

Front Porch

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

DENVER, COLORADO

DECEMBER 2008

STAPLETON



Quebec Square Wal-Mart pharmacy manager Dustin Holthus holds some of the most commonly used generic drugs on their \$4 list, and their brand name equivalents.

By Austin Larson

Starting in 2006, a number of pharmacies began to publicize lists of generic drugs offered for a set price: four dollars. The lists, easily accessible to consumers at pharmacy websites, ushered in new possibilities for patients to help control their health care expenditures. In the Stapleton area, Wal-Mart, Sam's Club, Target, King Soopers and Walgreens are now offering a significant number of generic drugs for as low as \$4/month or \$10 for three months. Patients, regardless of whether or not they have insurance, can manage many chronic health conditions for as little as \$40 a year per generic drug.



Doctors Discuss Generic Versus Brand Name Drugs

In the era of direct-to-consumer television advertising of brand-name drugs, patients may have questions about when generic drugs are a good substitute for more expensive brand-names. The \$4 generic drug lists may raise the question of whether patients can ask doctors to prescribe from those lists.

Doctors like to become comfortable with the dosing regimens and side effects of certain drugs and prescribe them consistently. However, no doctor wants to put a patient in financial hardship if an alternative exists. Patients should tell their doctors if the cost of their drugs is a consideration, but also be receptive to a doctor's reasoning if a more expensive drug is necessary. No doctor would fault a patient for asking if there is a cheaper drug that could accomplish the same objective. In the cases of patients with diabetes, heart failure, high cholesterol, hypertension, *(continued on page 26)*



Town Center Lights Up

The holiday lighting season began at 6:30pm Nov. 21st in the Stapleton Town Center at the Winter Welcome celebration, with music, hot chocolate, and an art show.

'Tis the Season for Giving

By Carol Roberts

A quick web search for "giving and happiness" substantiates what many of us already believe – giving makes people happier. There's even a study that started in 1920 with psychologists tracking the same participants every 10 years to determine what makes for a happy life. The conclusion? People who give to others and feel they make a difference are happier. Of course we can "prove" whatever we want to with the proper web search. But it does seem that many people are looking for ways to make a difference in their community, especially at this time of year.

Most of us have a limited amount of time and money, and we want to give to a cause that has meaning to us. Based on those assumptions we have collected some information that we think will make it easier for our readers to *(continued on page 3)*



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

4 The Spirit of Giving

Language School

8

House Speaker Carroll

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S.U.N.

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CALENDAR

Events in or near Stapleton that are free and open to the public or charitable fundraisers. Additional events are listed on page 11.

DECEMBER

We're sorry!

Our sincere apologies for the error on SCFD free days at the zoo in the November edition. The dates were inadvertently pulled from a 2007 SCFD schedule. We regret any inconvenience this may have caused.

Saturdays Through Dec. 30

Free carriage ride to and from Bass Pro Shops' Santa's Wonderland and Main Street 4:30 - 7:30pm

Daily Through Dec. 31

Symphony in Lights, Hourly 6 - 9pm
NorthfieldStapleton.com 303-375-5464

Daily Through Dec. 31

Artists on Santa Fe 21st Annual Holiday Show
16 artists - 747 Santa Fe Drive (Free)
Denver 80204 303-573-5903

Through Jan 3

Free - Small Works, by more than 20 fine artists
Tues - Sat 11am - 6pm, Gallery 1261
1261 Delaware, Denver 303-571-1261

Tuesday, Dec. 2

Public Meeting on Central Park Blvd/
I-70 interchange
Radisson Hotel, Aztec Room, 3333 Quebec St.
5:30pm Open House; 6-7pm Public comments;
7-8pm Open House Jess Ortiz, 720-913-1781

Tuesday, Dec. 2

Children's Museum of Denver
Target first Tuesday free 4 - 8pm
cmdenver.org

Thursday, Dec. 4

Bill Roberts Middle School tours by middle
school students, 6:30-7pm; Open house, 7-8pm
No registration required.
2100 Akron Way 720-424-2640

Thursday, Dec. 4

Greater Stapleton Business Assoc Holiday Party
Courtyard Denver Stapleton, 5:30 - 8pm
Loretta.Sanchez@Marriott.com 303-253-7810.

Friday, Dec. 5

Montview Community Preschool & Kindergarten
Application deadline for '09-'10
1980 Dahlia Street, Denver 303-322-7296

Friday, Dec. 5

First Friday Free Art Walk 6-9pm
30 studios open from 5th - 10th Ave on Santa Fe
Artdistrictconsantafe.com/calendar.php

DECEMBER

Friday Dec. 5 & Sat Dec. 6

Parade of Lights, downtown
Dec. 5 @ 8 pm & Dec 6 @ 6 pm.
www.DenverParadeOfLights.com

Saturday, Dec. 6

Children's book signing 10am - 12pm
"No Snow" by Krista Meikle
Perk and Play (see p. 15)

Saturday, Dec. 6

Bonfils Blood Drive 10am-2pm at
Stapleton Town Center, 29th & Roslyn
www.bonfils.org

Sunday, Dec. 7

Bonfils Blood Drive 8:30am - 12:30pm
Montview Presbyterian Church
1980 Dahlia St. www.bonfils.org

Sunday, Dec. 7

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

Saturday, Dec. 13

Community Acupuncture & Chinese Medicine
Clinic, Free Acupuncture Appts, 9am - 6 pm
1454 Newport St. #2, Denver, CO 80220
Call for an appointment, 303-321-1747

Sunday, Dec. 14

Tuba Christmas
Skyline Park (16th & Arapahoe) 1-2pm
33rd Annual, with 300 tuba players www.down
town denver.com/Events/TubaChristmas.htm

Saturday, Dec. 20

Bonfils Blood Drive 11am - 3pm
Shops at Northfield Stapleton by Bass Pro
Participating donors will receive an eco-friendly
tote bag - the perfect carry-all for your holiday
shopping. www.bonfils.org

Sunday, Dec. 21

Frosty Photo Tour of the Wildlife Refuge
8 - 11am (see page 13)
Free, reservations required 303-289-0930.

Wed., Dec. 24 and Sat., Dec. 27

Holiday tours of the Wildlife Refuge
See information in story on page 13
Free, reservations required 303-289-0930.

Wednesday, Dec. 31

New Year's Eve Fireworks Downtown
Fireworks at 9pm and at midnight
View from anywhere on 16th st. mall
(Mall ride shuttles will stop during
each of the fireworks)
http://www.downtowndenver.com/Events/
NewYearsFireworks.htm

JANUARY

Tuesday, January 6

Children's Museum of Denver
Target first Tuesday free 4 - 8pm
cmdenver.org

(See page 18 for recurring monthly events and meetings)

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Family Christmas Eve
Candlelight Services
5:00 p.m. and 7:30 p.m.

Christmas Service in the
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Am 21. Dezember 2008,
17 Uhr

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*A Mega Church and we do not have all
the answers

Messiah IS...

*welcoming to all people, we are exploring
together faith and spirituality
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Nursery, and a remodeled sanctuary
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setting with progressive values
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www.messiahdenver.org

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www.FrontPorchStapleton.com

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Left to right: Anchor Center, Denver Children's Home and Summer Scholars.

'Tis the Season for Giving

(continued from page 1)
make a difference in our community. And hopefully giving will contribute to happiness in your life. (Contact information for charities is listed at the end of the article.)

Wish you had a little more money to give so you could make a bigger difference? For some local charities you can double the amount you're able to give, without any additional cost to you. The Colorado Child Care Credit (CCCC) was passed by the legislature to promote child care in Colorado. Taxpayers that make a monetary contribution to a licensed non-profit child care organization in this program may claim a state income tax credit of 50% of the total contribution. Call the organization of your choice to be sure they can send you Form DR 1317 to claim the credit. (Visit www.revenue.state.co.us/fyi/html/income35.html and check with your tax advisor for more information. The main limitations are that you have no financial interest in the organization and your tax liability exceeds the credit amount. You don't have to itemize.)

We found four nearby charities that qualify for this tax credit: The Anchor Center for the Blind, Summer Scholars, Mercy Housing and the Denver Children's Home. Here's a chance to make a real difference to children in your own community – children whose needs range from visual impairments, to a need for extra help to succeed academically, to children who are struggling with emotional problems, abuse and neglect.

Another CCCC qualifying program to consider is Invest in Kids (iik.org), which works to improve the health and well-being of Colorado's children through proven programs.

For those who are better able to give time than money this year, we've checked with several local non-profits to see how volunteers can help them.

Perhaps the biggest impact you can make in the least amount of time is donating blood. It's easy, it's safe and it saves lives. If all blood donors gave blood 2 to 4 times a year it would help prevent blood shortages. In the month of December the Bonfils mobile blood center will be in the Stapleton Town center on Dec. 6 and in Park Hill on Dec. 7. On Dec. 20th at Northfield they'll be starting their winter blood drive and giving away eco-friendly tote bags for your holiday shopping (see details on the calendar on page 2).

And if you really want to change someone's life, ask about the National Marrow Donor Registry when you go to give blood. Each year thousands of people are diagnosed with diseases for which a stem cell or marrow transplant could be a cure – and about 70% of them are unable to find a donor match within their family.

Plan a gathering of friends or family and volunteer together for a three hour shift at the Rocky Mountain Food Bank (minimum age is 14). They're located right near I-70 and Havana. Call ahead to schedule a time.



Childcare/tutoring at Parkside Apartments

Another holiday gift of your time that's fun and appropriate for all ages is holiday caroling. Mercy Housing's Parkside Apartments has suggested Christmas caroling as a donation that would be much appreciated. Or volunteer to tutor kids in reading and math in the afternoons. Mercy Housing, as part of its commitment to promote community, has offered to share their multi-purpose room for meetings or other gatherings (contact info is below – call to see if it's available).

Other local volunteer opportunities are available at the Rocky Mtn Arsenal, Bluff Lake, the Urban Farm and The Anchor Center for the Blind.

Here's another idea – give yourself a gift that can also help others – the gift of simplicity. Stop cleaning, storing and moving around things you don't need. The article on page 4 by a home organizing expert just might inspire you to give away some of your good condition unneeded items to programs that are helping those in need. We've listed some nearby organizations where you can donate the items you no longer need. Note the Nazarene Thrift Store (contact information below) has scheduled a truck to pick up donations in the greater Stapleton area on Saturday December 20.

Finally, if you'd like to look beyond local charities, a Stapleton couple has started a web site where you can choose among many charities and/or give gift certificates so the receiver can select a charity using one central website (see story on page 4.)

Near-by charities that offer the Colorado Child Care Credit for monetary contributions:

Anchor Center for the Blind - 2550 Roslyn St 303-377-9732 www.anchorcenter.org
Denver Children's Home - 1501 Albion St. Services are provided to emotionally distressed children and their families regardless of ability to pay. www.denverchildrenshome.org. 303-399-4890.

Mercy Housing's Parkside Apartments Child Care Program - 23rd and Syracuse. Mercy Housing develops and operates affordable housing for people who lack the economic resources to access quality, safe housing opportunities. Child care contributions support an after school program that provides academic help. Mercyhousing.org. Call Thomas Feeney 303-355-2573.

Summer Scholars - 3401 Quebec St, Suite 5010. Their year-round programs equip low-income, academically-struggling elementary students with the skills necessary to attain academic success. They work with numerous public schools in northeast Denver. Summerscholars.org. 303-355-0290.

Near-by charities looking for volunteers (also check websites for monetary contributions and their wish list of items needed):

Anchor Center for the Blind - To volunteer call Karen McClurg 303-377-9732. www.anchorcenter.org

(continued on page 4)

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<p style="color: white; font-weight: bold;">Macho Deals!</p> <p style="font-size: 2em; color: red; font-weight: bold;">\$1.00 OFF</p> <p style="color: white; font-weight: bold;">Macho Chicken Burrito™</p> <p style="font-size: 0.8em; color: gray;">Coupon #13. Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Customers pay all applicable sales tax. No cash value. Limited Time Only.</p>	<p style="color: white; font-weight: bold;">Spice Lovers!</p> <p style="font-size: 2em; color: red; font-weight: bold;">2 Spicy Jack Quesadillas</p> <p style="color: white; font-weight: bold;">for only \$3.00</p> <p style="font-size: 0.8em; color: gray;">Coupon #45. Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Customers pay all applicable sales tax. No cash value. Limited Time Only.</p>

'Tis the Season for Giving

(continued from page 3) Bluff Lake - BluffLake.org 303-344-0031

Bonfils Blood Center - If you can't go to the mobile donation sites listed on the calendar (page 2), call 303-363-2300 and make an appointment to donate at 7901 Lowry Boulevard. www.bonfils.org.

Food Bank of the Rockies - To schedule a time to volunteer call 303-371-9250 x236 or x232. Make an online donation at www.foodbankrockies.org. Every \$1 donation provides four meals. Or organize a food drive among family and friends and deliver to 10700 E. 46th Ave. (near Havana and I-70.)

