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Life On Havana Street  
E-News  
January 2009



Welcome to Life on Havana Street E-news. Each month you will find articles and information to make your life more interesting and keep you informed about what is happening On Havana Street.

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## This Month's Featured Business: Colorado's Pro Gym



Matt Rauzi has owned Colorado's Pro Gym for three years. Matt describes Colorado's Pro Gym as a regular commercial gym without all the "fluff." Their motto is, "The Results Start When You Do." Matt has invested thousands of dollars in top of the line cardio exercise machines and weights for sophisticated training. Personal trainers will develop a fitness program to suit your every need. They offer adult and youth classes in martial arts, including Krav Maga, Muay Thai and Grappling. Yoga courses are available, too.

Colorado's Pro Gym will be running a sanctioned Strongman Competition at the Cruzin' Havana Car Show on June 20. Members of the Colorado's Heavy Haulers, who train at the gym, will be competing. Two of the Heavy Haulers compete at a national level (one step below the TV strongman circuit, according to Matt). This event will include a stone lift competition (290-400 lb stones), a tire flip using a 1,000 lb tire, a log clean and press (330 lbs), and a yolk walk, where the competitors walk around with 900 lbs on their backs. Colorado's Pro Gym held a strongman demonstration at Cruzin' Havana in 2008, which drew a big crowd.

Colorado's Pro Gym is located at 1961 So Havana Street, Aurora CO 80014. The phone number is 303-671-9586 and their website is [www.coloradosprogym.com](http://www.coloradosprogym.com)

Colorado's Pro Gym is offering a complimentary 2-week membership as our E-Newsletter special coupon offer for January.

[View Coupon](#)

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### Food and Recipes: Chocolate Trivia for Valentine's Day

Chocolate comes from the cacao tree, which produces football-shaped pods containing 30-50 seeds each (enough to make 7 milk chocolate bars).

The history of chocolate dates back to the Classic Period (250-900 A.D.) and the Mayans, who drank a spicy, magical brew they called "cacahuaquchtli." The drink was a combination of water, chili peppers, cornmeal and the fermented, roasted ground cacao seeds.

By 1400 A.D., the Aztecs traded cacao seeds as a form of currency, but they also made the cacao seeds into a bitter, spiced chocolate drink they called "cacahuatl" (ca-ca-WAH-tel).

1521-1600 A.D., the Spaniards came to the Americas in search of riches and were introduced to chocolate by the Aztecs. The Spaniards started sending the chocolate back to Europe. The Europeans added sugar and milk to the chocolate to counteract the bitterness of the cacao. They also removed the chili pepper from the chocolate mix, replacing it with vanilla.

1750-1910 A.D. The Industrial Revolution changed the future of chocolate candy. New machinery allowed production of solid chocolate, allowing mass production at a fraction of the cost and much higher quality of chocolate.

[Click here to read more about the history of chocolate](#)

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**Events: Valentine's Day Travel the World through Chocolate**



Pictured: Amana Malik from World Food Bazaar

Bring your special Valentine and Travel the World Through Chocolate at this unique chocolate tasting event on Saturday, February 14, 2009, from 10 a.m. - 4 p.m. You are invited to sample decadent chocolate from around the world, delighting your senses with a wide variety of tastes and textures, while at the same time reaping the benefits of the rich antioxidants found in chocolate. This is a formal tasting event in which you will be offered small pieces of different chocolate, with a palate cleanser of sparkling water or a cracker in between bites so you can experience the full sensation of each type of chocolate. Note cards will be provided so you can write down which chocolate you liked best. Enter to win a special, romantic dinner for two at the Summit Steakhouse, with the drawing to take place at 4:30 p.m. and the winner to be notified by phone. **The five tasting sites include:**

**World Food Bazaar** at 242 Havana Street, Aurora CO 80010, featuring delicious chocolate imported from the Cadbury India company. [View map](#)

**Solomon's European Market & Deli** at 1939 S Havana Street, Aurora CO 80014, featuring heavenly chocolate from Lithuania, Russia and the Baltic Region. Special chocolate from the famous Bogatir Confectionery Factory in Zelenograd, Moscow, will be available for the tasting. [View map](#)

**English Teacup** at 1930 S Havana ST, Aurora, CO 80012, featuring chocolate imported from England, including Nestle and Cadbury. [View map](#)

**Nejashi Textiles & Gifts** at 10307 E Iliff, Denver CO 80247, featuring luscious truffle-like Turkish chocolate. [View map](#)

**Katherine's French Bakery, Cafe & Catering** at 2832 S Havana ST, #AA, Aurora CO 80014, featuring special heart-shaped cookies topped

with dark and white French chocolate, specially prepared for the event by Katherine, herself. [View map](#)

Chocolalics unite for this great event! There is no charge to join in the fun of the chocolate tasting--this is a free event!

