 for class locations/schedules.

LECTURES AND DISCUSSIONS

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all sessions: www.ActiveMinds.com. **FREE.**
5/1 Tuesday- The Legacy of World War I. 10:15-11:15am. Jewish Community Center. 350 S. Dahlia St. Lil Shaw: 303.316.6359
5/8 Tuesday- Spain. 5:30-6:30pm. Tattered Cover, 2326 E. Colfax. 303.322.7727
5/10 Thursday- Pakistan. 7pm. Stapleton Master Community Assoc., 2823 Roslyn St. RSVP: 303.388.0724
5/15 Tuesday- Ukraine at a Tipping Point. 11am-12pm (10:45 refreshments). Temple Emanuel, 51 Grape St. RSVP: Jodi, 303.388.4013 x307
5/22 Tuesday- China the Super Power. 5:30-6:30pm. Tattered Cover, 2326 E. Colfax. 303.322.7727

LIBRARIES

For all library programs, check events calendar at denverlibrary.org. All branches closed Friday, 5/25 for city furlough day and Sunday 5/27 and Monday 5/28 for Memorial Day.
Park Hill Library, 4705 Montview Blvd. 720.865.0250. Closed Mondays, Wednesdays and Sundays.
Thursdays- All ages storytime. For kids who can sit, listen to stories and participate in songs. 10:30am.
Thursdays and Fridays- Book Babies. Babies 6-23 months with parent/caregiver. Share books, songs, finger plays. 11:15am. Please attend only ONE session/week.
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- Tales for Twos. 10:15am through 5/8.
Tuesdays- Preschool Story Time. 11:30am through 5/8.
Thursdays- Bookbabies. 3pm through 5/10.

KIDS AND FAMILIES

Thursdays in May- Star K Kids. Puppets, stories, activities, outdoor explore for ages 5 and under. 9:30 & 11am. Morrison Nature Center, 16002 E Smith Rd, Aurora. 303.739.2428, www.auroragov.org/nature
5/3 Thursday to 6/23 Saturday- The Emperor's

New Clothes. Denver Puppet Theatre, 3156 W 38th Ave. Tickets: \$7 ages 3 and up. 303.458.6446, www.denverpuppettheater.com
5/5 Saturday- Home Depot Kids Workshop. 9am-12pm. FREE how-to clinics first Saturday of month for ages 5-12. Each child gets Home Depot apron, wooden project and project pin. Metro-area Home Depot stores. www.homedepot.com
5/6 Sunday- Junior Rangers. 1:30-3:30pm. Ages 6-12. Morrison Nature Center, 16002 E Smith Rd, Aurora. Reservations required. 303.739.9428, www.auroragov.org/nature
5/9 Wednesday- Create Playdates at Denver Art Museum. Kids 3-5 roar, bang, stomp 2nd Wed/month. 10am. Art making, story times, scavenger hunts. Included in museum admission; 5 and under free. 100 W 14th Ave Plwy. www.denverartmuseum.org or 720.865.5000
5/12 Saturday- St. Elizabeth's School Spring Garden Festival & Kids Carnival. 10-2pm. FREE. Plant sales, kids' games, entertainment, vendors, food. 2350 Gaylord St. 303.322.4209, www.stelizabethsdenver.org
5/12 Saturday and 5/26 Saturday- Lowe's Build and Grow Kids Clinics. Bring kids to a Lowe's store to build FREE wood project: free apron, goggles, project-themed patch, certificate of merit on completion. 10am. www.lowesbuildandgrow.com
5/17 Thursday- Bluff Lake Nature Center Fireside Chat. Music for Aardvarks musical storytime. 6:30-7:30pm, followed by roasted marshmallows. Suggested \$1 nonmember donation. Bluff Lake Nature Center, 3400 Havana Way, Denver. Ichickos@blufflake.org, www.blufflakenaturecenter.org. Repeats 5/31 with Birds of Prey.
5/18 Friday- Nature at Night. Nocturnal Lifestyles, 8pm. All ages. FREE. Morrison Nature Center, 16002 E Smith Rd, Aurora. www.auroragov.org/nature
5/19 Saturday to 5/30 Wednesday- Sneak Peek Denver Zoo Toyota Elephant Passage. See the new elephant exhibit before it opens 6/1. Member tickets \$5, 12 and up; \$3, 3-11. Nonmembers \$25, 12 and up; \$15, 3-11. www.denverzoo.org
5/26 Saturday- Denver Botanic Gardens Family Fun Night. 4th Friday monthly nature at night in Mordecai Children's Garden. Monthly themes, performers in Sagebrush Stage, snacks by campfire, nighttime activities. \$20/member family of 4, \$3 extra person. \$25/nonmember family of 4, \$4 extra person. Children 2/under free. www.botanicgardens.org

Denver Museum of Miniatures, Dolls and Toys Workshops. Ages 4 and up. Cost from \$5. Museum adm: \$6 adults, \$4 children 5-16, under 5 free. 1880 Gaylord St. www.dmmtdt.org
Tiny Tots Love Music, Denver Brass. Special concert for tiny tots and parents; introduce little ones to magic of live music. Various dates/locations. Tickets: www.denverbrass.org
June - Abrikadoodle kids/family art classes, camps, activities at Montclair Rec Center. Daytime and evenings. <http://www.abrikadoodle.com/co05/schedule.html>
Lisa Kish-Pittman: 303.997.9061, lkish-pittman@abrikadoodle.com
Mile Into The Wild Walkway at Wild Animal Sanctuary. Largest carnivore sanctuary in Western Hemisphere with 300 lions, tigers, bears and new mile-long, 30-foot-high walkway lets visitors get up close. \$10/adult, \$8/children. Keensburg, CO. www.wildanimalsanctuary.org

KIDS CAMPS AND CLASSES

5/21 Enrollment deadline for "Mix it up" Summer Camp- Hike giant mountains, dive into a reservoir, summer adventures. Ages 6-10 \$120/\$145; ages 11-15 \$145/\$165. Commerce City Recreation Center, 6060 E. Parkway Dr. Ycassini@c3gov.com 303-289-3659
6/12 Tuesday to 6/15 Friday- Star K Nature Camp. 9am-12pm, Ages 6-12, Morrison Nature Center. \$50/child. Register: www.auroragov.org or 303.739.2428. Repeats 7/10-7/13.
Aurora Fox Theater- Drama classes ages 4 and up. Lisa Mumpton: 303.739.1573 or www.aurorafox.org
Art Students League of Denver- Programs for kids and teens. 303.778.6990, www.ASLD.org

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

Small Hands Art Studio- Art classes. Stapleton location. www.smallhandsart.com
Start Art- Art classes. Startartkids.com
The Art Garage- Classes ages 4 and up. 6100 E 23rd Ave, Park Hill. www.artgaragedenver.com
The Urban Farm- Embracing Horses; info@theurbanfarm.org
Club J- After-school programs at Jewish Community Center for kids grades K-5. www.jcc.org
Stapleton All Sports- Now registering for spring sports. www.stapletonallsports.com
Sol Vida Dance Studio- Classes, workshops, camps and more for kids and adults. www.solvidadance.com

(continued on page 20)



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RECURRING EVENTS

1st Mon. after 1st Tues.
House District 7 Republicans, 7pm. Islamorada Fish Co. (inside Bass Pro) chrismaj@gmail.com

4th Monday
SUN Board Mtg. 7:30pm, MCA, 2823 Roslyn St. stapletonunited-neighbors@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
6pm St. Thomas Episcopal Church
22nd & Dexter. Shirley 303-726-2998