Mercy Housing - Volunteers are needed to help with tutoring in the afternoons, also people to help once a month with financial education classes, and someone to help repair a broken basketball rim at their Commerce City location. Call Thomas Feeney 303- 355-2573.

Rocky Mountain Arsenal, National Wildlife Refuge - 303-289-0930. www.fws.gov/rockymountainarsenal.

Urban Farm - 303-307-9332. TheUrbanFarm.org

Donate items:

African Community Center - This organization supports African refugees and their families. Items most needed for refugee families are good condition couches, tables, chairs, pots & pans, silverware, cups and cooking utensils. Large items can be picked up, small items should be delivered to their thrift store, Safari Seconds, at 414 Broadway. Call 303-722-4500 or visit www.africancommunitycenter.net.

Mercy Housing - Good condition pots, pans and bed frames are needed (not mattresses). Call Thomas if you have other good condition items to donate 303-355-2573. Mercy Housing has several locations in the Denver area.

Nazarene Thrift Store – To schedule a Dec. 20th pick up of your donations to the thrift store call Pastor Scott Carranza at 303-949-4674. This thrift store in the Westwood neighborhood of Denver is a non-profit run by Grace Church (Church of the Nazarene). Thrift store proceeds support an after-school art program for children in a neighborhood where 23.5% of families and 51% of single mothers with children live in poverty (2000 census data). The church will also be delivering food baskets for Christmas dinners. Non-perishable food donations or wrapped gifts for children ages 2 -16 (label with age and sex) will also be picked up on Dec. 20th.

De-Clutter and Donate

By Deanna Gusman

With winter and the holidays right around the corner, guests visiting and relatives staying over, you may be wondering how to get through the holidays gracefully and approach the season in a more organized fashion. Perhaps it's those drawers and closets that you can hardly open anymore. Maybe the basement, garage or guest room has become a dumping ground for stuff that no longer fits elsewhere.

Before the holidays is an ideal time to de-clutter. Donating your items to those less fortunate is a great way to help yourself and others. After all a lot of the "clutter" is stuff that's in good condition - that's why we keep it. Many items are lightly used things that may still have a lot of life in them. Getting rid of items you no longer want creates space for any new items you bring in. Plus, you'll be truly engaging in the spirit of the season by passing items on to those who are in need!

If you know you need to get organized but feel overwhelmed with stuff, set aside time to do a thorough inventory. Pull everything out, group and sort similar items into piles. Once everything is categorized, go through each item and ask yourself "Why am I keeping this?" Set aside only things you know you want to keep.

If you're left with a lot of items you don't love, use or need but you still can't bring yourself to let go of, try asking: Can I truly imagine a situation in which I would use this? How likely, given my current lifestyle and schedule, am I to use this?

If you're still unsure if it's safe to get rid of the item, ask: If I had to replace it later, how much would it cost?

Often the cost is negligible and the cleared space is worth it. Even if it was a "good deal," what good is it doing if it never gets used? How many times have you had to move or pack it? How many times has it been in the way?

If it seems wasteful to give things away that you spent money on, ask yourself how

long the item has been in storage – has it been months or even years? If so, then its usefulness is being wasted. Why not pass it on to others who might actually use it today? With the slow economy, many charitable organizations are reporting an increased demand for their programs and many Americans are finding themselves more dependent upon holiday generosity.

Already dreading the toy tsunami that awaits you this holiday season? Be proactive: do a toy sweep and inventory before you start shopping. Assess what your children already have before you purchase gifts. Throw out broken items and toys or games with missing pieces. Box up and donate toys, games and books in good condition that the kids have outgrown.

If your kiddos are of the "I-love-that-toy-don't-get rid-of-it!" variety, designate some time when they are out of the house to get rid of a few things. Most children's rooms are filled with many toys, games and books that have not been played with or are long-forgotten. If you are unsure about which toys to donate or you're afraid your child will ask for them, pack them up in a box and mark it with an expiration date. If your child doesn't ask about the toys before the box "expires," donate them.

For older children, now is the perfect time to engage them in a discussion about giving to those in need. Assign them a box to fill with items that are in good shape that they no longer use. On the weekend take a trip together to a shelter or to your favorite charitable organization. Or spend time together researching online which organization to give to. What better time to teach them about the importance of sharing with those in need and about the value of what they have.

Deanna Gusman is a Stapleton resident and owner of HOME, Simplified, a home organizing business. She can be reached at deanna@home-simplified.com or 720.212.7532.

A Holiday Gift



Frank and Jennifer Callahan display their website, box, which can be sent to a recipient.

By Nancy Burkhart

Once again the advent of the holiday season brings the same old questions: What do I buy for my husband, father, brother, mother, sister, son, and daughter? Frank and Jennifer Callahan believe they have found the answer.

In July, the Callahans started a website, www.thegiftofgiving.com as the basis for a non-profit organization, called The Gift of Giving. The website gives people throughout the United States an opportunity to give a gift to a loved one by donating to a charity of the recipient's choice. "I think the inspiration built over a number of years," Frank explained. The spirit of the season was buying so much stuff and year after year buying more.


"Jen's dad was the kind of guy who had everything he wanted, and we were struggling with things to get for him for Christmas or any other

JOIN US FOR A HOLIDAY OPEN HOUSE!

Stapleton OB-GYN
Example. PHYSICIAN NETWORK

Please join us on Tuesday, December 9, 2008 from 4 - 6 p.m. for a holiday open house. Enjoy tasty hot chocolate, egg nog and sweet treats. We will also offer free chair massages and an opportunity to meet and mingle with Dr. Ginsburg and her staff. Families and children are welcome. We look forward to seeing you!

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Valerie B. Ginsburg, MD

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TheGiftOfGiving.org, along with a sample gift

occasion,” Frank said. “He really didn’t want anything. One year we discovered the World War II Memorial Fund, and we decided we would make a donation to that cause because he was a WW II vet. We received a letter in his name and wrapped that as a traditional present. When he opened it, it brought a tear to his eye.”

“It became fun to decide what charity we were going to pick,” Jennifer said. “We had found a gift that was really appreciated and found the mark,” Frank agreed.

One day, Jen presented Frank with a gift of a day of guided fly fishing. All he had to do was go to a website, enter the number of a card and set a date. The website was simply a provider that connected people with companies who offered experiences.

“It was a light-bulb moment for me,” Frank said. “This wasn’t about fly fishing. It was about

charities. That was two years ago. Since that time, I’ve been spending time figuring out logistics.”

In March, Frank left his full-time job to become a consultant, which has given him the freedom to start the non-profit and its website. The 501c3 designation is pending, but will be retroactive to July, he said. For the time being, Frank is president of the non-profit. He and Jennifer provided all the start-up costs, most of which have gone into graphic design and web development, he said.

“If someone makes a \$100 donation, I deduct \$4.95 from that donation that goes to the administration of The Gift of Giving,” Frank explained. “I also deduct the credit card processing charges associated with that payment. If someone pays by check, there won’t be a fee. If someone pays by wire transfer, there may or may not be a fee.”

“My goal is that it’s self-sustaining,” Frank said. “I would love for it to reach the level where it would warrant a staff and office. I don’t know how quickly people will gravitate toward it.”

Today, there are eight charities listed under Colorado on the website. They include: Community Foundation, The Children’s Hospital Foundation, Denver Rescue Mission, The Denver Scholarship Foundation, Habitat for Humanity of Metro Denver, Safehouse Denver, Boys & Girls Clubs of Metro Denver and The Children’s Hospital Foundation.

Not all states have charities listed yet. Frank says he is in the process of researching charities.

“I encourage charities to contact me to be on the website,” he said. “I’m not trying to list every charity out there. I’m listing charities that are unique, and I want to become educated about charities that I don’t even know about.” The Gift of Giving’s Board of Directors will look over new charities to determine a good balance for the website.

To give The Gift of Giving, go to the website www.thegiftofgiving.com. E-mail Frank Callahan at: info@thegiftofgiving.com or frank@thegiftofgiving.com.

Community Christmas Celebration
with Candle Lighting

Sunday December 21st
6:30 PM
find out more at stapletonchurch.com



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5

December 2008

Natural Skin Care Products



Bereniche Aguiar, owner of Oh Ah! Collage

By Nancy Burkhardt

Bereniche Aguiar, owner of Oh Ah! Collage in the Northfield Retail Center, has worked for most of her life to develop all-natural skin-care products to counteract dry skin that often results from weather conditions and excessive use of soap and water. “The skin treatment formulas originated in my family,” Aguiar said. “My grandfather taught me to mix the products. I watched my dad develop products. I probably started at 13 mixing products seriously. “I gathered ingredients throughout the world,” she explained. “It took a long time to develop the products and make sure they were to the perfection that we expected. The products are so

rich and nutritional in moisturizing properties that anybody can use them. You can eliminate dry skin. They are also beneficial for people with skin disorders, such as acne eczema, psoriasis and rosacea,” she said. Mary Pageler, a Stapleton resident and substitute teacher at Denver School of Science and Technology, tried the introductory treatment that Aguiar offers to anyone interested in her skin-care products. Aguiar applied a deep cleanser/makeup remover product to Pageler’s face, then an exfoliate, a mud mask and moisturizing cream. “It was a fun experience. I like the fact that before anybody buys the products, they can try them,” Pageler said. “Bereniche walks you through the whole process, but she says it’s ok to just do the cleanser and the moisturizer if there isn’t time for all four steps. It brings the blood to the surface. It gets your whole face tingly – it felt great,” she said. Amy Brimah, the Stapleton mother of 2-year-old Lila and 4-year-old Rashad, also tried Aguiar’s products. “I like them,” she said. “I especially liked the mask and the moisturizer. My skin was definitely clearer. I like the fact that the products are all natural. The moisturizer really works.” “Each individual product nourishes your skin,” says Aguiar. “We have a skin clarifying cream that also can be used by men as a shaving cream. It has avocado, mango and hemp. The avocado helps to cleanse your skin. It also has grapefruit as a preservative. “Our skin renovates itself completely every two weeks. It’s extremely important



Amy Brimah applies the face mask that detoxifies the skin and enhances circulation.

to exfoliate your skin naturally every day because a lot of stuff gets trapped in our skin. We have a product made with sea salts from Hawaii, the Atlantic Ocean, Pacific Ocean and the Dead Sea.” Aguiar uses aloe vera serums because “you get rich vitamins and enzymes from it.” “We have a clay powder mask that you mix to keep it fresh. It is mixed with an apple cider extract, which brings balance to your skin. It’s rich in minerals and B6. It detoxifies the skin and enhances circulation.” Aguiar also has different products to nurture skin after cleansing, depending on the needs of the person. One of the products is made with macadamia nuts, vitamin E and coffee. “None of our products are made with water,” Aguiar said. “With the first try your skin gets totally balanced, and dry skin and age spots are removed. There is transformation to healthy, glowing skin.” People who use Aguiar’s products pay \$100 to \$150 a month, depending on which



Oh Ah! Collage offers a tent area with comfortable chairs to relax while the face mask is drying.

products they use. Each of the products will last from a month and a half to three months, depending on how much the product is used, and Aguiar believes that even with limited use to make the products last longer, they are still effective. Aguiar’s Oh-Ah! Collage is an eclectic shop. Along with her skin-care products and services, she offers jewelry and designer handbags, original artwork and accessories for children and even for pets. Oh-Ah! Collage is located at 8230 Northfield Blvd., Suite 1350. Call Bereniche Aguiar at 303-371-1440 or e-mail her at: ohahcollage@yahoo.com.

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Vitalistic Chiropractors Help People to Self-Heal

By Nancy Burkhart

Jeff Schoeller and Allie Evans call themselves “vitalistic” chiropractors, explaining that the terminology reflects a philosophy.

“Some people just live life,” Schoeller explained. “Some people live full out. They really live life to the fullest. ‘Vitalistic’ is living to the fullest.”

Schoeller and Evans practice at their new office, “Café of Life Chiropractic, located at 7487 E. 29th Place, next to Core Power Yoga in Stapleton.

Café of Life Chiropractic is not a franchise, but “it is a group of like-minded chiropractors that practice in a very philosophical way,” Schoeller said.

“They focus on practicing in a way that uplifts, encourages and really promotes the people they serve versus treating patients with diseases,” he said. “Café of Life is a model of true chiropractic, which started in 1895 with the intention of unlocking people’s potential.”

“We all say that we serve life at the Café,” says Allie Evans. “Our hope is that when people walk in they will see that it’s different from other chiropractic offices. We’d like them to be inspired and hopeful and walk out more hopeful than when they walk in.”

Café of Life greets visitors with the welcoming smell of hypo-allergenic, organic, soy-based candles. Music ranges from the tranquil sort to hip jazz and more techno-type. Those with allergies will be ushered into a separate room without smells.

“If you experience allergies, there’s some sort of disconnect between the brain and



Jeff Schoeller and Allie Evans in the new office of their chiropractic practice in Stapleton's Town Center.

body, causing allergies,” Evans said. “We’re working with the natural healing ability, but ultimately we want to educate people on how chiropractic can help their body to deal with allergens. We’re not physically changing their physiology. We’re allowing the body to do the work by removing nerve system interference.”