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### CommonGround Golf Course to Open Memorial Day Weekend:



The new clubhouse called, "The Starter," being built at CommonGround Golf Course

Dave Troyer, golf manager at CommonGround, has announced that due to the mild winter and the absolutely fantastic condition of the new course, it will open Memorial Day Weekend, way ahead of schedule. As a result, our **Inaugural Havana BID Golf Tournament at CommonGround**, which is the very first public tournament at the new course, has been rescheduled for **June 2, 2009**. This will be a best ball/scramble format with a tee time of 8 a.m. We will have more information and the registration form on the Events Page of our [www.onhavanastreet.com](http://www.onhavanastreet.com) website soon. We are looking for four-somes to play, as well as raffle and silent auction items for the event. Hole sponsorships are available. You can contact Gayle at 303-360-7505 or Havana BID Director, Dumitri Palea of Dumitri's Restaurant, at 303-638-3435 for more information or to donate a raffle or silent auction item. The tournament is a fund-raiser for the Junior Golf Training Program at CommonGround to help young people better their lives through golf. CommonGround is owned by the Colorado Golf Association and Colorado Womens Golf Association. The new course was designed by Tom Doak & Associates at Renaissance Golf Design, well-known for their exclusive resort style golf courses around the world. CommonGround is located at 1st Avenue & Havana Street. Get your four-some together and **be one of the first to golf this great new Colorado course!**

[View CommonGround tournament info on webiste](#)

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## The Gardens on Havana Update:



Pictured: The plaza takes shape on Main Street; beautiful new shops and amenities at The Gardens on Havana.

Here is the latest update we have received from Miller Weingarten Realty (MWR) regarding tenants at The Gardens on Havana, the upscale, mixed-use development which is under construction at Mississippi and Havana. **Please note that unless the tenant is noted as opening, committed or under construction, that the deals are not final, especially under the current economic atmosphere.** See the link below for the site map and leasing information.

Anchor Updates: Kohl's opens March 1, with the big Grand Opening Celebration on March 5. Dicks Sporting Goods is under construction and will open the end of May or first part of June. Sprouts Market has committed and the revised building permit submittals are in progress for a February 2009 construction start, with an anticipated opening early November 2009. Building B-1, which is a 15,000 sf space, is under negotiation but the potential tenant cannot yet be named.

Free-Standing pads along Havana: 3-5 sit-down restaurants and 2-4 fast food restaurants. Chick-Fil-A has committed to open in Pad 1 and is proceeding with the leasing and site plan process with the City; expected to open early 2010. Freddie's Ice Cream is in final negotiations to join The Gardens and is preparing to submit a site plan to the city; Freddie's will likely open in 2010 (this is similar to Culver's and will serve burgers and ice cream). A Mexican restaurant is under review for pad 6. Ted's Montana Grill or similar use is under review for pad 3. Pad 4 is ideally a sports bar/ brew pub, yet to be determined. Pads 7 & 8 are yet to be determined, ideally at least one additional sit-down restaurant.

The Wachovia Bank, Pad 5: The building will be redone by Wells Fargo in the future, but they will be changing the bank signage to read Wells Fargo in the interim, since Wells Fargo now owns Wachovia. Pad 2 is for Key Bank--under final negotiations.

In-line Village: On main street, "Garden Drive," there will be 8-10 "quick serve" type

restaurants in the shell buildings completed by MWR. These will include Noodles & Company, which has committed and should start interior construction shortly with a spring 2009 opening. Qdoba Mexican Grill is currently under construction and will open in March. Corner Bakery (like a Panera) is under negotiation for an In-line Village site or potential pad site. Miller Weingarten is pursuing the following other food categories in the Village as an attractive mix: A salad restaurant, a coffee shop, BBQ restaurant, sub shop, an ice cream shop, hamburger restaurant, Asian/Chinese restaurant, other ethnic or regional cuisine. Committed retail tenants in the Village include T-mobile which will open in March, GNC to open in June and a nail salon to open in July. Miller Weingarten is pursuing the following other categories in the Village: Teen clothing, hair salon, misc. convenience users, photo/frame shop, professional, medical and dental offices.