1st Tuesday
Breast Cancer Support Group
5-6:30pm AFWilliams 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

4th Tuesday
Adoptees in Search
General Meeting, 7:30-9pm;
Montview Presby. Church, Study
Group Room. AISCTC.org 303-
232-6302

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

1st Wednesday
Work-from-home group 12-
1pm at SmartSpace 2373 Cen-
tral Park Blvd. #100. Brown bag
or group order for lunch
www.stapletonhomebusiness.com

2nd Wednesday
Adoptees in Search Support
Group, 7-8:30pm; Montview
Presby. Church, Robinson Rm.
AISCTC.org 303-232-6302

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

2nd & 3rd Wednesday
Lowry Peak Speakers Toastmas-
ter Club. Noon-1pm, Pinnacol
Assurance: 7501 E. Lowry Blvd,
80203. lowrypeak.free-toasthost.org
lptoastmasters@gmail.com

3rd Thursday
Stapleton Citizens Advisory

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

Last Thursday
Stapleton Power Partners
Networking for home and other
Stapleton businesses 2:30-4pm.
The Berkshire in the 29th Ave.
Town Center. Rich Ouellette
303-488-3975 rich.ouellette@ubs.com. Dee Brown 303-997-
7744 deindenver@aol.com

1st Saturday
Neighborhood Partners Environ-
mental Team 9am-12pm. Clean
up Westerly Creek. Contact
Lcorrell@dotnet.net for location
CFry@Sandcreekgreenway.org

1st Saturday
Bluff Lake Birders, Nature Cen-
ter 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

3rd Saturday
Daughters of the American Rev-
olution at Adagio Bed and Break-
fast, 1430 Race St. Prospective
members welcome-rsvp to
Helen Strader, 303-997-6788

Periodically
Stapleton Wine Appreciation
Group. meighanm@aimg.com

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(continued from page 19)

DENVER MUSEUM OF NATURE AND SCIENCE
Montview and Colorado Blvd. www.dmns.org
Through 7/8 Sunday- Lizards and Snakes. More than 60 live snakes and lizards on display.
5/17 Thursday- Science Lounge. Cocktails/entertainment every 3rd Thurs. of month. 6:30-9:30pm. \$8/members; \$10/nonmembers
Planetarium- *Wildest Weather in the Solar System; Black Holes; Cosmic Journey; One World, One Sky.* www.dmns.org/planetarium/current-shows
IMAX Movies- *Tornado Alley 3D, Flying Monsters 3D, To the Arctic 3D.* Various times. Tickets: \$8/3-18; \$10/adult

NORTHFIELD EVENTS

Events at The Shops at Northfield Stapleton- 303.375.5475 www.NorthfieldStapleton.com
5/24 Thursday to 6/3 Sunday- Family Festival. Rides, games and festival food. Monday- Thursday: 4-11pm; Friday: 4pm-12am; Saturday-Sunday: 12pm-12am. Tickets: \$1 each (2-6 tickets required per ride); \$25 all-day wristband
Bass Pro Events- 720.385.3600, www.BassPro.com

Hunting, fishing and marine seminars offered throughout the month.

Harkins Theatres 18- 720.374.3118, www.HarkinsTheatres.com
Improv Comedy Club and Dinner Theatre- Tickets: 303.307.1777, www.ImprovDenver.com
Ticket prices based on comedian and show time.
Toby Keith's I Love This Bar and Grill- 303.728.9468, www.countrybarco.com
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ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

**Reservations required for events marked* at 303.289.0930. Free unless noted. Hours: Mon-Sun., 6am-6pm. Visitor Center: Tues.-Sun., 9am-4pm. Refuge closed all federal holidays. Directions to Refuge: www.fws.gov/rockymountainarsenal/ Wednesdays, Saturdays, Sundays- Wild Rides.* 9:30-11:30am Wed and Sat, 1-3 pm Sun. 2-hour guided viewing tour.
Saturdays- "Wild" Talks. 1pm. Join a naturalist every Saturday for 10-minute mystery "wild" talk.
Sunday Matinees. Nature movie every Sunday at 1:30 pm. Families welcome.**

SPORTS AND FITNESS

5/5 Saturday- Wells Fargo Walk MS. Denver City Park. Registration 7:30; Walk 9:30am. www.walkMScolorado.org. FREE. \$50 minimum fundraising encouraged.
5/5 Saturday- Dumb Friends League Furry Scurry. 2-mile walk at Denver Washington Park benefits Denver Dumb Friends League. \$50/person. 9am. www.ddfl.org
5/13 Sunday- Mother's Day 5K. City Park. 9am. \$30/individual, \$90/family. www.mothersday5K.com
5/19 Saturday- Bellco Colfax 5K. Family-friendly 5K through Denver City Park kicks off Kaiser Permanente Colfax Marathon weekend. www.runcolfax.org
5/20 Sunday- 2012 Kaiser Permanente Colfax Marathon, Half Marathon, Marathon Relay and Urban 10 Miler. Epic Stadium run-through! 7 miles of water on urban marathon course, a new 10-mile race. Denver's marathon has lots of new features. Race starts/finishes at City Park. Register: www.runcolfax.org
5/26 Sunday- Herding Cats 5K run/walk. Stapleton Central Park, 9 am. Benefits Rocky Mountain Feline Rescue. www.mfr-colorado.org
5/28 Monday- Bolder Boulder. 10K road race. www.bolderboulder.com
6/2 Saturday- Jodi's Race for Awareness. 5K run/walk; 1-mile family walk. Denver City Park. Register: www.colo-ovariancancer.org
6/4 Monday- Outlaws Swim Team. Summer practice schedule begins. New Lowry-based swim team for boys/girls, ages 5-18, beginner to advanced levels. Mon-Thurs afternoons/early evenings. Montclair Rec Center. 729 Ulster Way in Lowry. Register: www.OutlawsSwimTeam.com
6/10 Sunday- 7th Annual Strides 5K Run/Walk for Epilepsy. City Park. Register 8:30am, start 9am. www.epilepsycolorado.org
Fridays- i Play. 5:30-7pm. Open yoga; instructor present. Kids welcome. Donation only. 2212 Kearney St. www.mysacredi.com
Saturdays- Bootcamp. Stapleton Central Park every Saturday at 8am. \$10/person. www.qidenver.com/programs/QiOutdoorbootcamp

NORTHEAST DENVER EVENTS
5/2 Wednesday- Prayers for World Peace. Interfaith prayers to join one heart/mind to create peace in world. 7:30pm. Free Center of Light, 2300 Forest St. Denver@CentersOfLight.org or 720.308.9944
5/4 Friday to 5/6 Sunday- Park Hill Art Club Spring Show and Sale. Friday 4:30-8pm, Saturday 10-6pm, Sunday 9:30-4pm. Over 100 artists. Park Hill United Methodist Church, 5209 Montview Blvd. Tavia Campbell: 303.808.4506
5/5 Saturday- Voice of the Wood Cello Quartet and Friends. 3pm. Messiah Community Church, 1750 Colorado Blvd. Adults \$5; kids FREE. Benefits Greater Park Hill Food Bank. www.voiceofthewood.org.
5/5 Saturday- Bash Dash. Family adventure race, Stapleton Town Center 8:30-11am. www.ypfoundation.org.
5/5 Saturday- Montview Preschool Carnival. Fun day of games, prizes, bouncy houses, train and wagon rides, food vendors, puppet shows, cookie decorating, etc. 11am-3pm, \$5/advance, \$7/door, kids under 2 free. Corner of Montview and Dahlia. 303.322.7296
5/10 Thursday- Bill Roberts Carnival. 5:30-7:30pm. Everyone welcome to attend, play games, win prizes and socialize. Benefits the middle

school. \$15/child (includes games/carnival snacks); \$5/adult at door. Dinner \$4 extra. At Bill Roberts School, 2100 Akron Way.