Evans and Schoeller say that they treat people with pain and disease, but add that chiropractic is not just for back pain. They also treat infants, because “the birth experience can be a very traumatic one,” Schoeller said.

“I think that most people are living in the illusion that they don’t have the ability to heal themselves,” he said. “They think that they have to get their healing from a pill or a doctor, that they have to heal from the outside in. You heal from your brain down through your body and from cells out. People were born with this innate intelligence that can heal, as long as there’s no interference to the nerve system and other systems of their body. We encourage people to change their lives to have no interference.”

“We feel like, ultimately, as a human

being, we’re not just physical beings, but we’re intellectual and emotional human beings,” Evans said. “As a chiropractor all those things are tied into who we are. That’s why people feel a reduced feeling of stress by being adjusted. Maybe their relationships with their families improve because we’re not stressing the physical. We want people to understand that by coming to see us they will have harmony in their life.”

“We want people to walk out empowered,” Schoeller said. “It’s important that we empower the people we serve to make lifestyle changes. We’re there to encourage you. We’re basically a health coach.”

Café of Life Chiropractic will offer speakers on health and wellness and instructors for birthing classes.

Evans and Schoeller are partners in life as well as in business. They also are Stapleton residents, living close to their office. They moved to Denver about five months ago, after finishing chiropractic school in Atlanta. Stapleton was the first place they visited in Denver, and they immediately fell in love.

They believe that a balanced life is important, so they play hard, as well as working hard. They love going to the hot springs and taking advantage of the Denver outdoors and the mountains. Evans is a runner, and Schoeller is a guitarist.

To make “reservations” at Café of Life Chiropractic, call 303-9THRIVE, or go to www.livelovethrive.com. People are welcome to check out the office at 7487 E. 29th Place.

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By Brian Weber

The Denver Language School (DLS) has decided to convert its Denver Public Schools (DPS) “innovation school” proposal to a charter school. DLS intends to resubmit its application during the first phase of the DPS charter process in 2009 to open fall 2010.

DLS had originally planned to open fall 2009. The executive committee of the DLS leadership team believes the change will lead to the highest quality language immersion school possible. The DPS administration supports the charter decision.

An “innovation school” is essentially a school that would offer something that is not offered now or is done in a different way. As a charter school, however, DLS would have more direct control over its operations. Charter schools are funded by public money but operated by educators, parents and community members outside many of a school district’s policies, procedures and labor practices. They are held accountable for outcomes such as meeting standards on the Colorado Student Assessment Program tests (CSAPs) but are given the instructional and curricular freedom to make sure that happens. At Stapleton, the highly successful K-8 Odyssey School and the Denver School of Science and Technology

(middle academy and high school) are charters.

The Denver Language School will be a full Mandarin Chinese/Spanish immersion ECE-8 school – the first in DPS – whose mission is to achieve academic excellence through language immersion. DLS will likely start with kindergarten to second grade, adding a grade annually till grade eight, and Early Childhood Education (ECE); eventual total enrollment in the 600 range. Final decisions on the timing of grade configurations will be made in 2009. DLS intends to locate in central northeast Denver.

From ECE through second grade, students will be fully immersed in their second language. At third grade, students begin direct instruction in English and reading strategies. The amount of English language arts instruction increases at the upper elementary grades; however, 80 percent of the immersion language will be maintained through fifth grade. The DLS will serve a diverse student population, capitalizing on immersion’s proven effectiveness to boost achievement of disadvantaged students.

The charter decision has already attracted offers of financial and technical support from local school reform organizations including the Piton and Donnell-Kay foundations, Get Smart Schools (new non-profit school development organization), and the Colorado League of

Charter Schools. The Stapleton Foundation will continue the strong support it began in early 2008. As a charter, DLS will be better positioned to raise more money and resources from other local and national education-oriented organizations.

DLS originally applied in May to be an autonomous DPS school which would have freed it from some district and labor policies. DLS responded to the district’s new initiative to develop a portfolio of new schools, of new and redesigned district schools, contract and charter schools.

DLS was conditionally approved in June, with the requirement that issues related to hiring a principal, intervention strategies for struggling students, curriculum development, budget and autonomous governance waivers would be addressed. The DLS

Leadership Team has fulfilled those conditions.

DLS received more than 30 applications for principal and arrived at three highly qualified finalists by October 20th. But through the review process, DLS determined it needed more flexibility in areas such as finances, curriculum, assessment, hiring and governance than is available as a DPS school, even an autonomous one.

For more information contact the DLS Leadership Team Executive Committee: Parent Co-Founders Kristy Fantz [720-221-3293, kfantz@yahoo.com] or Camilla Modesitt [kenticamilla@comcast.net, 720-855-7106]. Community Co-Founder and Project Manager, Brian Weber, bueber@stapletonfoundation.org, 303-468-3224.

Language School Changed to a Charter

Stapleton Public Art — 2008 in Review

By Latrice Norwood

In late October, a design charrette (meeting to discuss design solutions) was held with local business owners, residents, and artists with Lars and Lauren Stanley, the artist team awarded the \$75,000 commission for public art at Stapleton’s first community garden, which is located east of the Parkside Apartments on E. 23rd Avenue. The purpose of this meeting was to gather information pertinent to the site and discuss the demographics of the residents at Stapleton, including those who are from other countries and may have used unique tools used in their native lands for gardening. The artists have proposed a gate and “story poles” made from wrought steel with images of different plant forms and iconic garden tools slightly abstracted. It was a successful charrette and the artists were given lots of interesting information. The artists will produce the sculpture in their studio in Austin, Texas and they plan to install it in the spring of next year.

A total of five projects have been installed or commissioned in 2008: Ellipse II - located at East 35th & Xenia; The Community Garden -

located at East 23rd rd & Spruce; Eastbridge Town Center - located at Martin Luther King Boulevard and Geneva Court; the Central Park Boulevard Median, located just north of Montview Boulevard; the bathhouse at the Filing 15 Pool located at Geneva Court and Hanover Streets at 28th Drive (installed). One project, in the Westerly Creek Open Space between E. 26th Avenue and the Martin Luther King Boulevard Bridge, is in the selection process. Three of the six are scheduled for installation by fall of next year.

Thanks to the Project Selection Committees and the Public Art Advisory Committee for their time, talent and input this year. These projects would not have happened without you! We look forward to working on future public art projects at Stapleton for all to enjoy in the years to come.

Latrice Norwood is an employee of Forest City Stapleton, Inc. Anyone interested in serving on a public art project selection committee, applying for a public art commission or needing information on public art at Stapleton should contact Barbara Neal at Barbneal@mindspring.com.

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Since You've Asked...

Q. As I rounded Syracuse (recently) heading North (in front of the Mansion Home Park) there sat 3 (grocery) carts. What possible solutions can be worked out to curb these carts from being left all over the neighborhood?

A. There is a process in place for the pick up of grocery carts taken from parking lots in Stapleton’s retail centers. Please report it to the Stapleton Master Community Association either by calling 303.388.0724 or going on-line at grounds@stapletoncommunity.com. (Information provided by Stapleton Master Community Association)



29th Ave. Town Center bike rack

Q. Why are bicyclists locking their bikes on trees, doesn't the 29th Avenue Town Center have bike racks?

A. Bicycles should not be chained to trees because it can damage the bark, making the tree susceptible to disease. Cyclists should use the dark green “inverted U” bike racks that are located at the following locations: Einstein’s, Casey’s, Fantastic Sam’s (in the courtyard by the 29th Avenue Animal Hospital), Crescent Flats (Noodle’s restaurant), Chipotle, Post Net (west side of building), Anthony’s Pizza. There are also additional racks located around Founder’s Green.

For more information on biking at Stapleton contact: The Stapleton Area TMA 303 468-3231. (Response provided by Angie Malpiede, Executive Director of the Stapleton Transportation Management Association.)

The Stapleton community is not typical...

Illustration showing a diverse group of people (a man, a woman, a child, and a dog) running and playing, symbolizing an active and typical community. A car with 'METRO BROKERS Real Estate' and '303.331.6700' is also visible.

The Tuskegee Airmen

By Wallace Yvonne Tollette

Old. Talented. Courageous. Determined. These words describe the 970 Black military aviators who, despite racism at home and abroad, became highly successful aviators during World War II. Racial segregation had prevailed in the United States for generations, but these committed and qualified young men felt the call of duty to serve their country as fighter pilots. They were told they lacked skill and patriotism and that they were “too dumb” to fly fighter aircraft. But ultimately their tenacity led to the formation of an all black combat unit. They were trained at an isolated complex near Tuskegee, Alabama and at Tuskegee Institute, leading those in power to initially call it the “Tuskegee Experiment.” Later, after valiantly proving themselves, the name was changed to the more dignified Tuskegee Airmen.

They were initially trained as single-engine pilots and later as twin-engine pilots, navigators or bombardiers. Training began in 1941 with thirteen in the first class, including Capt. Benjamin O. Davis, Jr., a West Point Academy graduate who became a colonel. A total of 450 Black fighter pilots fought in the aerial wars over North Africa, Sicily and Europe. These gallant men flew 15,553 sorties and completed 1,578 missions.

The Germans feared the Tuskegee Airmen and called them “Schwartz Vogelmenchen” (Black Birdmen). White American bomber crews reverently referred to them as “The Black Red Tail Angels” because of the identifying red paint on their tail assemblies, and because they lost so few bombers to enemy fighters.

The Tuskegee Airmen provided fighter escort to bombing missions over strategic targets in Europe, eventually earning 95 Distinguished Flying Crosses, and numerous other high honors. Four Tuskegee Airmen, all USAF Colonels, share the distinction of having flown combat missions as fighter pilots in three wars – World War II, the Korean War, and the War in Vietnam.

In 1948, President Harry S. Truman enacted an Executive Order that directed equality of treatment and opportunity in all of the US Armed Forces. In time, this led to the end of racial segregation in the military forces and also marked the first step toward racial integration in the United States. With these actions, the venerable Tuskegee Airmen had won two important battles: one against racism in general at home and in the military in particular.

Lest their history be lost and fearing anonymity, in 1972, Tuskegee Airmen, Inc. was founded in Detroit, Michigan as a non-military and non-profit entity. Its goal is to motivate and inspire young Americans to become participants in our nation’s society and its democratic process.

Three Tuskegee Airmen Murals in Northeast Denver
Jacqueline Withers, a mural artist and student at the



Tuskegee Airman at one of three murals in Northeast Denver commemorating the Airmen.
Left to right, Col John H. Smith Ret., Lt. Col John William Mosley Ret., mural artist Jacqueline Withers, Col. Fitzroy "Buck" Newsom.

Colorado Institute of Art who had little prior knowledge of the history of the famed military unit, was awestruck when she “discovered” them. She decided that she must do her part to ensure that their history be preserved, and has painted three murals on public buildings in Northeast Denver that are dedicated to the Tuskegee Airmen. Her efforts have garnered her not only recognition by the Airmen, but also by the media and members of the community.

Ms. Withers, who is from DuPage County, Illinois, is helping to preserve the legacy of these brave and valiant men. Her murals can be viewed at the Denver Children’s Home, the Excel Institute and one soon to be completed at the Northeast Academy in Montbello. In recognition of her work, she has been inducted as a member of the Tuskegee Airmen Detroit Chapter.

Wallace Yvonne Tollette, a resident of NE Denver, is the author of *Colorado Black Leadership Profiles*. She can be reached at westernimages@juno.com or by phone at 303-830-1691.

Sources for this article include:
<http://www.allstar.fiu.edu/aero/Tuskegee.htm>, and 26th Annual African American History and Aviation Careers Week program February 5-9, 2007 by Wayne County Community College District Eastern Campus, Detroit, Michigan. A list of books about the

Tuskegee Airmen and Black Aviators can be found at <http://www.redtail.org/education/resources.html>
According to multiple sources on the internet, George Lucas (producer of Star Wars) is expected to start filming, “Red Tails,” a movie about the Tuskegee Airmen, in 2009.

About the Tuskegee Airmen in the photo:
Colonel Fitzroy “Buck” Newsom was one of the original Tuskegee Airmen. He retired after 33 years in the Air Force and worked for Martin Marietta for several years. John Mosely, a Denver native, also an original Tuskegee Airman, spent 26 years in the Air Force, rising to the rank of Lt. Colonel. His son, Eric, is now a pilot for United Airlines. John Smith was not one of the original Tuskegee Airmen, but joined the Tuskegee Airmen, Inc. organization to promote their legacy. He spent 26 years in the Air Force achieving the rank of Colonel, and subsequently worked for Mountain Bell/US West in financial management and sales in Denver .



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Above: At a gathering of campaign volunteers on election night, Mark and Alana Randol hug as Barack Obama is declared the winner.

Right: Campaign volunteers at the Berkshire applaud as TV networks announce Senator Obama passed the 270 electoral vote mark needed to win the presidency.