[View The Gardens on Havana site map and leasing information on the Miller Weingarten Website](#)

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**Community Food Drive A Success!** On January 9, members of the Village East Neighborhood Association's "Change is Coming" group and business owners On Havana Street teamed up in a food drive for the Aurora InterChurch Task Force's food bank at 1553 Clinton Street in Original Aurora. The drive was a huge success with over 100 bags of nonperishable food items, clothing and hand-made quilts delivered to Aurora InterChurch. A big thanks goes out to all who participated and donated. Working together to build a stronger, better community On Havana Street!

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**El Tequileño Family Mexican Restaurant Celebrates 1st Anniversary On Havana Street:**



On Friday, January 16, Roger and his staff at El Tequileño invite you to join them to celebrate their 1st anniversary of being On Havana Street. You can get a 16 oz Margarita for \$3 and a 32 oz Margarita for \$6 all day. Carne Asada, my favorite dish on the menu, will be specially priced at \$8 all day. Enjoy live Mariachi music from 5-9 p.m. El Tequileño is located at 2790 S Havana ST, #X-1, just north of Bicycle Village. Their phone number is 720-748-1260 and their hours are 11 a.m. - 11 p.m. No reservations are required, but you might want to call ahead as there is always a big crowd on Friday nights.



### Hamburger Stand Goes High Tech:

Hamburger Stand has a nifty new electronic reader board sign. Owner, Tom Marrier, wanted some way to inform his customers of the daily specials at his restaurant.

Last fall, Hamburger Stand put in new xeriscape landscaping, which should be beautiful this spring when the plants start to bloom. The xeriscape palate takes advantage of blooms and color for spring, summer and fall.

To celebrate the great new look of the restaurant, Hamburger Stand is having an open house and offering a very special menu for one day only, January 30. On that day, customers visiting the restaurant and bringing the coupon (link below) will receive 70% off the regular price of a breakfast burrito, medium soda and has browns for the final price of only \$1.39! Hamburger Stand is located at 938 So Havana Street.

[View January 30 Coupon Offer](#)

**And the winner is...**

Larry Obitterman was the winner of a \$25 Target gift certificate for signing up at Dumitri's Restaurant to receive the Life On Havana Street E-Newsletter.

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**Town Meeting: Discussing the City's Budget Issues On Havana Street**



No "cheese" here--the group decided it should say, "Buy Aurora" for this picture.

On January 7, a group of On Havana Street citizens and business owners joined Aurora Ward III Council Member Larry Beer, District 42 State Representative Karen Middleton and District 4 Arapahoe County Commissioner Pat Noonan in a town meeting to discuss city budget issues and other topics. This breakfast town meeting is held the first Wednesday of each month at the Village Inn Restaurant at 921 So Havana Street. The City of Aurora is requesting citizen and group input on the budget in a survey that can be found on the City's website. The deadline for completing the survey is January 31.

[View the City of Aurora's Budget Survey](#)

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**Automotive Innovations: The 2010 Ford Fusion Hybrid**

The February 2009 edition of [Car and Driver Magazine](#) calls the 2010 Ford Fusion Hybrid a "game changer." It is described as "a high mpg family hauler that's fun to drive." This mid-sized sedan is a gas/electric

hybrid that arrives in dealers' showrooms in the Spring of 2009. It is the first two-mode hybrid car created by an American-based company. The engineering for the Fusion was done in the USA, but the car is

assembled in Mexico.

The Fusion received an "extreme makeover" for 2010 with a more aggressive look, tons of new technology, upgraded interiors and a new powertrain. The new SmartGauge with Echoguide is unique and impressive. There is a traditional speedometer in the center with two video screens on each side.

An article in [The Wall Street Journal](#), "Ford's Fusion Hybrid Woos Consumers," explains that drivers will need to learn how to take maximum advantage of the Fusion's electric propulsion system by watching the SmartGauge to get the best mpg. The article also states that the Fusion Hybrid does not get great mileage on short trips during cold weather, as the batteries need to be warmed up to deliver their power boost efficiency. Ford is working on an extensive dealer education program to train their sales staff on how hybrids work.

The MSRP for the Ford Fusion Hybrid is expected to be \$27,270. The projected MPG is 39 city and 27 highway. Standard options include a 2.5L Atkinson I4 hybrid engine, 275V sealed nickel-metal-hydride battery, the new SmartGuage Dual LCD Instrument cluster with EchoGuide, echo-responsible cloth seating, and side curtain airbags, front and back. The 2010 Fusion Hybrid will be in local showrooms in late spring, but Ford dealerships are already taking orders.

[View Car & Driver Article](#)

[View The Wall Street Journal Article](#)

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On Havana Street.

Sincerely,

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