5/12 Saturday- Swigert Touch-a-Truck. Kids can climb on and explore dozens of trucks and vehicles during family event to support Swigert International School. Ice cream trucks to front loaders. 10am-1pm. \$10/person, 2 and under free. Look for coupon in this Front Porch. Sam's Club Parking Lot-Quebec Square. Tickets: touchatruck.swigertpta.com
5/21 Monday- Denver Meditation Meetup. Discuss/practice ways to still your mind, and then enter into meditation. 7:30pm. Free. Center of Light, 2300 Forest St. Denver@CentersOfLight.org or 303.913.7053
5/23 Saturday- Walking Tours with Phil Goodstein- Park Hill. 6-8pm. Meet at gazebo in Ferguson Park, SE corner of 23rd Ave and Dexter. \$10. 303.333.1095

5/27 Sunday- Free Conscious Movies: The Last Mountain. 7:30pm. Center of Light, 2300 Forest St. Denver@CentersOfLight.org, 720.308.9944
6/2 Saturday- Lowry Yard Sale. 8am-2pm. Lowry Neighborhood. south of 11th Ave. to Alameda; east of Quebec to Dayton 720.583.5262

6/2 Saturday- Links for Lax Golf Fundraiser for East High School men's and women's lacrosse teams. \$125/person; \$460/foursome, includes greens fees, golf cart, bucket of range balls, breakfast and box lunch. 7:30am. www.easthighlacrosse.com, john@anvilchinook.com

Denver School of the Performing Arts. Various dance and music performances; many free! See website for details. Quebec and Montview. www.dsa.dpsk12.org/performance

Central Park Recreation Center. Info: www.denvergov.org/recreation, 720.865.0750 or Facebook Central Park Recreation Center. Registering for sports programs.

THEATRE
5/2 Wednesday- Raise Your Voice Fundraiser 2012. Proceeds support the Vintage's first musical in new theatre, *The Drowsy Chaperone* opening June 1. Doors open 7pm. 1468 Dayton St. Aurora. \$20
Through 5/13- The Joy Luck Club. Vintage Theatre, 1468 Dayton St. Aurora. 303.839.1361, www.vintage theatre.com

Through 5/13- Amateur Night at the Big Heart. Aurora Fox Theatre, 9900 E. Colfax. www.auro-rafoxartscenter.org, 303.739.1970
Through 5/13- Ring of Fire: The Music of Johnny Cash. Stage Theatre 14th and Curtis, Denver Center for Performing Arts. www.denvercenter.org
Through 5/13- Forever Plaid. A joint production of the Firehouse and Spotlight Theater Companies at John Hand Theater, 7653 E 1st Pl. 303.562.3232, www.johnhandtheater.com

Through 5/20- Wicked. Buell Theatre, 14th and Curtis, Denver Center for Performing Arts. www.denvercenter.org
Through 5/27- Twelfth Night. Arvada Center, 6901 Wadsworth Blvd. 720.898.7200, www.arvadacenter.org

6/8 Friday to 7/7 Saturday- Love Child. Avenue Theater, 417 E. 17th Ave. www.avenuetheater.com, 303.321.5925.

6/8 Friday to 7/1 Sunday- Legally Blonde The Musical. Arvada Center, 6901 Wadsworth Blvd. 720.898.7200, www.arvadacenter.org

Through 6/24- I Love You, You're Perfect, Now Change. Galleria Theatre, 14th and Curtis. Denver Center for Performing Arts. www.denvercenter.org



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More Events...

Fishing Season Open at the Rocky Mountain Arsenal National Wildlife Refuge

Anglers will be glad to know the fishing season at the Rocky Mountain Arsenal National Wildlife Refuge has begun and runs through October 14. A wide variety of game fish can be found in lakes Mary and Ladora, including lunker northern pike, trophy-size largemouth bass, bluegill and channel catfish. Fishing is permitted on Tuesdays, Saturdays and Sundays from 6am–6pm. All fishing is strictly catch-and-release. A \$3 daily fishing fee, Colorado State fishing license and Refuge permit are required for anglers ages 16 and older. Rules, regulations and information are posted at the Contact Station kiosk next to the fee box. Free fishing days will be June 2, September 29 and October 13. Refuge visitors can also enjoy hiking, wildlife photography and viewing of 330 wildlife species. The Refuge entrance and Visitor Center are at 6550 Gateway Road, Commerce City. For more, call 303.289.0930 or visit www.fws.gov/rockymountainarsenal/fishing/fishing.htm.

Stapleton’s Public Art Collection Now Talks

Look for new plaques that have been installed at the site of each artwork in the Public Art Collection at Stapleton. The plaque displays a phone number to call to connect with the artist’s audio description of that artwork. There’s also a QR Code that enables viewers with smartphones to link to the Stapleton website with photos of the artists and additional information about the artwork. Planning a bicycle tour of public art at Stapleton? A map is available at www.stapletondenver.com. Sponsored by Forest City Stapleton, the Master Community Association’s community fee, David Weekley Homes, Infinity Home Collection and KB Home. For more about Stapleton’s public art program or to comment on the audio descriptions, contact Barbara Neal, public art consultant for Stapleton, at 303.830.8791.

Active Adults Group Begins an Array of Activities

The Active Adults group promotes, organizes and encourages ongoing activities for those interested in everything from games and crafts to walking and hiking. Initial activities were chosen based on a survey.

From May 1 – 18 hour-long walks will be held on weekdays at 8am starting at the Hub/Cop Shop at 7484 E. 29th Ave. (enter from the parking lot behind Cycleton). A leader will guide the walks for three weeks; then participants will be encouraged to organize ones they would like.

On Thursday, May 17, a 4-mile walking event will be held starting at the Rocky Mountain Arsenal Visitor Center, 6550 Gateway Ave., Commerce City. RSVP: kbowman@stapletonfoundation.org or 720.865.2356. Arrive by 8:45am

Periodic walks along Denver’s creeks will be lead by Brian Hyde. Email brian@comcast.net for the schedule.

The Central Park Rec Center Family Room will be open from 12–4pm on Mondays for games and Wednesdays for yarn/fabric crafts. Bring activity items with you (must be rec center member or pay the day fee). For more on Active Adults, contact Lucia Correll at lcorrell@dotnet.net.

People interested in joining a book group can contact Laura Mueller (ljmobg@gmail.com) or Diane Anderson (dimanders47@yahoo.com) for more information.

May 5 and 6—Denver’s 25th Anniversary Cinco de Mayo Celebration

People of all backgrounds are invited to converge in downtown Denver at Civic Center Park on Saturday and Sunday, May 5 and 6, to celebrate culture and embrace diversity at the nation’s largest Cinco de Mayo celebration. In its 25th year, it will feature 300 craft, food and commercial booths, exhibits, family fun, the 4th annual Green Chili Cook Off, and three stages of live entertainment with performances by

international, national and local artists. Go to www.cin-codemayodenver.com for more event information.