Polling place at Westerly Creek Elementary School on election day.



Tim Tribbett and his son Conner, 8, watch election returns in their Stapleton garage.

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Through Dec. 7, Gully Homestead – 10am - 4 pm. Thursday through Sunday. Annual holiday sale of handmade crafts, gifts, antiques and primitives. 200 S. Chambers Road. 303-326-8630.

Through Dec. 12, Aurora History Museum – 9th Annual Festival of Wreaths Tuesday through Sunday. 15051 E. Alameda Pkwy. 303-739-6666. www.auroramuseum.org.

Through Dec. 20, "Funny Money," John Hand Theater – A mild-mannered CPA accidentally picks up the wrong briefcase, which he learns is full of money. He runs into hysterical situations while dealing with his plight. Lowry. 720-880-8727. www.johnhandtheater.com

Through Dec. 20, Free-East End Applied Arts – "Winter Festival 2008" invitational exhibit of 12 Colorado artists with new works for Christmas. 1556 Florence St. 720-208-3575. info@eastendarts.com.

Through Dec. 21, Aurora Fox – "Godspell," an energetic musical based on the gospel of St. Matthew. In the Studio Theatre, "Escanaba in da Moonlight," a blockbuster comedy in a hunting story. 9900 E. Colfax Ave. 303-739-1970. www.aurorafox.org.

Through Dec. 23, Avenue Theater – "What the Dickens," family holiday fare with both popular and original songs, placed in the fictional Colorado plains town of Fetter. Six former friends are together for the first time in 20 years after their theater mentor dies. 417 E. 17th Ave. 303-321-5925. www.avenue-theater.com.

Through Dec. 23rd, Free-Christkindl Market – Vendors from European countries w/hand-crafted items, Skyline Park (16th & Arapahoe) 11am – 8pm (til 9pm Fri & Sat), <http://www.denverchristkindlmarket.com/>

Performances & Events in December

Through Dec. 28, Vintage Theatre – Lillian Hellman's "Little Foxes" Dec. 12-14; "Humbly" – 6 Short Plays" Dec. 16-28. 2119 E. 17th Ave. 303-839-1361. www.vintage-theatre.com.

Dec. 2, 9, & 16, Denver Botanic Gardens – Seedlings Classes - Make chocolate, bake gingerbread cookies and learn about rainforest plants and animals. For 3-5 year olds and their caregivers. 1005 York St., 720-865-3500. www.botanicgardens.org.

Dec. 4, 5, Denver School of the Arts – Dec. 4, 7:00 p.m., Concert Hall, Middle School choirs will present "From the Holocaust to Hope; Dec. 5, 7:00 p.m., "The Five," a movie about five young friends who are magically transported into their favorite fantasy book. 7111 Montview Blvd. 720-424-1713.

Dec. 6, Denver Art Museum – Admission is free on the first Saturday of every month. 100 W. 14th Ave. Pkwy., www.denverartmuseum.org.

Dec. 10 – 13, Free holiday tours of the governor's mansion 10am (no reservations). 400 E. 8th Ave, Denver 80203. Colorado Historical Society 303-866-3682

Dec. 12- Jan. 4, Denver Zoo – Zoo Lights evenings. For information and tickets, go to www.denverzoo.org.

Dec. 12 and 14, Aurora Symphony Orchestra – Dec. 12, 7:30 p.m.; Dec. 14, 2:00 p.m. "4th Annual International Holiday Masterworks: A Celebration from the British Isles." 303-873-6622. www.aurorasymphony.org.

Dec. 13, Free-Hammond's Candy Cane Festival – 9am-4pm. Santa & reindeer, crafts, rides, storytelling. Also free tours of candy factory

every Mon - Sat 5735 N. Washington St, Denver 80215. 303-333-5588 www.hammondscandies.com

Dec. 13, Four Mile Historic Park – "Hay Bales & Tall Tales" story time for all ages. From 11:00 a.m.-noon, For information, call 720-865-0800 or go to: www.four-milepark.org.

Dec. 13, Centennial House – 11:30 a.m.-1:00 p.m. Tea in a Victorian home for people 8 years old and older. 1671 Galena St., Aurora. Reservations 303-289-0141.

Dec 13 – Gabby Gourmet live radio

broadcast and booksigning -1-3pm Tattered Cover Bookstore 2526 East Colfax 303-322-7727 (call to confirm)

Dec. 17, Aurora History Museum – Noon-1pm, "It's All Downhill from Here," the impact of skiing on Colorado. 15051 E. Alameda Pkwy. 303-739-6666. www.auroramuseum.org.

Dec. 9-29, Free-Active Minds – Dec. 9, 12:30-1:30pm, "The History of Colorado," Free, Tattered Cover, 2526 E. Colfax; Dec. 10, 11am-noon, "Ukraine at a Tipping Point," Free, The Village at Hampden Town Center, 3601 S. Dallas St. 303-750-5400; Dec. 17, 2:30-3:30pm, "Holiday Traditions Unveiled," Free, Cherry Oaks, 6800 Leetsdale Dr. 303-331-9963; Dec. 29, 7-8:00pm, "Coffee: A Brief History," Free, Stapleton Master Community Association, 2823 Roslyn St. 303-468-3223.

Preschoolers Shop for Those in Need



Children from Primrose School visited the Stapleton King Soopers last month to purchase food for families in need as part of the school's "Caring and Giving Program." The students raised money and made the shopping list – and in the process learned the value of generosity and had a hands-on experience requiring planning skills, math, and learning about nutrition.

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Rocky Mountain Arsenal Naional Wildlife Refuge
Refuge Hosts Winter Wonderland Tours

Photo by Rich Keen/DPRA. Propert



A dusting of snow covers the bison at the Rocky Mountain Arsenal

By Sherry James

In keeping with the holiday season, the Rocky Mountain Arsenal National Wildlife Refuge is transforming into a winter wonderland complete with snow-dusted animals. The wildlife are more visible in the winter, there are no leaves, and if snow has fallen, the animals are easier to see.

Holiday Tours Dec. 24 and Dec. 27

To give neighbors and visiting families more opportunities to enjoy the Refuge, the U.S. Fish and Wildlife Service will offer special half-day holiday tours that will include a tour of the Refuge followed by holiday-themed crafts and refreshments. The holiday tours are scheduled from 9:30 a.m. to noon on Tuesday, Dec. 24, and Saturday, Dec. 27.

Frosty Photo Tour Dec. 21

The tours are one way to see the wildlife and enjoy the Refuge, and hiking the miles of trails are another. Among the animals you may see are bison, deer and eagles, which take the spotlight as temperatures and snowflakes fall. To capture a perfect pic-

ture of them, bring your camera, zoom lenses and photographer's eye on the Frosty Photo Tour on Sunday, Dec. 21, from 8 a.m. to 11 a.m.

Check the website for other free nature programs

Winter is also the best time to learn about eagles and other raptors, and the U.S. Fish and Wildlife Service will host multiple bird-watching programs in December. Led by skilled birders, these programs give visitors an opportunity to learn bird identification basics and search out winter raptors in the snowy landscape.

All nature programs at the Refuge are free, but both the Frosty Photo Tour and Holiday Tours require reservations. To secure your spot, please contact the Visitor Center at 303-289-0930. To obtain a complete listing of nature programs at the Refuge, please call the Visitor Center or visit the Refuge online at <http://www.fws.gov/rockymountainarsenal>.

Supervisory Park Ranger Sherry James has worked at the Refuge for 18 years. She can be reached at 303-289-0659.

Saturday, December 6
14th Annual Young
Entrepreneurs Marketplace

This marketplace will feature hundreds of unique gift items hand-crafted by more than 75 young entrepreneurs, ages 6-21. Free admission. Free parking. Great inexpensive gifts for shoppers of all ages! From painted rocks and fly tying to homemade toffee and beaded jewelry, shoppers are sure to find something for everyone on their list! The Young Americans Center for Financial Education will host this event at the Young Americans Center, 3550 E. First Ave at Monroe St. on Saturday, Dec 6th from 10am - 2pm.

Young Americans Center for Financial Education is committed to developing the financial literacy of young people through real-life experiences and hands-on programs purposefully designed to enable them to



The owner of The Knitted Sheep displays her hand crafted scarves.

prosper in our free enterprise system. For more information call 303-321-2265 or visit www.yacenter.org

FREE kids dance class Dec. 6 and 7, 9am
Academy of Colorado Ballet

Also adding to the holiday spirit, Academy of Colorado Ballet will host a free dance class for aspiring little dancers on Saturday, Dec. 6 and Sunday, Dec. 7, at 9 a.m. at the Cherry Creek Mall's Stapleton Kids' Court. Taught by an

Academy of Colorado Ballet teacher, the Ballet will supply tutus for kids to borrow during class. Autograph signing and photo opportunities with a Sugarplum Fairy are to follow from 10 a.m. to 12 p.m.

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Jon Meredith

The Christmas Tree Lot

By Jon Meredith

There is a vacant lot on the southeast corner of Monaco Parkway and Colfax Avenue in Denver.

Monaco Parkway runs north and south, bounded by some of the more elegant Denver homes. Colfax is the longest street in the United States and you can get anything you want on it. From Mickie D's and Taco Bell to sex and crack, it is all there. That intersection represents the cross-roads of American life, the well-manicured domiciles we inhabit north and south converging with the seedy authenticity of what we consume, west to east.

The vacant lot sits for eleven months a year, covered with weeds and trash. Every square inch of Colfax is commercially developed for miles in either direction. Yet, year after year, this small area remains unoccupied, only an electric pole sticking up from the lot's center.

Just before Thanksgiving the lot begins a transformation. First, an old RV is parked next to the electric pole. Then, fences go up along the perimeter, not the unsightly chain link variety but, unobtrusive barriers. Lights are then strung from the pole to the fences, rebar is hammered into the ground to hold up the trees and a painted sign is hung. East Colfax Christmas Tree Lot is all the sign says. There are no blow up Bart Simpson or Sponge Bob Santas, fancy holiday lights, or fake reindeer. It has been the same for twenty five years and for twenty five years our family has gone there to get our tree.

It is always the coldest night of the year when we set out to purchase our tree. Our kids were excited when they were at that age and properly disinterested when they were at that age as well. My wife, Cindy, remains thrilled each year while I am, of course, properly disinterested. I remember Catherine and Jackson jumping out of the car and running into the forest of evergreen searching for their respective perfect tree. There was always a coat of fresh snow on the trees (there probably wasn't, but that's the way I remember it and I'm sticking with that description) and the cold made your boots creak on the snow pack. I would lumber no further than the kerosene heater where there is always a painted pink tree. "Hey, guys, I really like this one" I always shout, pointing

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to the pink mess. These days that comment is simply not acknowledged and not even ignored.

Out of the temporary forest wanders the Christmas tree guy. He defines burly. Dressed in Carhartt coveralls, flannel shirt, wool cap and those gloves with the fingers cut off, he always greets me in the same

manner. "How you folks doin' this year?" That question has become a vehicle for each of us to summarize the past year in the time it takes to pick out a tree. He is from Nebraska but has lived in Hawaii and New Mexico. He recently lost a brother to cancer and a son in Iraq. His parents both died a few years back. He is in a different business each year when he is not selling Christmas trees. I in turn summarize the successes and pratfalls of our year as well.

Cindy and the kids traverse the whole lot looking for the tree that says magic. Each has a very different variety and vision of the perfect tree. Cindy always picks the most mal-nourished, thinking that even after it's been cut she can nurse it back to health. Jackson wants the biggest and bushiest and Catherine picks the one we buy.

This year when we go Catherine won't be with us. She will be in Ohio studying for finals. Jackson will pick out the tree for the first time. When the Christmas tree guy asks about how we're doing I think I'll say that despite a number of losses and a lot of pain we had a very good year. In fact, we all have grown, sometimes that can be uncomfortable and heart-breaking but we all help each other.

By Christmas day, the fence, lights and RV are gone. The trees that are left, like the one Cindy always wants, find good homes with people who can't afford to buy them. Another year starts. I will drive past that lot hundreds of times not thinking, that as I live my life, I will have to summarize it in five minutes or less shortly before Christmas next year.

Jon and his family currently reside in Stapleton and have lived in East Denver for 26 years. He is currently working on a non-fiction book. You can contact him at jon.meredith@earthlink.net.

Stapleton Is Home



Rep. Terrance Carroll, Stapleton resident and first African House of Representatives on his balcony.

By Nancy Burkhart

The Colorado State House of Representatives has a new speaker – Stapleton resident Terrance Carroll, who is a 4th-term Democratic state representative from House District 7.

Carroll, 39, made history with his election to the House top spot. He is the first African American to be named to lead Colorado's State House of Representatives. With State Senate President Peter Groff, the pair made history for Colorado as the first state to choose African-American lawmakers to lead both legislative chambers.

Carroll grew up as the only child of a single mother living in tough Washington, D.C. neighborhoods. He thanks his now-deceased mother for guiding him to a better life through higher education. Today, he is an attorney who does regulatory litigation at the federal level for Denver law firm Greenberg Traurig. He also is an ordained minister in the American Baptist Church.

"My mother used to tell me that just because we were poor it didn't mean that we didn't have any-

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to New State House Speaker



American Speaker of the Colorado

thing to contribute,” Carroll said.

Having found a better life as an adult, he has focused on education and criminal justice issues in his political life.

“Education is the thing that can give people born of low birth the same access as people born of high birth,” he said. “It helped me get out of my neighborhood.

“I never planned on being Speaker of the House. What I wanted to do was really be involved and a leader in my community. Working very hard at what I do helped me to become successful and get to where I am.”

Throughout his years at the Capitol, Carroll said he has mentored youth.

“I encourage people to do these things,” he said. “I try to be accessible to my friends’ children and just try to be a good role model.”

Carroll, himself, is single and has no children. However, he does offer parents advice for giving their children a successful future.

“Be very involved with their school. Know their teacher. Be very visible around school,” he said. “Search for new educational opportunities outside school. I was familiar with the Smithsonian at an early age. My mother made sure that I read books.”

As a survivor of a ghetto childhood, Carroll advises today’s youth.

“I would tell them to stay focused. Set a goal. Be confident in yourself, in your ability to achieve your goals,” he urged.

“I’m going to quote our president-elect Barack Obama,” Carroll said. “You definitely need to turn TVs off more and encourage our kids to pursue other intelligent pursuits like reading. We need to get our children outside. Control obesity by getting kids outside playing and being engaged in other activities.”

Although he has been in the State House for six years, Carroll isn’t finished with his agenda to better the state’s lifestyle.

“There’s always more that could be done,” he said. “We’ve made strides – more money for education and a children’s health insurance program. We can still do more. Early childhood education has to be on our agenda.”

As a Stapleton resident and avid cyclist, Carroll can be found on Stapleton’s trails. And as a BBQ aficionado, he may be found in a local restaurant sampling BBQ when he isn’t making his own.



Krista Meikle, author of a new children's book titled *No Snow*, reads the book to Xavier Francois, 2, and Eliana Mallah, 4, at Perk and Play Coffee.

“No Snow” Leads Author to Realize Dream

By Nancy Burkhart

When Stapleton resident Krista Meikle was 7 years old and in 2nd grade, she wrote and illustrated a book called “No Snow” for a class project in her hometown of Lake Orion, MI. However, it took 26 years for the book to be published.

Last Christmas, Meikle’s mother had the book on the coffee table for her when she and her family came to visit for the holidays.

“My daughter, Riley, was 2 ½ at the time. She read it and related to it because we didn’t have snow that Christmas,” Meikle said.

The children’s book is about a 7-year-old girl who experiences Christmas without snow, while her friend’s yard has snow. She recruits Santa Claus to help her acquire snow in her own yard.

“It’s about the magic of Christmas and the possibilities,” Meikle said.

Meikle had done her own illustrations when she wrote the book.

“Originally, they were very elementary, very 2nd grade looking,” she said. “I enlisted the help of an artist who also is my aunt. She transformed the illustrations into something more than I ever could have imagined. She just brought it to life. Today, they are mixed media form, very 3-dimensional looking.

“This really has been such a pleasant experience, this whole book-writing, book-publishing experience,” she said. “I would love people to know everything is possible if you put your mind to it. Writing a book is not as daunting a process as everybody might think it would be. It’s been a great learning experience for me. I’m hoping to write more. I have a cookbook in the works, too.”

The public is invited to a book release party from 10am to noon on Sat., Dec. 6, at Perk ‘n Play, on the corner of Central Park Blvd. and East 23rd Ave. “No Snow” will be available for \$10. Meikle will read her book to the children.

“No Snow” can be purchased for \$12.99 at www.amazon.com.

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Cranberry-Citrus Ginger Sauce

The ubiquitous canned cranberry sauce does have its fans and may even be a favorite component of many holiday dinners. Sure, it's really easy to prepare, but once you try this simple recipe for Cranberry-Citrus Ginger Sauce, you may never go back. This festive side dish pairs perfectly with turkey, goose or any protein of choice, and the subtle flavors of orange and ginger make it infinitely more interesting. You may be able to put away the can-opener after all.

Cranberries (fresh whole)	1 pound
Ginger (grated)	2 tablespoons
Orange juice	2/3 cup
Water	1/4 cup
Orange zest	1 tablespoon
Sugar (to taste)	2-3 tablespoons

Combine the cranberries, ginger, orange juice, water and sugar in a large saucepot. Stir to combine then bring to a boil. Turn down the heat and let simmer for 10-12 minutes until cranberries are soft to the touch and the sauce starts to thicken. Add orange zest and adjust sweetness with sugar. Let cool and serve.

By Woodie Thomas, Chef of The Berkshire in Stapleton. The Berkshire is located at 7352 East 29th Avenue.

Let's Talk Teeth

by Dr. Brett Kessler
Town Center Dentistry and Orthodontics



Reflections and Resolutions

29th Avenue Town Center's Five-Year Anniversary

As the 29th Avenue Town Center celebrates its five-year anniversary, the neighborhood continues to evolve in positive ways. With the New Year coming, we can each take steps to help better ourselves, our community and our world:

Enjoy your community - Stapleton grew up to be exactly the hub of community activity that it set out to be. From shops, services and restaurants to pubs, parks and playgrounds, children and adults have limitless opportunities for gathering together – particularly at the holidays. Six years ago, the Stapleton community was merely the visitor center, a handful of model homes and a couple of shops at Quebec Square. Today, more than 10,000 people call Stapleton home, and 24 parks, six schools and hundreds of retailers, eateries and services thrive. Get out and get to know your neighbors at holiday events featured in this edition.

Get involved - 2008 has been a long, crazy year with what some can call the election of a lifetime. There hasn't been this much grassroots political activity since the 1960's! People across the community helped to revolutionize the election process by volunteering, knocking on doors and making calls in numbers never before seen. Groups are forming every day all over Stapleton – and your voice has a place in plenty of them. Before you get too glad that the election is finally over, find out how you can contribute to neighborhood groups that continue to help the country move forward in 2009: www.stapletononline.com.

Lend a hand - The economy has affected us all. But there are people in our community that desperately need your help. No one should go hungry at this time of year. Support the Food Bank of the Rockies by donating canned goods to our drive before December 31. Simply drop off your canned goods and non-perishable foods to the box just outside our door at 7479 E. 29th Place. In return, we'll give you \$1 off treatment for each item donated, up to \$100. After all, everyone deserves an equal chance at health and nutrition.

Go exploring - The Bluff Lake Nature Center offers an entire wilderness adventure right in your own backyard. The organization has great plans for expansion and improvement. We caught the enthusiasm of the volunteers and wanted to help them with their plans. As in the past, we have raised funds through the donations of the proceeds from teeth whitening, and we're doing it again in 2009. Whiter teeth, greener pastures at Bluff Lake and a brighter future for all! To contribute, brighten up your smile at Town Center Dentistry and Orthodontics, or give directly to the Bluff Lake Nature Center: www.blufflakenaturecenter.org/donate08.htm.

Never stop bettering yourself - Spend more time with your family, read more, live a healthier lifestyle, ride your bike more, continue to support the 29th Avenue Town Center and other local shops, services and restaurants. Lastly, and perhaps most importantly... floss!

Happy Holidays and a Healthy New Year to all!

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Sustainability at Stapleton

by Melissa Knott
Director of Sustainability for Forest City Stapleton, Inc.



New Leaf

December's topic:
What is Fair Trade?
Read the
December issue at:
stapletondenver.com

Sustainable Holiday Tips

No matter which holiday you celebrate during this time of the year, it is a wonderful opportunity to include sustainability in your holiday traditions. Here are a few ideas to get you going, although there are endless sustainable practices and choices for you to make.

Recycling - Wrapping paper is not accepted for recycling, however, the inner paperboard tubes are recyclable. Paper greeting cards are also recyclable, so long as there is no foil, glitter or other items glued to the card. And remember to break down your cardboard boxes before placing them in your purple bin!

Candles - Look for candles made from wax from renewable resources. 100% beeswax candles and 100% soy wax candles are good options. Try to avoid metal core wicks and look for safer alternatives like braided cotton wicks or paper/cellulose core wicks.

Lights - Replace standard holiday lights with Light Emitting Diode (LED) holiday lights that reduce energy use by up to 90%! Because LEDs use less energy, you can also connect more strings together end-to-end without overloading an electrical circuit.

Gifts - If you are buying a gift, support stores that promote fair trade organizations and products. When you are buying food, buy local, organic or fair-trade.

Shopping - Reusable shopping bags are not only for the grocery store! Take your reusable shopping bags anywhere you do holiday shopping!

Wishing you a happy, healthy, and sustainable holiday season! Remember to start the New Year with a new, sustainable resolution for 2009!

Zoo Lights go 100% LED!



The Denver Zoo is continuing to update the annual Zoo Lights collection to reflect the Zoo's mission of conservation, using more environmentally friendly LED lights (light-emitting diodes). LEDs now compose 100% of the Zoo Lights! LEDs use only a fraction of the energy of conventional bulbs and are much better for the environment. LEDs use only about one percent of the power of standard (C7) holiday lights, and about 10 percent of the power in mini-lights. Denver Zoo also keeps all lights on timers. Light timers help insure that holiday lights are only on during event hours and for repairs.

Much More Paper Could Be Recycled!

Paper is a very valuable recyclable material that when recycled can generate revenue for the City. Although Denver residents are doing a great job recycling paper items like cardboard, magazines, newspapers, office paper, junk mail, phone books and paperboard, a recent study of Denver's residential trash found that we are still throwing away significant amounts of paper.

In fact, according to the study, Denver residents are throwing away more than 27,000 tons of paper each year. That means the City is spending more than \$350,000 to throw that paper away, when we could recycle it and generate about \$850,000 in revenue.

This study not only found large amounts of recyclable paper in the trash in neighborhoods with low recycling participation, but also found a lot of recyclable paper in the trash in areas with higher recycling participation.

So everyone can help recycle more paper by capturing materials from each room in your home. Here's how:

- The Bathroom - toilet paper rolls; magazines; paperboard tissue boxes, soap boxes and medicine boxes; and empty shampoo, conditioner, mouthwash and liquid soap bottles.
- The Laundry room - powder soap boxes, fabric softener boxes or bottles, liquid detergent bottles and bleach bottles.
- The Home Office - writing paper, copy paper, envelopes, junk mail and outdated phone books.
- The Mailbox - all forms of junk mail including sales advertisements.
- The Kitchen - paper egg cartons, cereal boxes, paper towel rolls, aluminum pie tins and peanut butter jars. Or if you are already recycling these find other items you may not have considered for recycling.

Some other tips that might make it easier to capture recyclables around your home include:

- Pick a spot close to your recycling bin to go through your mail so that recycling your junk mail, envelopes and catalogs will be that much easier.
- Set up a household recycling system. Place a separate box, bin or bag in rooms where lots of recyclable items are used. For example, the kitchen, home office and laundry room. When these bins get full, empty them into your recycling cart.
- Before emptying a personal waste basket from a bedroom or office, check to see if there are any recyclable items you can pull out and recycle instead.
- Separate recyclable packaging for non-recyclable packaging. For example, most toys are packaged in a mix of plastic and paperboard. Detach the non-recyclable plastic pieces and recycle the paperboard.
- Place all cardboard inside your recycling cart. With Denver Recycles' automated collection system, only materials inside the purple carts can be lifted up into the recycling truck. Cardboard and other materials left outside of your cart can not be collected for recycling and instead often gets picked up as overflow trash. So if you want to recycle your cardboard, please put it in your purple cart.

If each of us follows some of these tips, we can make sure that not only more of our paper but also more metal cans, glass bottles and jars, and plastic bottles get recycled too. Thanks for doing your part!



Recycle Your Tree After the Holidays

January 5th – 16th

Treecycle

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1. Remove all tinsel and decorations from your tree. NO artificial or flocked trees, tree stands or trees in plastic bags. Christmas trees only.
2. Manual & Barrel customers: Set your tree out on your trash collection day near your normal set-out location during the two week period starting Jan. 5th. Dumpster customers: Set your tree out for collection on Jan 5th or Jan. 12th.
3. Be sure your tree is set out by 7 AM and at least 4 feet away from any containers, bags, dumpsters or other obstacles.
4. Do not place trees in dumpsters.


720.865.6810
DenverGov.org/DenverRecycles



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Stapleton Employee’s Kindness Pays Off

By Tom Gleason

When Joe Sampson, an employee at The Courtyard Denver Stapleton, stopped to offer a ride to a man walking along Quebec Street during the Democratic National Convention this past August, he thought he was merely helping someone in need of a ride. Little did he know he would be honored by the Denver Metro Convention and Visitors Bureau (DMCVB) for providing an out of town visitor with an outstanding example of “Denver Hospitality.”