May 11—Earth Force’s Free Youth Summit at Westerly Creek

Earth Force works with young people throughout the 10-mile Westerly Creek watershed area to teach aquatic science, civic skills and environmental service techniques. On Friday, May 11, from 1–4pm, students will show their environmental service projects at Earth Force’s Youth Summit at Westerly Creek. Free and open to the public, the event features interactive displays and presentations by students from Aurora Academy, AXL Academy, Fletcher Intermediate Science and Technology School, The Odyssey School,

Place Bridge Academy, and others. The summit is sponsored by State Farm Insurance, Denver Public Works’ Keep It Clean and the Sheila Fortune Foundation. It will be held at the Stapleton Central Park Pavilion at the corner of MLK Blvd. and Xenia St. For more, contact Donny Roush at droush@earthforce.org.

May 16–19—Ten Thousand Villages Hosts Fair Trade Rug Sale

The Fair Trade Oriental Rug Event, presented for the second year by nonprofit craft store Ten Thousand Villages, returns to Denver Wednesday–Saturday, May 16–19. Over 300 beautiful hand-knotted Bunyaad rugs will be on display and available for purchase at the Augustana Lutheran Church, 5000 E. Alameda Ave. From intricate florals to hand-spun natural dye wool
(continued on page 22)



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More Events...

(continued from p. 21) tribals, every Bunyaad rug has been designed and hand-knotted by highly skilled and fairly paid adults from villages in Pakistan. A free Introduction to Oriental Rugs one-hour seminar will be held at the church on Thursday, May 17 at 7pm. Refreshments will be served. Reservations are advised. To make a reservation or learn more about the rug sale event, contact Judi Nafziger at 303.316.8773 or visit www.rugs.tenthousandvillages.com/denver_rugevent.

May 19—Free Presentation for Parents on Talking with Youth about Sexuality

Planned Parenthood of the Rocky Mountains' Responsible Sex Education Institute will mark Teen Pregnancy Prevention Month by providing its "Talk is Power" presentation on Saturday, May 19 from 2–3:30pm. The presentation is free and open to the public and will take place at Planned Parenthood's health center at 7155 E. 38th Ave. (near Poplar St). Talk is Power is specifically designed for parents, guardians, family members and youth-serving professionals wanting to sharpen their skills around talking with youth about sexuality and sexual health. Participants will be able to explore their own values about sexuality in a safe and nonjudgmental environment and learn how to respond to difficult questions from youth about sexuality and how to plan an effective conversation with a young person. For more information, call 303.321.7526.

May 26—Herding Cats 5K Walk/Run

A 5K untimed walk and fun run, featuring a poker-style running course will be held on Saturday, May 26, to benefit the animals at Rocky Mountain Feline Rescue. Registration is \$30 for adults, \$20 for kids under 12 and the fee includes a limited-edition Herding Cats T-shirt. There will be free light refreshments, vendor booths and participants can win various donated

prizes. The race will begin at 9am at Stapleton Central Park, the parking lot and playground at 8801 E Martin Luther King Blvd. Register at www.RunningGuru.com/Website/HerdingCats. Rocky Mountain Feline Rescue is a nonprofit, no-kill cat shelter located at 2390 S. Delaware (http://www.rmfr-colorado.org or 303.744.6076).

June 2—Colorado Free University Holds Un-Job Fair for Entrepreneurs

Colorado Free University (CFU) is holding its third annual Un-Job Fair: An Exploration of Options and Opportunities for Successful Self-Employment on Saturday, June 2 from 8:30am–4:45pm. Launching or building a small business is not easy. This daylong event of presentations and seminars gives current and would-be entrepreneurs practical support and tips for starting or running their own businesses. The fair will be held at CFU's Lowry Campus at 7653 E. 1st Pl. Cost is \$66 or \$54 for CFU members. For specifics on the day's topics and schedule and to register, go to www.freeu.com or call 303.399.0093.

June 17—Father's Day Denver Century Bike Ride

The third annual Coldwell Banker Denver Century Ride will return on Sunday, June 17. With five new courses (1 to 100 miles) there's a course for everyone, plus a new start/finish location in Stapleton's Central Park. Come take a ride and enjoy a family post-ride party. Be involved as a participant or community group. Local organizations can help at aid stations and start/finish festivities. Email ridedirector@denvercenturyride.org to host an aid station or acastano@csg-sponsorship.com to participate in the festival at the start/finish. Register to ride at <http://denvercenturyride.com/registration/>; \$10 of every registration for the 100-, 85- and 62-mile courses will be donated to BikeDenver, which strives to improve Denver's biking community. More about BikeDenver at www.bikedenver.org.



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Dr. Paul A. Oberbroeckling



Park Hill Peloton (left to right): Reid Neureiter, Glenn McCoin, Devin McCune, Tom Fahres, Jason Malec, Doug Ekstrand, Bob Boyle
Kids: Luke and Reese McCoin, Ethan Boyle.



Photo courtesy of Park Hill Peloton

Join/Start a Cycling Group

The Park Hill Peloton, above, is a group of advanced cyclists who ride four mornings a week from April until October. Peloton is the French word meaning "ball" or "platoon." A coordinated peloton can ride much faster as a group than any one rider alone by sharing the work of cutting through the wind. On Saturdays their ride meets up with riders at Cycleton for a 40-mile airport loop. The Park Hill Peloton is open to riders from all neighborhoods. To learn more about the group, visit Park Hill Peloton on Facebook or www.ParkHillPeloton.org.

For intermediate cyclists, a cycling group departs from Cycleton (E. 29th Ave. Town Center) on a 25-mile ride at 7am Saturday mornings. The ride is free and open to the public.

Both Cycleton and Park Hill Peloton would like to have recreational cycling groups and they invite interested individuals who are willing to organize group bike rides to contact them. They will promote the rides through their organizations.

The Hub (7484 E. 29th Ave., behind Cycleton) will be organizing rides this summer through their affiliation with the Major Taylor Cycling Club. Call the Hub at 720-865-2356.

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Premium Fishwrap*

by Jon Meredith

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Denver Should Strive to Become the Country's Best Bicycle Commuting City

Twenty-five years ago, I lived in Park Hill and worked in LoDo. Occasionally, I would ride my bike to work. I was the only cycling commuter I ever saw on the streets and in the parks of Denver. Drivers would pull right out in front of me, cut me off, yell at me to get off the road and passengers often threw garbage at me. Denver streets had very few bike lanes, buses did not have carriers and businesses had little or no tolerance for employees who rode their bikes.

Today, we are paying more for gas, parking is getting increasingly more expensive and Coloradans always are looking for yet another way to exercise. Biking to work is becoming a year-round alternative to driving. Last week, I was walking up 16th Avenue from Broadway in the five o'clock hour and there was a steady stream of cyclists on their way home. Actually, there was more bike-rider traffic than vehicle traffic. Some riders have \$10,000 custom racing bikes and are dressed in Tour de France regalia, businessmen are in suits on mountain bikes with their pant leg rolled up and ladies riding cruisers in sundresses.

Rockies pitcher Jamie Guthrie rides his bike to and from work and he certainly can afford to get there any

way he wants. Gov. Hickenlooper has been known to ride on occasion and is a large supporter of biking. As mayor of Denver, he was instrumental in getting the B-cycle program started.

I can ride from my home in the Eastbridge section of Stapleton to 16th Ave. and Broadway downtown without ever having to ride on a city street that does not have a bike lane. More than half the ride is through parks with no vehicle traffic at all. Almost everyone living in Stapleton and Park Hill can ride this route.