The out of town visitor turned out to be an Attorney General in a state delegation that had come to Denver to attend the national gathering of Democrats. He was walking back to a competing hotel when he was offered the ride by the Courtyard employee. Impressed by the act of kindness, the visitor later mentioned the incident to Convention officials who named Mr. Sampson one of the winners of its “Go the Extra Mile” challenge for people in the hospitality industry, earning him prizes that included free airfare.

Stapleton Block Captain Appreciation Party

Photo by Amanda Baldwin



A Block Captain Appreciation Party sponsored by SUN, Forest City, Stapleton Foundation, and the MCA was held at Perk and Play Coffee Shop on Oct. 16th. The event honored our 120+ block captains and provided an opportunity for them to get to know one another better. Block captains spread important information to their blocks, plan block parties and Neighborhood Watch meetings, and attend monthly Block Captain meetings where they can get up to date information to pass along to their neighbors.

Dads Spend Quality Time with Sons in Y-Guides



Left, Chris Fisher and his 5 year old son, Eric with Sean Gaydos and his son Grahm,5, meet in central park their usual meeting place when their Indian Guides group isn't camping or enjoying another activity.

By Nancy Burkhart

Northeast Denver fathers with young sons now can spend quality time together through a new YMCA Y-Guides chapter at Stapleton.

Stapleton resident Sean Gaydos is the “circle” leader for the group. He is responsible for coordinating various meetings, such as overnight camp-outs and a group trip to a University of Colorado football game.

“It gives you an objective to go out and spend time with your son,” said Gaydos, who has a 5-year-old son named Grahm.

The Stapleton circle has nine father-son pairs. All the boys are in kindergarten at Bill Roberts Elementary, except Grahm. Circles can have boys as old as second or third graders, Gaydos explained.

The cost to join the Y-Guides circle is \$60. If a father has a second son, the cost would be \$90 for the three.

“It gives me the opportunity to spend

more time with my son,” Gaydos said. “The event is such that you’re sitting next to your son and you’re having a conversation, like at a football game or a hayride. It’s father-son bonding. It’s almost a throw-back to old events with your dad. You are doing simple things, as opposed to going to arcades.”

There are Y-Princess groups for fathers and their daughters, although there is not a group in northeast Denver yet, Gaydos said.

In December, the Y-Guides fathers and sons will be ringing the bell for the Salvation Army at King Soopers in Stapleton to teach the children about philanthropy and helping others, Gaydos said.

At the end of January, the group will have an overnight campout at Snow Mountain Ranch on the YMCA of the Rockies. In March, they will have box car races.

For information about the Stapleton Y-Guides, go to www.thundercloudcircle.com or e-mail Sean Gaydos at thundercloud@me.com.

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CALENDAR

(Continued from page 2)

RECURRING EVENTS

Every Thursday

(when school is in session)
Bill Roberts Elementary School Tours, 10am
2100 Akron Way, 720-424-2640

First Thursday

(Jan. will be 2nd Thurs.)
Bill Roberts Middle School Tours, 10am
2100 Akron Way, 720-424-2640

2nd Friday

Story time & craft for young children & caregiver
Westerly Creek Elementary library 9:15 - 9:45am
303-322-5877

1st Saturday

Bluff Lake Birders, Nature Center – 7-9am
[BluffLakeNatureCenter.org]

Periodically

Meet Stapleton Residents
If interested in upcoming events contact
Meighan at meighanm@aim.com

MONTHLY MEETINGS

Monthly

New Stapleton Resident Orientation
[Call 303.388.0724 for date & location]

Every Tuesday

Stapleton Rotary Club – Noon
Stapleton Radisson Plaza Hotel
3333 Quebec St [Michael@KearnsTeam.com]

Every Tuesday

AA Open Discussion Meeting – 7:30pm
MCA Community Room, 2823 Roslyn Street
[Joe Mc at 303.912.7075]

MONTHLY MEETINGS

Every Wednesday

Weekly Weeders, Bluff Lake Nature Center
9am-12pm. 303.945.6717

1st Tuesday

Breast Cancer Support Group 5 - 6:30pm
AFWilliams Family Medicine Clinic
Conference Room (west entrance)
3055 Roslyn (corner of MLK) 720-848-9000

3rd Tuesday

Greater Stapleton Business Assoc. 8am
MCA Community Room, 2823 Roslyn Street
303.393.7700

1st Wednesday

“1st Wednesdays” Home-based businesses
StapletonLife.com – most mtgs 11:30am - 1pm

2nd Wednesday

(Odd numbered months)
SUN Transportation Committee 6:30pm
MCA Conference Rm, 2823 Roslyn St.
[stapletonneighbors@msn.com]

3rd Thursday

Stapleton Citizens Advisory Board Mtg
Stapleton Development Corp (SDC)
7350 E. 29th Ave. – 7:30 – 9am 303.393.7700

4th Thursday

SUN Board Meeting – 6:30pm
MCA Community Room, 2823 Roslyn St
[stapletonneighbors@msn.com]

2nd Saturday

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

Mock Elections at Children’s Hospital

Selena Vigil, 4, of Pueblo emerges from the Children’s Hospital voting booth on election day. Selena has been coming to Children’s once a week for 1 weeks for chemotherapy that has successfully eliminated her cancer. She is talking to Kristine Jansen, a Therapeutic Recreation/Child Life Specialist.

Seventy children participated in the

vote – many came down to the voting booth in the atrium to cast their vote, but there were a few dozen “mail-in ballots” from patients who were unable to make it downstairs.

The final tally among school age voters was Obama-Biden 40; McCain-Palin 12. Results from the toddler/preschool voting: cats 11; dogs 7.



Denver Transfers 123 Acre Parcel to Bluff Lake Nature Center



Young visitors at Bluff Lake

By Tom Gleason

The City of Denver has formally conveyed the 123 acres that comprise Stapleton’s Bluff Lake along the Sand Creek Greenway to the Bluff Lake Nature Center, a nonprofit organization that has managed the property for the City of Denver for the past 14 years.

Located south of Interstate 70 where Havana Street turns into Moline, The Bluff Lake Nature Center offers science education programs for local schools and adult and family programming for residents of east Denver, Aurora, and Commerce City. Bluff Lake Nature Center is home to a variety of wildlife, including deer, fox, muskrat, beaver, hawks, and eagles.

“We’re grateful to Denver City Council and the Department of Aviation for making this transfer possible,” stated Executive Director Glenn Fee. “Our members and Board feel strongly about our ability to manage the Nature Center in a manner that

will create added educational value and critical habitat protection for the surrounding communities.”

Mr. Fee said most casual visitors to Bluff Lake Nature Center will not notice much of a difference over the coming year under the new ownership. He noted that the Nature Center plans to increase its program offerings over the coming months as the organization prepares for a capital campaign to build a 5,000 square foot Environmental Education Center on the site.

The Center is supported through the generosity of the Science and Cultural Facilities District, local foundations and corporations, and its members and supporters.

Bluff Lake partners with local school districts to provide science education for nearly 5,000 schoolchildren each year.

For more information about Bluff Lake Nature Center, including volunteer opportunities and membership, visit www.BluffLakeNatureCenter.org.

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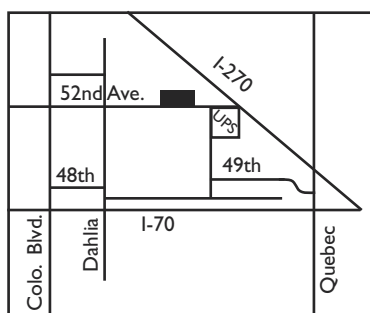


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Denver’s 3-1-1 Service Passes Million Mark

The City and County of Denver’s 3-1-1 Call Center served its millionth caller in Oct., less than two-and-a-half years after Mayor John Hickenlooper launched the 3-1-1 system in July. 2006.

Mayor Hickenlooper believes the 3-1-1 system has revolutionized Denver’s approach to customer service by enabling residents and businesses to reach a real time, knowledgeable person with just one call to City Hall. “Gone are the days of sifting through over 1,200 listings for Denver City services in the phone book. Whether Denver residents need a park permit application, a pothole filled, or merely have a question, 3-1-1 provides a convenient, single point of access and service for all non-emergency services and information,” he says.

The 3-1-1 Call Center currently receives about 100 calls per hour. Denver’s 3-1-1 customer service agents are available daily, seven days a week, from 6:00 a.m. to 11:00 p.m., with limited coverage on holidays. Denverites can also access the 3-1-1 system by visiting www.denvergov.org/311, e-mailing 311@denvergov.org, faxing (720) 913-8490, or by walking into the 3-1-1 Call Center to speak to an agent in person at the Webb Municipal Building, 201 W. Colfax. 911 is still the number to call for emergencies.

When calls come to 3-1-1, trained customer service agents provide information on the spot or assign a tracking number to the inquiry if a service is requested, such as fixing a broken traffic light. The tracking number allows citizens to follow their requests for service through the City system at www.denvergov.org/311. Callers can also determine the status of a specific request or add more information or comments by referring to their unique 3-1-1 tracking number by phone, e-mail or fax.

One objective of creating the 3-1-1 system was to improve public safety by reducing the number of non-emergency calls to 911, thereby freeing 911 operators to address emergencies. Before 3-1-1 launched in 2006, almost 20 percent of the calls to Denver’s 911 number were non-emergencies. 3-1-1 is currently handling 65,000 – 72,000 calls per year that were previously going to the Denver Police Department’s non-emergency line, representing an 8 percent reduction in non-emergency calls to 911. With a Call Center staff of 32 people, the 3-1-1 staff handled 500,000 calls in 2007 and anticipates nearing a total of 600,000 calls in 2008.

3-1-1 is a multi-lingual service that can communicate with callers in 182 different languages. 3-1-1 serves the deaf and hearing-impaired community through a TTY number: 720-913- 8479.

District 2 Police Officers Honored

By Tom Gleason

The Top Cop Citizens Committee of Denver Police District Two has selected the “Top Cops” for the months of September and October of 2008.

Selected as the “Top Cops” for the month of September were Officers Carla Havard and Adriel Torres. In early 2008, a rash of burglaries in District Two prompted the two officers to work in plain clothes with an undercover car to scour the neighborhoods for suspects. On April 23rd, they watched a suspicious vehicle driving around the neighborhood as one or two occupants would exit the vehicle in an alley and appeared to be jumping fences. The two officers alerted a marked police car covering the operation and the vehicle was stopped and the individuals inside were identified as possible suspects in several burglaries in another part of the city. After the arrest of those suspects and their associates, the burglaries in Park Hill immediately stopped.

During their follow-up investigation into the burglaries, Officers Havard and Torres developed information about an area business that was allegedly involved in fencing stolen goods. The business was also a known gang hangout and a suspected open air drug market. The officers’ break came on April 29th when Officer Havard made a traffic stop involving a long time criminal and gang member who had served time for robbery and aggravated assault. The man told Officer Havard he had information on a 2003 homicide and also told her he been recruited to “hijack” a semi-truck of cigarettes for \$100,000. The information the officer received led to a string of additional undercover operations involving not only the recovery of a substantial amount of stolen goods, but an investigation by The Joint Terrorism Task Force (JTTF) of individuals with ties to terrorists overseas. That series of subsequent investigations included a major operation involving 79 Denver officers from SWAT Teams in Denver and Arapahoe County. Representatives from the JTTF, The Federal Bureau of Investigation and the U.S. Bureau of Alcohol, Tobacco and Firearms were on hand to assist in the search of the documents that were discovered through that effort.



Named as the “Top Cop” for the month of October was Officer Patrick Mulhern. On October 8th at about 9:30 p.m., Denver Police Dispatch aired a call of an armed robbery in progress. The caller said two males in their 20s had approached a home owner as he walked out of his home to his car when one of the males pulled a 45 cal. handgun on the victim demanding his keys. The victim ran across the street in an attempt to escape and was chased by the suspects who caught the victim and struck him in the head causing injury. At that time, another occupant of the home came out of the house. The suspects fired a shot into the ground at the second victim, who ran from the suspects. The victim’s wife saw this activity and immediately called 911 to reported the incident.

When Officer Mulhern quickly responded and spotted the suspects in an alley, the two suspects ran. A short time later another Officer spotted one of the suspects. The suspect ran and was captured in the rear of a house. District Two Officers then set up a tight perimeter and called for K-9 support, assisted by a helicopter search of the area for the second suspect. A short time later, one of the K-9 dogs located that individual sitting on the porch of a home in close proximity to the robbery. That porch was covered by large plants and provided excellent cover for the second suspect, who was brought into custody. The victim of the robbery then made a positive identification of both suspects.

The suspect’s weapon was found in an adjacent alley. Officer Mulhern’s superiors applauded him for quickly responding to the scene of the robbery, locating the suspects in an alley and assisting with the implementation of a secure perimeter.

The Top Cop Citizens Committee and District Two supervisors applauded the fine police work of all three officers for their efforts to protect the citizens of Denver and the Metropolitan area.

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Real Estate Corner

Information of interest from local real estate professionals

Little Things Can Make A Big Difference When Selling Your Home



Eric Welch

By Eric Welch

You have probably heard how important first impressions can be. But did you know that within 15 seconds a buyer has developed an opinion of your property? This is why establishing the right first impression is critical to achieving a successful sale. The following suggestions can help form a favorable first impression leading to a successful sale.

The Home Front:

- Make sure the street in front of your house is free of litter and debris. If necessary, give it a fresh sweep.
- Sweep your sidewalk if needed and remove weeds that may be growing between cracks.
- Appeal To The Senses:
- Open drapes and blinds and turn on lights prior to showing.
- Light classical or instrumental music can be effective in creating a pleasing atmosphere.
- Use lemon oil or lemon wax on hardwood furniture to create a lasting scent of freshness.

- Smells to avoid include strong pet odors, tobacco, cooking and oil or gas.

Packaging The Interior:

- Repaint your entry using light, neutral colors.
- Apply a fresh coat of polyurethane to a wood floor.
- Spruce up kitchen cabinets by installing new knobs or hardware.
- Freshen the air with lemon scented products.
- Clean windows and light fixtures.
- Liberal use of fresh flowers and plants will enhance the environment.

The Extra Details:

- Keep the garage neat and organized
- Hang as many objects as possible on the walls in your garage and basement to minimize floor clutter.
- By showing attention to detail and understanding the buyer's need to visualize your house against a neutral backdrop, you can dramatically increase the saleability of your property.

Eric Welch is a real estate agent for Metro Brokers in Stapleton. He has been a Denver resident for 7 years and specializes in the Stapleton and Park Hill areas. He can be reached at (303) 829-8744.

"Smart" Parking Meters Pilot Program

Denver Public Works Right Of Way Enforcement (ROWE) is piloting new "smart" parking meters in the Downtown area in an effort to explore ways to make parking more convenient. The new meters are solar powered, wireless and accept Visa and MasterCard credit and debit cards, as well as nickels, dimes, quarters and dollar coins. The smart meters also communicate with the Public Works ROWE meter technicians by sending alerts when a meter is jammed, near coin capacity or has a low battery. After a six month pilot period, the smart meters will be evaluated based on common-sense factors including ease of use, efficiency, durability and reliability.

Essential to the pilot is receiving feed-

back about the smart meters. Take a quick survey online at www.DenverMeter.com or get a hard-copy of the survey by calling 311. The smart meters have a digital display screen, which allows ROWE to change the message according to the circumstances. For instance, the display may read "No Parking – Street Sweeping." On Sundays and holidays the display may read "Free Parking" and the smart meter will reject payment.

During the pilot, the meters will be installed on ten blocks in the downtown area. The meters will only be installed on one side of the street to allow drivers to choose if they would like to pay at the smart meters or at the traditional coin only meters.

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Celebrating Safely During the Holidays

By Ryan Crane

As a Stapleton resident, I know that during this holiday season many of us in the neighborhood will enjoy raising a holiday glass of spiced wine or champagne while spending time with family and friends. As a criminal defense attorney, I also know that as the holiday season approaches, a flood of Driving Under the Influence (DUI) arrests is on its way.

No one would dispute that drinking and driving is a problem in our society. DUIs accounted for over 30% of the 41,000 traffic fatalities in 2007. Fewer people, however, will realize how little alcohol it takes to put them on the wrong side of the law if they drive home from a holiday gathering this season.

In the 1970's, Colorado's "legal limit" (above which drivers were considered intoxicated) was a Blood Alcohol Content (BAC) of 0.15, the equivalent of a 180-pound man consuming 8 drinks over two hours, or a 140-pound woman consuming 4 drinks over two hours. Over the years, however, that number has steadily dropped.

Today, Colorado drivers can be found guilty of "Driving While Ability Impaired" by alcohol (DWAI) with a BAC as low as 0.05, the equivalent of a 180-pound man consuming 3 drinks

over two hours, or a 140-pound woman consuming 2 drinks over two hours. While DWAI is considered to be a "lesser charge," a DWAI conviction may impact a person's employment (driving on company time) or insurance rates in the same way a DUI does. More sobering still is the fact that in Colorado a DUI driver found guilty of causing a fatality faces up to 12 years in prison—where there are no holiday vacations. And, it can happen to you.

Due to the stricter laws of today, it is not uncommon for my clients to react with incredulity after being arrested for DWAI, especially if they are generally safe, responsible persons. When the surprise has passed, however, the important thing to learn is, of course, that it was a bad idea to drive in the first place.

If you are in any doubt whatsoever about your fitness to drive this holiday season, call a friend, call a cab, or just sleep it off in a safe place! In the long run, you will likely save yourself a lot of time and money, and you may even be avoiding time in jail while saving someone's life—something we can all celebrate.

Ryan A. Crane, Esq. practices law at the Law Office of John S. Tatum, P.C. and can be reached at 303-750-6888 or via cranelaw@gmail.com.

Trust-testing in Relationships

By Alan Robarge

How do you know if you can trust someone? The answer is you must rely on trust-testing. The definition of trust-testing is literally testing for trust or trustworthiness. All relationships include trust-testing. Children do it; co-workers do it, and even parents do it. We constantly test each other to determine levels of intimacy and degrees of safety within relationship.

We use trust-testing to gauge congruency between what a partner says (communication) with what he or she does (behaviors or actions). We gather this data then compare it to our own internal barometer of safety. While the process includes the rational, logical mind, it mostly relies on a felt-sense in the body. The result is based less on do I think he is safe? And more on do I feel he is safe? This felt-sense explains why on the surface everything can look fine between you and your partner, but underneath your safety barometer points toward high-anxiety. Again, you either feel safe or you don't; you can't think your self safe.

So how do you build trust in relationship? First of all, both partners need to be open to building trust together. Assuming this is true, my favorite example comes from the French children's book *The Little Prince*. You might be thinking a children's story is too elementary for something as complex as trust; but it is not – trust me! To quote a famous line from the book, "It is only with the heart that one can see rightly; what is essential is invisible to the eye."

A great recipe for trust-building can be found in the exchange between the little prince and the fox. Upon meeting, the fox asks the little prince if he will tame him. The little prince replies, "What does that



Alan Robarge

mean – tame?" And the fox says, "It is an act too often neglected. It means to establish ties." The word tame here does not mean dominance or mastery but means friendship. We learn from the fox that to establish ties is an act or process requiring attention.

The fox continues to instruct the little prince, "You must be very patient. First you will sit down at a little distance from me – like that in the grass. I shall look at you out of the corner of my eye, and you will say nothing. Words are the source of misunderstandings. But you will sit a little closer to me, every day." We learn here that trusting a friend is gradual and based on intentional actions, not words. This means, there's no such thing as an instant boyfriend – trust takes time.

Finally, the fox says, "...Come back at the same hour. If you come at just any time, I shall never know at what hour my heart is ready to greet you...One must observe the proper rites." Here we learn the importance of consistency. There needs to be a predictable pattern or rhythm of exchange between partners when building trust. This pattern needs to include both closeness and separation, coming together and spending time apart.

So to review, here is the recipe according to the fox: invitation of friendship, acceptance of invitation, patiently hold distance, gradually get closer, focus on actions not words, connect consistently, and respect trust-building as a proper ritual. And like any good recipe, sprinkle in some of your own spice and season to taste - voila!

Alan Robarge, Psychotherapist, is a Denver-based clinician in private practice. Learn more at www.alanrobarge.com or send an email to alan@alanrobarge.com

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How can an annuity help fill your retirement income gap?

By: Angela Williams

Your retirement income gap is the difference between the money you'll have and the money you'll need for retirement. Social Security and company pension plans may not be sufficient to support a comfortable retirement.

One additional retirement savings option is an annuity, which is a contract between you and an insurance company. The insurance company invests your money for you, and, depending on the terms of your annuity, you may receive a regular payment based on the success of the investments. Since income on annuities is not taxed until withdrawn from the contract, annuities can be one tool you might use to save for retirement.

The following are some ways an annuity can fill the gap.

- An annuity can provide you an option to receive a guaranteed stream of income payments for as long as you live.
- There is generally no limit how much money you can contribute to annuities, either in one lump sum or periodic payments (although, the insurer may limit maximum contributions in a particular annuity and certain limitations and exclusions apply).
- You decide how often and for how long you'll get your money back.
- There may be death benefit options that allow you to leave money to your beneficiaries without the costs and delays of probate.
- The gain on annuities is tax deferred; you pay no taxes on what you earn until you withdraw the money. However, distributions taken prior to annuitization are generally considered to come from the gain in the contract first. If your contract is annuitized, a portion of each payment will be considered taxable and the remaining portion will be a non-taxable return of your investment in the contract, which is also called the "basis." Once the investment in the contract is depleted, all remaining payments will be fully taxable. If the contract is tax-qualified, generally, all payments will be fully taxable. Distributions prior to age 59 1/2, may be subject to an additional 10 percent federal tax penalty
- Since the gain on annuities is tax deferred and they usually offer a competitive interest rate, your money has a chance to grow quickly. Your annuity could, in the end, be worth more than a non-tax-deferred investment that's offering a slightly higher rate of return.

Angela Williams, an Allstate Personal Financial Representative, is located on Main Street in The Shops at Northfield Stapleton and can be reached at 303.779.8819 or visit <http://agent.allstate.com/AWilliams4/Welcome>

How to Have a Meaningful Christmas

By Mother Clare Watts

Have you felt that your Christmas celebrations are lacking in real meaning? Have you wondered what Christmas is really about or why it matters? One option which might bring you a significant and rewarding experience this holiday season is to approach Christmas from the mystical perspective.

Every world religion has its own mystics. They share a common preference for direct and real experiences of the divine, choosing real knowing over dogma or theological beliefs. Saint Francis of Assisi, Saint Teresa of Avila and Saint John of the Cross are all well-known Christian mystics, and they have been an inspiration for many who seek a real experience of the divine.

If you want to make this season more meaningful, try taking the following steps to connect to a mystical experience of Christmas:

1. On the first Sunday evening of Advent, sit with your family or your spiritual friends and light the first candle.
2. Read an important part of the pre-Christmas story. Recommended texts for the story of Christmas, other than the Bible, include Maria Valtorta's "Poem of the Man-God, Volume 1," and Anne Catherine Emmerich's "The Life of the Blessed Virgin Mary."
3. As you light one candle for each of the four Sundays of Advent, the physical increase of light symbolizes the inner approach of the Great Light.
4. On Christmas Eve, make that evening all about the birth of the Light instead of the materialism of gift giving. You can attend a Christmas service, meditate quietly on your own, or join with others to pray for peace on earth.
5. Finally, read the story of the birth of Jesus out loud and meditate on its beauty, what it represents and what it means for you.

During these weeks of Advent, tune into the feelings you get in meditation versus the feelings all around you in the outer world. You will likely feel how the light is increasing in your interior world, even though outwardly the days are becoming shorter and the nights are becoming longer. These steps provide the opportunity to examine the symbolism of these characters inside of us.

Every element of the Christmas stories relates directly to our inner being and serves as an inner guide on the journey towards God, bringing us into a deeper awareness of the inner truths of Christmas and the joyful mystery of the coming of the Light. In this way, you can experience the real meaning of Christmas: We can hope, and we can fill with Light, because God loves us beyond all measure.

Mother Clare Watts is the co-director of a mystical Christian school and Order called the Order of Christ/ Sophia. She is an ordained Master Teacher and Priest, holding a Master's Degree in Counseling Psychology. The Center of Light, Denver is located at 2300 Forest Street. Visit www.centersoflight.org or call 303.913.7053.

Illuminating Hanukkah

Look ahead to put a shine on Hanukkah! Celebrate with a Hanukkah/Shabbat Service, HANU-karaoke & Latke Dinner on Friday, Dec. 26, the sixth night of the holiday, at Temple Micah. The shimmering shindig for all ages starts with a 6:00 p.m. service and communal kindling of candles that segue to a supper of latkes and condiments from Zaidy's, salad, beverages and dessert. Bring family and friends – and a hanukkiah to light with others in the sanctuary. Also bring singing voices plus a sense of humor for yet another highlight, HANU-karaoke! A tzedakah box created by Judith Cassel-Mamet, Temple Micah's artsy vice-president, will be raffled to benefit the congregation. There is no charge for attending the Hanukkah service. Meal price is \$10/adult or \$5/child under 12. Dinner reservations and payment must be received by Monday, Dec. 22 either at Temple Micah or at <http://www.micahdenver.org>. Questions? Contact 303-388-4239, office@micahdenver.org.



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S.U.N. Meetings are open to the public

The SUN Board meets at 6:30pm on the 4th Thursday of every month at the Stapleton Community Room, 2823 Roslyn Street. Please confirm by email at stapletonunitedneighbors@gmail.com or call 720-840-8492

Moving Forward With Education

By Katherine Correll

In 2008, the Stapleton United Neighbors (SUN) Board Education Committee has paused to gather information about current and proposed education initiatives in the area to assess SUN's role in education and support for educational institutions in the Stapleton and surrounding areas. We have met with representatives from Bill Roberts, Odyssey, Westerly Creek, the Parent Teachers' Associations, Stapleton Foundation, Mile High United Way, etc. We have been pleased to find a strong group of dedicated, energetic, and knowledgeable people and organizations.