With employees riding to work, employers are making it easier to do so. Many businesses are providing secure areas for bike storage, showers, changing rooms and encouragement to those who choose this alternative mode of transportation. Employers who don't offer these amenities to workers will soon start having to, because employees will demand them and they simply make sense. Employers will have healthier employees who are doing a tremendous job of practicing being green.

To become a great city for bicycle commuting, Denver will have to make changes that strictly promote cycling. Perhaps these changes will be detrimental to vehicular traf-

fic, so they need overwhelming citizen support. A start could be closing 16th Ave. between East High and Broadway to vehicles. Closing some north-south streets to cars is necessary as well. Employers need to encourage biking as much as possible starting with the City and State, as those public entities make up a large number of downtown workers.

Currently, the mayor has a Bicycle Advisory Committee made up of 25 volunteers. The committee meets monthly to oversee the implementation of the Denver Bicycle Master Plan, work with the city to develop engineering standards for street, roadway and trail designs to accommodate bicycles, and to review roadway and trail projects. Citizen involvement is always welcome and as more people ride, it will be necessary to improve the safety and functionality of riding.

As more people cycle, both drivers and cyclists need to be courteous toward each other and cyclists especially need to obey traffic laws. Cyclists need to yield properly, stop at lights and stop signs, ride to the right and never try to be a part of road rage when on a bike. Also, please don't ride down Colorado Blvd. without a helmet, listening to your iPod with headphones. The sight of that irritates all drivers and makes it much more difficult for those who do obey traffic laws while biking.

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

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



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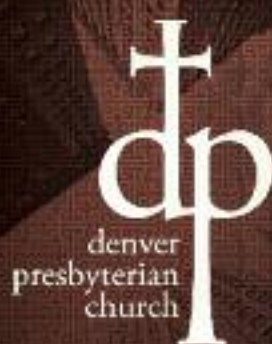
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Appointments in Stapleton or Centennial

Tameka Montgomery

Commencement speaker at Johnson & Wales, honorary doctorate, national Small Business Development Center award, honored by Living Portraits of African-American Women

By Carol Roberts

Tameka Montgomery is being recognized at the Johnson & Wales 2012 Commencement on May 19 with an honorary Doctor of Business Administration in Entrepreneurship, and she will be the commencement speaker. Montgomery has been the executive director of the Denver Metro Small Business Development Center (SBDC) since 2005. The Denver center, one of 1,100 in the nation, was selected by the U.S. Small Business Administration as the SBDC of the Year for the entire nation, receiving the 2012 national Small Business Development Center Excellence & Innovation Award. That award is based, in part, on excellence in providing assistance to small businesses and the success of those businesses securing financing and contracts and creating jobs. The award is also based on innovation. A very successful innovation by Montgomery and her staff was the Main Street Mentors' Walk. A 5K walk around



Tameka Montgomery

Photo courtesy of Tameka Montgomery

City Park, where successful business owners were paired with new and early stage entrepreneurs who were able to seek advice and learn from their mentors' experiences in a fun environment.

The Denver Metro SBDC is a part of a statewide network of small business development centers and has been serving the Denver metro small business community for more than 25 years.

The SBDC provides a team of experienced business consultants who offer one-on-one assistance to small businesses, classes, low-cost seminars and networking opportunities.

In March, Montgomery was recognized by the National Council of Negro Women and the Blair-Caldwell African-American Research Library through their Living Portraits of African-American women. The Living Portraits honor the outstanding contributions of African-American Women in a variety of areas including community service, elected official, business, philanthropy and youth leadership.

Montgomery grew up in Colorado and attended Spellman College in Atlanta. She then earned her Master in Public Administration (MPA) from Columbia University.

Tameka Montgomery lives in Park Hill with her husband, Jonathan Montgomery, an appraiser and homeschooling father, who grew up in northeast Denver. They have three young boys.

Maegan Parker Brooks

Civil rights activist's speeches were inspiration for book

By Nancy Burkhart

Stapleton resident Maegan Parker Brooks is the co-editor

of *The Speeches of Fannie Lou Hamer: "To Tell It Like It Is"*—a recently published anthology of speeches by noted Mississippi civil rights activist Fannie Lou Hamer. The book is the culmination of a five-year effort by Brooks and her co-editor, Davis W. Houck, to find Hamer's speeches.

Hamer, who lived from 1917 to 1977, used her speeches to help achieve voting rights for all Americans. Her most notable speech is the nationally televised address she delivered at the Democratic National Convention in 1964.

"There were only three previously published speeches of hers before I started this," says Brooks. "Women's speeches are not preserved as well as men's are. I had to find people who heard her speak, recorded her speeches, and hung on to them for the last 40 years."



Maegan Parker Brooks with Jesse Jackson when she appeared on his TV show.

Photo courtesy of Maegan Parker Brooks

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"I came from an academic standpoint when I first became involved with the book," Brooks said. "I had studied American public address for years. But I learned about Fannie Lou Hamer when I took an African American studies class. I was surprised and almost embarrassed that I didn't know many of her speeches. Once I started uncovering more of her speeches, I discovered what a gold mine she was. I realized that she speaks to a much broader audience."

Brooks says Fannie Lou Hamer left a mark on her. "I'm a spiritual person, but not very religious. She was very religious. She would recite verses about the spirit of the Lord calling on her to speak. When I traveled around talking to people in the South, many of them truly believe she was a prophet and that she spoke to free the African Americans. Hamer was able to connect religion to fundamental human rights in a manner that made people listen—made them believe in her message."

Rev. Jesse Jackson, Sr., saw the importance of Brooks' effort to collect Hamer's speeches and took the opportunity to teach the public about her importance to the Civil Rights Movement. He recently invited Brooks to Chicago to appear on his television show, *Up Front with Jesse Jackson*, and his radio show, *Keep Hope Alive*.

"That week they were focusing on voting rights," Brooks said of Jackson's show. "Jesse Jackson had just returned from the re-creation of the Selma to Montgomery march. This year they did the whole march. They felt a serious threat from all the voter ID laws. Jesse Jackson wanted to talk about civil rights activists to remind people how people have had to fight to have this fundamental right. He wanted to remind people of the struggle and fight against it."

During her search for Hamer's work, Brooks became close to Hamer's family. "Her daughter is in Memphis. A lot of her family is still in the same economic struggle that she (Fannie Lou Hamer) spoke about," Brooks said.

The family is receiving 40 percent of the book's proceeds, while another 40 percent is going to a fund to produce a statue of Fannie Lou Hamer to celebrate her 95th birthday.

Maegan Parker Brooks, who has a PhD in communication arts, is a part-time writer. She is married to Dave Brooks and has a 19-month-old baby boy. For more information about her, visit www.maeganparkerbrooks.com.

Macy Gosch

Dance video wins contest honoring Jackie Robinson

By Judith Schwartz

A significant moment in Major League Baseball history occurred when Jackie Robinson broke the color barrier on April 15, 1947. In 2004, the baseball commission proclaimed that April 15

would always be known as Jackie Robinson Day. In his honor, the Colorado Rockies established a Rockies Honor Robinson Youth Artistic Contest in celebration of Black History Month. Macy Gosch, 11, a Stapleton resident and fifth-grader at Polaris at Ebert Elementary School, won the award for her age group with her artistic entry exemplifying the contest theme of what

"Breaking Barriers" means to her. Students could express themselves using poetry, music, art, or a video presentation of dance or drama. Macy choreographed and danced to the Maxwell song, *This Woman's Work*.

The contest was open to elementary and middle school students. Each school could submit three entries; 3,350 entries were received. Macy was honored, with the eight other winners, at a ceremony at Coors Field on Sunday, April 15. Her winning entry can be viewed at www.FrontPorchStapleton.com or www.youtube.com/watch?v=ePCZPb1B4GA



Photo courtesy of Macy Gosch

Macy Gosch and other winners of the Rockies' "Breaking Barriers" competition were honored at a Rockies game.

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Transportation Update

RTD Bridge Over Quebec

(continued from page 1) (located just north of Smith Rd.) Lane and road closures are anticipated.

RTD expects that although there may be lane closures on Quebec during the day, complete closure of the street will only occur at night and may be as few as one or two nights. Work is scheduled to be completed within 60 days, though the construction schedule is subject to change. For online project information on all current Fastracks construction and traffic detours, go to: www.rtd-fastracks.com/ep3_26. The Front Porch will post information on local street closings on Facebook.

Mulch Giveaway and Compost Sale

Saturday, May 5, 8am–2pm

Mulch is ground wood chips (storm debris/holiday trees from Treecycle program). Compost is nutrient-rich soil from decomposed organic material (leaves from LeafDrop program) to be mixed into soil. Bring your own pitchfork or shovel and bags or containers. Bring a tarp to cover your truck or trailer. Denver residents only. Commercial vehicles prohibited from taking or selling the City's mulch. Sponsored by Denver Recycles.

Havana Nursery—Free Mulch & Compost Sale

10450 Smith Rd., just south of I-70 on Havana St. Compost Prices: \$3.50 per 1.25 cubic ft. bag or \$30 per cubic yd. (plus tax) Limit: 3 cu. yds per vehicle.

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Denver Water Declares Stage 1 Drought Conditions

Denver Water's mandatory summer watering rules, which are always in effect during the summer, began May 1. At this time, due to the extremely dry conditions, Denver Water is asking customers to voluntarily further reduce outdoor watering in the following ways: (1) Watering only two days a week, and using a day of rain to skip watering. (2) Only watering the areas that are dry (if shady areas look fine, only water the dry areas that get the most sun). (3) Adjusting sprinkler systems throughout the summer, starting with using less water this spring. Don't just set your sprinkler system once and forget about it. (4) Watering two minutes less.

The regular watering rules, which could change this summer based on conditions, are: (1) No lawn watering between 10am and 6pm. (2) Do not water more than three days per week (there are no assigned days for watering). (3) Do not waste water by allowing it to pool in gutters, streets and alleys. (4) Do not waste water by letting it spray on concrete and asphalt. (5) Repair leaking sprinkler systems within 10 days. (6) Do not water while it is raining or during high winds.

Bill to Let Courts Decide Prosecution of Juveniles as Adults Becomes Law

By State Representative Beth McCann

Prior to House Bill 1271, signed into law by Governor Hickenlooper on Friday, April 20, Colorado law allowed a prosecutor to charge a youth as an adult for qualifying crimes. This decision by a prosecutor determined whether a juvenile would be sentenced to the adult prison system and also whether he or she would have a felony record. The decision to file in adult court was never reviewed by a judge. In my opinion, a decision with such significant ramifications should be subject to judicial review.

House Bill 1271 states that for 14 and 15 year olds, a prosecutor must request a case transfer to adult court and a juvenile judge will decide whether a transfer is warranted. This bill allows prosecutors to file directly in adult court against 16 and 17 year olds, but these juveniles can ask a judge to review the evidence and decide on the proper court.

A recent Colorado Juvenile Defender Coalition report documented that 85% of the direct-filed cases are for Class 3 and 4 felonies, not the more serious Class 1 and 2 felonies. Evidence also suggests that recidivism is worse for juveniles sentenced to adult prison than those in the juvenile system. The youth correctional system is better equipped to manage and rehabilitate its offenders, who are at greatest risk of victimization in the adult system. Our juvenile justice policies must facilitate the best possible outcomes when youthful offenders reintegrate into our communities.

The changes to the direct-file statute will preserve public safety, identify juvenile offenders who can be rehabilitated, and provide them the opportunity to learn new behaviors. Young people who should be rehabilitated in a juvenile facility will be given that chance in a locked and safe environment. Those juveniles who should be tried, convicted, and sentenced as adults will be.

Rep. McCann was the sponsor of House Bill 1271. For more information about it or other issues call 303-358-9247 or email beth@bethmccann.org.

Obeying Bike Laws

Recently I saw what looked like a 5- or 6-year-old riding in the bike lane on 29th with her dad and later two boys, they don't qualify as men, in their 20's (at least I hope they were) were riding side by side, also on 29th but on the side walk. They were riding using only one hand as the other was holding a bottle of beer. When I commented they should be in the bike lane, they told me to call the cops!

Any chance you can print these bike rules from the DenverGov.org website? —Owen

Bicycle Laws

Riding Two Abreast – Bicyclists may ride two abreast. Riding two abreast shall not impede the normal and reasonable movement of traffic, and on a laned roadway shall ride within a single lane.

Stay Off Sidewalks – Bicyclists are prohibited from using sidewalks unless: the sidewalk is part of a designated bike route; within one block of preparing to mount/dismount at parking (speed limit 6 MPH); or engaged in delivering newspapers.

One Person Per Bike – Riding double is only permitted when carrying a child in an approved carrier or when riding on a tandem bicycle. Children should always wear a helmet.

Remember, always yield to pedestrians.

Cartons Are Now Recyclable!

Denver households may now begin placing empty food and beverage cartons in their purple Denver Recycles cart. Products commonly packaged in cartons include: milk (dairy, soy and almond); juice; small juice and milk boxes; cream; egg whites and egg substitutes; soup and broth; protein drinks; eggnog, wine, tofu; and ice cream and frozen yogurt.

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to the Editor

Preventing Teen Pregnancies

May is Teen Pregnancy Prevention month. Whenever we talk with parents, Planned Parenthood conveys that they can be very influential in their teens' decision-making about relationships and that starting an ongoing dialogue with their children about sexual health at an early age makes a real difference. Research shows that teens who report having good conversations with their parents about sex are more likely to delay sex, have fewer partners, and use condoms and other birth control methods when they do have sex. But while 94 percent of parents believe they can influence whether or not their child uses condoms or other forms of birth control, only 60 percent are actually talking with their children about birth control.

Just like children need help from parents and teachers to excel at math, reading, writing and the arts, youth need a similar joint effort to be made on behalf of their sexual health. As a Stapleton mom, I know we owe it to our youth to do better; to provide them with the information and resources they need to feel empowered to make responsible decisions about their sexual health.

Alison Macklin, Director of Education, Responsible Sex Education Institute
(Editor's Note: Page 22 lists a free local presentation for parents, sponsored by Planned Parenthood, on talking with youth about sexuality and sexual health.)

Leash Law Enforcement

The city has recently received numerous complaints and concerns regarding the number of off-leash dogs in District Two, mostly in the Stapleton area. I myself was the victim of a dog attack in the Stapleton area when I was a resident there and understand the importance of the law regarding dogs off leash. I urge dog owners in all neighborhoods to please keep this law in mind while out with their pets. We must all remember that no

matter how wonderful we think our dogs are, and how they would never harm anyone, they are still animals and have animal instincts. It is our responsibility to keep them on leash for the safety of our neighborhood and the people that visit and live there.

If you see a dog off leash, please call Animal Control at 311. Thank you.
Technician Amy Esten, Denver Police Department, Community Resource Officer
Sec. 8-16. - Leash law.
(a) It shall be unlawful for any owner, possessor or person who keeps any dog to permit the same to run at large.
(b) A dog shall be deemed to be running at large when:
(1) Not on the premises of the owner, possessor or keeper thereof and not controlled through use of a leash, cord or chain held by the dog's owner, possessor or keeper or an agent, servant or member of the immediate family thereof; or
(2) On the premises of the owner, possessor or keeper, but confined in such a way as to allow the dog to have access to the public right-of-way.
(c) It shall be the duty of the chief of police and all other police officers to see that a dog found running at large is taken up and impounded in the municipal animal shelter, and such dog may be so taken up without the necessity of filing a complaint and shall be impounded and disposed of in accordance with provisions of article VIII of this chapter.
(d) Any police officer, including special police, who is employed by the city is hereby authorized to issue a summons and complaint to any person when such officer personally observes a violation of the provisions of this section or when information is received from any person who has personal knowledge that an act or acts which are made unlawful by the provisions of this section have occurred.
(Code 1950, §§ 752.1—752.3; Ord. No. 94-81, § 1, 3-9-81; Ord. No. 260-92, § 1, 5-4-92; Ord. No. 809-98, § 1, 11-16-98).
Cross reference—Streets, sidewalks and other public ways, Ch. 49.

Rec vs. Competitive Sports

Since our swim team, The Outlaws, got started last February 2012 at Montclair Rec Center, the number one question we get is,

“Are you guys a recreational or competitive team?” Our answer: We are proud competitors in the Colorado Association of Recreational Athletics (“C.A.R.A.”) Swimming League but we do not place any label on it.

We all know the popular controversy surrounding recreational and competitive youth teams. In a day and age where rec teams give every kid a trophy for showing up and competitive teams teach (continued on page 28)

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Stapleton Front Porch

27

May 2012

SUN Meetings are held on the 4th Monday of every month at 7:30pm at the Central Park Recreation Center, 9651 MLK Jr. Blvd. For information about SUN, visit www.stapletonunitedneighbors.com. To contact SUN or confirm meeting time, email stapletonunitedneighbors@gmail.com



(continued from page 28)

youth how to be bench-warmers, it's quite the heated debate among parents. However, I will leave this issue for the Tiger Moms and Boulder Dads reading to debate in the next Front Porch issue. The issue I call to attention is the presumption that parents actually choose from the two options. We assume parents looking for fun, non-competitive environments will choose a rec team, while those who seek a serious, hard-working environment will "go competitive." Imagine if we used this same philosophy with our school system. Students who do not want to work, take SATs, or go to college should enroll in public schools while those who want opportunities to go to college need to attend private schools. Now do you see the problem? The only ones with a "choice" are those with money, while families with only one affordable option, being a rec team in this case, remain unaccounted for. Now that I've introduced the problem, here's what the Outlaws are going to do about it...

On August 4th, The Outlaws and The Thornton Frogs will be co-hosting a first ever ALL-C.A.R.A. Invitational called "Frogs & Outlaws 2012." We are fusing the two worlds, placing rec league swimmers in a competitive swim meet. Coming from a rec league which does not allow for scoring meets, posting time results, or enforcing rules, this could be a huge leap in the direction of progress. Finally, there will be an equal opportunity for all Colorado Youth to experience a real swim competition, where the winners will shout "in your face," the losers will learn resilience, the cheaters will be disqualified, the teams will rally and cheer, outstanding achievements will be awarded, and the helicopter parents will stay home. And ultimately, an under funded rec league may finally see its true potential... —Dmitri LeeNatali, Outlaws Swim Team, www.OutlawsSwimTeam.com

Intersection Debacle

As a Stapleton resident of nearly 9 years, I've known that a traffic signal at 29th and Central Park Boulevard was long overdue. I am happy that we now have one. Nevertheless, I believe the design of the intersection has serious flaws that could have been avoided. These include the following:

It is less safe now than it actually was before. Pedestrians using the trail on 29th now have to cross 4 streets instead of only 2. Instead of crossing directly over Central Park, pedestrians using the 29th Avenue trail now have to cross 29th Avenue, cross Central Park, and then back again across 29th to get back on the trail. A motorist making a left or right turn from Central Park on green

SUN Board Election—Candidates

By Andrew Schurger, SUN President

The Stapleton United Neighbors (SUN) Board elections will be held Thursday, May 17 at 7pm at the semiannual Community Forum, taking place at the Central Park Recreation Center. Eight of the 15 board seats are up for election. Almost every board member whose term is up plans to run again, although there is still space for one new candidate. Please see their bios below and join us on May 17 at the Community Forum.

Amanda Allshouse: Amanda has lived in Stapleton since May 2007 and is an instructor of biostatistics at the UCD School of Public Health. She is a current SUN Board member and serves as the Outreach co-chair along with Dan Oldersdorf. If elected, this will be her third term.

Jeffrey Barron: Jeffery has been a Stapleton resident since 2004 and a board member since 2010. He is an analyst with the Government Accountability Office and has been active in pursuing community mediation. If elected this will be his second term.

Damon Knop: Damon has been active on the board for four years and served as secretary before his current position as vice-president. He is an active member of the Housing Diversity Committee. Damon also represents SUN on the Greater Stapleton Business Association and is a member of the Citizens Advisory Board.

Mark Mehringer: Mark Mehringer recently returned to the SUN Board by appointment. He previously served as president, as well as on the SUN Outreach, Education, and Sustainability committees. Mark has lived in the south end area of Stapleton with his wife and two young children for the last seven years. He runs his own small business, based in Stapleton.

Dan Oltersdorf: Dan is the newest member of the board. Since joining, he has jumped in with both feet as co-chair of Outreach along with Amanda Allshouse. He has recently taken on the role of secretary as well and if elected, will begin his first full term.

Bryan Penny: Bryan has been a member of the SUN Board since 2003 and is an accountant by trade. He has applied those skills serving as the SUN treasurer for more than seven years, and most recently has organized the annual Kickball Tournament. In addition to his role on the SUN Board, Bryan serves on the Stapleton Public Art Committee.

Michael Thomas: Michael is a resident of the Central Park north area of Stapleton, an architect, and a residential real estate broker. He has a vested interest in the neighborhood that he lives, works and raises his children in. He has been active with the Sustainability Committee and is seeking his second term on the board.

Melissa Thompson: Melissa has been a practicing lawyer for the past 15 years and been very busy as a founding member of the SUN Inclusivity Committee, aimed at promoting the diversity that is one of the founding principles of the neighborhood. She will be running for her second term.

YOU: We have one more slot open for an interested candidate for our May election. If you would like to join the board of your Registered Neighborhood Organization, let us know. SUN activities include sustainability events, Block Party Day and the Annual Kickball Tournament. If you have any interest in joining the board and taking a more active role in your community, please email Andrew Schurger at aschurger@gmail.com for more information.

Stapleton Environment and Ecology Day (SEED) on June 2

By Caroline Batorowicz, Sustainability Committee

Stapleton United Neighbors is proud to announce our first World Environment Day celebration. Join us for Denver's only celebration of this kind, the Stapleton Environment and Ecology Day, SEED, on Saturday, June 2 from 10am–2pm at Stapleton's Founder's Green. This year we have partnered with the Stapleton Foundation to introduce their alternative transportation services at The HUB at Stapleton. In addition, we will have eco-friendly businesses and organizations providing info about products and services, such as organic produce, Fair Trade gifts, eco-fashions, renewable energy, and items made from renewable resources. We will also have hands-on "green" activities for kids and adults, as well as yummy and healthy food.

The mission of the SUN Sustainability Committee is to plant a SEED of sustainable lifestyle, healthy living and overall eco-friendly behavior in Stapleton, in Colorado, and on our planet. We are not only concerned about our impact on the environment today, but we also realize the need for continuous monitoring

of our footprints so that our future generations can relish in Earth's beauty. We hope that you will help us to plant and spread this SEED with your presence at this event.

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the Editor

could easily hit a pedestrian now forced to cross 29th avenue with the new configuration. Traffic is now also flowing faster and in higher volume because of the new light.

The new configuration destroys the flow of what was one of the most beautiful and important pedestrian arteries in all of Stapleton. The intersection could have been designed to keep all or part the median island on Central Park and 29th and still allow for much higher traffic volumes. This is the case at several intersections in Denver. As an example, the intersection of 6th Avenue and Monaco follows this design. The intersection of Colfax at Monaco is another model, and left turns from Colfax are not even allowed.

Because 29th Avenue dead ends at Beeler, it will not ever carry the same amount of traffic as either Colfax or 6th, and therefore I find it difficult to understand why the median island was removed and large left turn lanes on 29th were needed.

The money on this intersection has already been spent, but I would hope a reconfiguration might be considered at some point that is more balanced in favor of pedestrians versus automobiles. I was unable to attend community meetings on this I admit, and if this is what everyone wanted, sacrificing a great trail for the convenience of left turns, then I'm in the minority. I hope I'm not alone. —Bernard Douthit

Editors' Note: A letter from the Denver Traffic Engineer explaining the options they considered for the intersection is posted at www.FrontPorchStapleton.com.

2nd Graders Respond to Letters

Editors note: Following are some of the comments received from second graders at Swigert McAuliffe School who are responding to prior letters to the editor.

I agree that dogs should be on a leash because I have two dogs and every time my dogs see different people they jump on

them. I have a sulition (solution). We in our community should keep dogs on a leash. —Alexander Sena

Sometimes my little dog and other dogs I know try and get away. It's not safe for the dogs or other people. I know some dogs are very well trained so there should be some off leash dog parks. Owners and dogs can feel safer because there are no dogs attacking them. —Jordan Lueck

I want to keep the tower because it marks Stapleton and it helps me find my way home and it is the only thing in the world that still remains of the airport. —Isabella Carabetta

I agree with John Mix about the prairie dogs' destruction of Westerly Creek Park... What I want to do with the prairie dogs is put them somewhere not by Westerly Creek Park. What I think will happen is that the prairie dogs will stay away from westerly Creek Park and Westerly can be beautiful again. —Olivia DeCecco

LETTERS TO THE EDITOR

The Front Porch will publish letters to the editor as space allows—they may be edited for length. Please email FrontPorchStapleton@gmail.com. Submit by the 15th for consideration in the following month's issue.



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Wellness Center

(continued from page 5) The Colorado Center for Health and Wellness is open to University of Colorado students and employees, patients, and members of the community. Here they can receive clinical services, participate in research studies and use the building's educational, fitness and dining facilities.

The center has an exercise physiology lab, a mock grocery store that helps research participants learn to make well-informed decisions about the food they purchase, a metabolic lab that permits nutrition scientists to study the nutritional intake of research subjects, and even a rooftop botanical garden that is suitable for relaxation, meditation and socializing. In the lobby area are a healthy-cooking demonstration kitchen and Bistro Elaia that are led by Chef Paolo Neville and a team of dietitians. "Our menu puts our customers' eating woes to rest. Whether you're gluten-free, lactose-free, vegetarian, have other dietary restrictions, or just want to eat healthfully, you'll be able to find an array of satisfying and wholesome foods at the Bistro that taste great," said Chef Neville.

In the core of the building is a membership-based fitness facility and "a la carte access to services and programs," said Dr. Hill. "We will work with our employees, students and individuals from all neighborhoods to make this center and its offerings accessible to them." Members first team up with staff physiologists and fitness professionals who assess their overall health, including sleep, stress, nutrition and weight. Together, goals are established and a personalized workout plan is prepared. The bright, ground-level circuit-training room boasts futuristic workout equipment that, with the insertion of an individual's key, shows personalized settings and repetitions on a digital display. Group yoga, cycling and aerobics classes



Check out the Wellness Center video at www.FrontPorchStapleton.com

are held in three studios. A second floor running track floats above the fitness area, while the center's lower level is home to a therapy pool for water exercise, saunas, steam rooms and inviting locker rooms. The building houses a 10,000 square foot clinic area complete with examination rooms for measuring body composition, metabolic rates and wellness markers. The clinic also offers massage, acupuncture and cosmetic dermatology services. Clinical studies and trials, the advancement of scientific methods, and the development of new science-based educational pro-



Above top: Visitors' first view of the wellness center is of the spectacular lobby area that has a hanging staircase surrounded by glass. At left is a hydroponic system for growing herbs used in the bistro where healthy food can be purchased. The bar stools visible behind the wall of herbs face a demonstration kitchen where free and open to the public presentations on healthy cooking will be offered periodically.

Directly above: A research kitchen with separate preparation areas is used to prepare food as part of obesity studies and other food research.

Above right: A "grocery lab" has been set up to teach research participants healthy shopping skills.

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for several thousand fifth-grade students and their families in Aurora and Cherry Creek schools.

Dr. Hill says the new center is putting into practice the switch from sick care to wellness that Surgeon General Benjamin promotes. “That’s the future of medical centers. Right now our medical centers are a great place to come when you’re sick. With this building it’s going to be a great place to come to keep from getting sick. I think in that sense we’re on the cutting edge of how medical centers in the future are going to handle health differently. It should be about health—not sickness.”

More information about the Colorado Center for Health and Wellness and its facility, programs, services and products call: 303-724-9355 or visit: www.colorado-center.com

Above left: Wellness center members use a “key” that contains a personalized workout plan. When the key is placed in each piece of equipment, a digital readout gives the proper settings and number of repetitions.

Above top: Candace Baumgartner, group exercise manager, uses an exercise ball in one of the three exercise rooms. One is for cycling, one is for mind/body classes and the room shown is for group exercise classes. There are now 65 classes a week from 5:30am to 6:45pm, and the number is expected to grow.

Directly above: Baumgartner sits by the 85-degree therapeutic pool where water exercise classes are held. The pool has a deep-water jogging well and a separate Jacuzzi.

grams and offerings will also take place in the clinic.

One of the Center’s key themes is helping people experience a healthy and fulfilling life. The Connective Wellness Program will be introduced this year. It aims to address holistic well-being of the body, mind and spirit.

There are several ongoing services and programs for local communities. A health and wellness initiative for workplaces is planned in which the center will partner with businesses and develop wellness programs for their employees. The first school-based initiatives will be introduced this August—an obesity prevention program



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10'x10' 100 sq. ft.	Small Average Room	<ul style="list-style-type: none">• Average size bedroom• 1/2 of a one car garage• Furniture from a one bedroom apartment or house with refrigerator or washer and dryer
10'x12' 120 sq. ft.	Large Bedroom	<ul style="list-style-type: none">• Furniture from a one or two bedroom apartment or house with appliances• Patio furniture and many boxes
10'x15' 150 sq. ft.	Large Bedroom	<ul style="list-style-type: none">• Furnishings from a two bedroom apartment or house• Small boat• Appliances, patio furniture and many boxes
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