While we haven't been able to meet with all of the area's active groups working on education, we have found a number of on-going initiatives, proposals, and one-time events that range from a Diversity Conference, to an after school program, to a PTA Training, and a coat drive. Numerous people and groups are taking on challenges and stepping up to make a difference for their children in Stapleton and in surrounding neighborhoods.

The committee has also heard about educational needs in the Stapleton area. Classrooms and schools are exceeding capacity. There is a need for human resources and for greater assistance from volunteers to work with overflowing classrooms. Diversity is lacking. The current enrollment processes will continue to limit diversification as long as Stapleton itself lacks diversity, and the waiting lists will grow.

There is a perceived lack of connec-

tion with surrounding areas. While teachers, students, or parents may want to collaborate with schools in the surrounding areas or neighborhoods, it is not clear if or how much the Stapleton community as a whole supports this outreach. In the past Stapleton residents have preferred to only fundraise, volunteer, or hold events for Stapleton schools. Focusing resources or SUN's activities in Stapleton alone may be fair - Stapleton resources support Stapleton schools. However, failing to grow and develop together with the surrounding area schools will not make Stapleton an island. It would be mutually beneficial to develop a connection with the surrounding community because as school enrollment continues to grow, it would be nice to have schools close by as options. The Denver Public Schools views this geographic area in a consolidated way. It would behoove us to upgrade all area schools to the level of school which we would like our children to attend.

So, the Education Committee will continue to define a role for SUN in education. With more questions than answers, we will try to look at some of the following: Do we have skilled educational professionals willing to volunteer on a part-time basis? Would we agree to fundraise to support the surrounding schools as well as those within Stapleton? Would we be willing to plan some joint training events for area teachers? Should an afterschool program be open to all area children or limited to those enrolled in that school? Would we like to work to develop specialized schools

such as for science, arts, languages, international studies, or something else?

As a means to proceed, the SUN Education Committee is planning to develop an annual calendar of educational events, conferences, and training that is taking place in Stapleton and the surrounding areas; developing a list of skills and availability of trained and untrained volunteers; and defining the acceptable geographic area for SUN to work on education. We hope

that as we begin to send out our surveys and to ask for public comment, the residents of Stapleton will contribute to developing a strong education initiative.

Katherine Correll is new to the SUN Board this year and is leading the Education Committee. She has worked with community development and education initiatives in the United States and internationally for over ten years.

S.U.N. Kickball Tournament Winners



Photo by Amanda Baldwin

The Annual SUN kickball tournament held on Sept 20th drew a crowd estimated to be over 500, with 275 players in the tournament. In addition to the thrill of the game, the crowd enjoyed free food and beverages donated by Stapleton restaurants and a jumpy castle donated by Knowledge Beginnings. The three winning teams took home prize bags full of goodies donated by Stapleton businesses. Above: Aaron Turner's Team shows off their first place trophy.

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3 overnight stays on the CTRC research unit at University Hospital. Compensation will be provided upon completion of study. Please call Karen at 303-399-8020, ext. 3535, for more information and study procedures. (PI: Boris Draznin, MD, PhD; COMIRB #07-1203) Approved 9/30/08.



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Stapleton Aquatics Director Named

The Stapleton MCA would like to announce the addition of Paula Deorio as Stapleton's first Aquatics and Recreation Director. Paula will be joining the MCA Staff full

time as of December 1, and will be focused on organizing and delivering high quality aquatics programming at all of Stapleton's outdoor pools. Paula brings 13 years of management experience directing aquatics programs for the City of Denver. Most recently Paula served the City of Westminster as their Aquatics specialist managing the hiring and training of their aquatics staff. Paula can be contacted for any and all questions at the MCA office or by email at pdeorio@stapletoncommunity.com. Please look for Aquatics updates about registering for summer lessons and programs in January's Front Porch.

Stapleton Snow Removal

Winter snow removal throughout Stapleton is the responsibility of many different entities including individual property owners and sub-associations. Sidewalks are to be cleared from snow within 24 hours by the adjacent property owner. Where there is an adjacent sub-association, it is the sub-association's responsibility. The MCA clears snow from all sidewalks that

are not adjacent to private property. This includes all the neighborhood parks and parkways. Denver Parks and Rec is responsible for snow in and around the regional parks. Major roadways and arterials are the responsibility of Denver's department of Public Works. For a diagram of these identified roads please visit our web site. Neighborhood streets are not cleared unless a "major" snow event of one foot or more occurs. Neighborhood alleys are to be routinely cleared of snow by the adjacent property owner or sub-association.

In the event of a "Major Snow Event" (as defined by the City of Denver), the Stapleton MCA will initiate the emergency snow removal plan. The plan includes continuous use of heavy equipment, light equipment and hand work to remove snow from alleys, some intersections and major pedestrian paths. Alley work is limited to the removal of enough snow so residents can get to their alleys (this requires residents to participate by removing snow from each of their drive aprons to get from the alley to their garage). The MCA's goal is to only open up a single drive lane through each alley. Alley drive lanes will not be scraped down to pavement to eliminate the need to truck any snow off site. This allows us to expedite the process ensuring that we can get to all alleys in the shortest time possible and decrease potential damage to the alley surface. Community paths and parks will be addressed as equipment and personnel become available as to provide for safe pedestrian access. Individual snow removal concerns can be directed to the MCA office.

The Stapleton MCA is a 501(c) 4 Non Profit Community Organization whose mission it is to create and sustain a sense of community at Stapleton through comprehensive management of parks and recreational facilities, community events, cultural programming. The MCA is located at 2823 Roslyn St. and can be reached by phone (303-388-0724) or email (info@stapletoncommunity.com). Community information is continually updated at www.StapletonCommunity.com

Have a question? Try these Stapleton websites.

Forest City Stapleton
www.stapletondenver.com

Stapleton Foundation
www.stapletonfoundation.org

Stapleton Master Community Association (MCA)
www.stapletoncommunity.com

Stapleton Transportation Management Association (TMA)
www.stapleontma.com

Stapleton United Neighbors (SUN)
www.civikkanopy.org

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(continued from page 1) hypothyroidism, infections, and other conditions (see sidebar list of health conditions at far right) there are effective drugs available for \$4 per month.

A number of drugs introduced 10 or 20 years ago that created new ways to treat chronic conditions, such as the revolutionary statins for high cholesterol, are now available as generics. Many of the new drugs coming to market now are reformulations of existing classes of drugs, altered for more convenient dosing or to have fewer side effects. The generic drugs provide very good treatment at minimal cost; the new brand name drugs provide the very best treatment available, but at a substantial premium.

For example, at a recent visit in a well-to-do suburban doctor's office, an insured patient stated that his blood pressure was high because he had been taking his pills only every other day to save money. The drug was formulated for convenient once-a-day dosing, but it cost him a \$60 per month copayment. Another drug in the same class was available for \$4 per month, but it had to be taken 3 times per day. Doctors are taught that the first question to ask when a prescribed medication is failing to have the expected effect for a patient is whether or not the patient is taking the medicine as prescribed. Often, non-compliance with a prescribed regimen is due to financial considerations that patients are uncomfortable expressing to their doctors.

The necessary advent of cost consciousness into medicine has altered the doctor-patient relationship. The traditional view was that each patient should receive the absolute best treatment for his condition regardless of cost. However, as life expectancy grows, the

Generic Versus Brand Name Drugs



Jerry Kelly (right) and Dr. Morteza Khodaei check the \$4 generic list to confirm that the prescription Kelly needs is available in that program. Kelly's wife, Dr. Barbara Kelly, is the medical director at the University of Colorado Hospital AFWilliams Family Medical Center in Stapleton. Dr. Kelly explains that if a patient is on a

drug and it is working for them, the normal course of action is to simply update a prescription that is already in the computer and send it to the pharmacy on record. If a patient wants the doctor to consider a less expensive drug or a different pharmacy, the patient needs to point that out to the doctor.

majority of medical encounters are moving away from visits for acute illness and toward management of chronic illness — and medical expenses are rising. With the lifetime of prescription drug costs that go along with chronic disease more doctors are considering cost-awareness a part of good medical treatment.

Many doctors now even keep a printed copy of the \$4 drug list in each exam room of their office.

The decision whether to use a newer, significantly more expensive drug rather than a generic needs to be evaluated on a case by case basis. The case of a one-month-old baby admitted to the hospital with a severe cough can be used to exemplify this decision making process. Tests showed the baby had pertussis (whooping cough). Pertussis is more annoying than dangerous for adults, but it can be deadly for infants — the cough can be so severe as to cause cessation of breathing. All household members are treated for pertussis when a case is confirmed because pertussis is extremely contagious and the effectiveness of the vaccines that most people have received wanes with time.

When taken correctly, both the older generic drug, erythromycin, and the newer drug, azithromycin, are equally effective for pertussis. However, azithromycin is taken once a day for five days, whereas erythromycin must

be taken four times a day for 14 days. Erythromycin can also cause nausea or abdominal pain. Studies have shown that fewer than 50% of patients complete the full course of erythromycin treatment but over 90% complete the full course of azithromycin.

*Did you know
vets, too, can call
in prescriptions?
Check with your
pharmacist to see
if your pet's drugs
are on the \$4 list.*

The family of the infant with pertussis was not insured. Erythromycin would have cost \$4 each, but there would have been less than a 50/50 chance that the required dose would be completed. With azithromycin, at a cost of \$26 per person for the family of six, there was a slim chance that the prescription would even get filled. Neither option was good. Luckily the social work department of the hospital purchased azithromycin for the whole family to ensure that a pertussis outbreak did not occur.

There are diseases for which brand name drugs provide important advantages. The treatment of epilepsy requires very precise drug levels in the body to be effective without being toxic. Small alterations in blood levels can provoke seizures. Brand-name drugs have very precise amounts of drugs in each dose. Generics, to allow for cheaper manufacturing, are allowed to vary by small amounts that are inconsequential in the treatment of most conditions. But the tolerances for treating epilepsy are so

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fine that many neurologists will only work with brand-name drugs.

Another distinction between generic and brand name drugs is that the FDA requires chemical but not biological equivalence between the generic and the brand-name counterpart. Usually chemical equivalence (having the same molecule in the drug) leads to biological equivalence (having the same effect on the body). In some cases, however, drugs can be chemically but not biologically equivalent. For example, when a dermatologist treats a rash, two creams containing the same steroid can have different effects depending on the characteristics of the cream that serves as the vehicle for the drug.

The considerations that play into a decision of which drug to prescribe are myriad, as shown by the examples of high blood pressure, epilepsy, topical drug preparations and infectious disease outbreaks. For some well-insured patients, the cost of a prescription is not an issue and the best prescription for that patient is the one with the fewest side effects and the most convenient dosing regimen. Other patients would happily tolerate taking three pills per day instead of one in exchange for a prescription that is one tenth the price. The best prescription in each case accounts for medical, financial and lifestyle factors. The \$4 drug lists can be a valuable tool to help patients and doctors make those decisions.

Austin Larson, a former Stapleton resident, is currently a third year medical student at Brown Medical School.

Health Conditions Treatable with \$4 Generic Drugs

Allergies	Thyroid Conditions
Cough, Cold, Flu	Tuberculosis
Antibiotic	Viruses
Arthritis	Vitamins &
Asthma	Nutritional Health
Birth Control	Women's Health
Cancer	<i>Ask about other medical conditions</i>
Cholesterol	
Diabetes	Wal-Mart, Sam's Club, Target and King Soopers post lists online and have \$4/30 day and \$10/90 day programs
Ear Health	
Eye Care	Walgreens - With program enrollment (\$20/indiv or \$35/family per year) drugs on their posted list are \$12 for 90 days.
Fungal Infections	Safeway doesn't have a list but says they match the \$4 price.
Gastrointestinal	Albertsons/Sav-on has a \$4.99/month prescription list in the store.
Glaucoma	
Heart & Blood Pressure	
Incontinence	
Infections	
Mental Health (Anti-anxiety, antidepressant, antipsychotic)	
Muscle Relaxants	
Pain & Anti-inflammatory	
Parkinson's Disease	
Prostate/BPH	
Seizure/Epilepsy	
Skin Conditions	
Steroids	

Local physicians say their patients can usually get the same benefits from generics as from brand-name drugs, and save lots of money.



Clockwise from upper left: Caden and Miles MacKenzie, Trang Le-MacKenzie, Quynh and Tom MacKenzie.

Dr. Tom MacKenzie, a Stapleton resident, is Associate Chief Medical Officer at Denver Health. In his position, he sees patients at Westside Health Center at West 11th Avenue and Federal Boulevard.

"I think the message that patients need to hear is that for the vast majority of drugs, we believe that the brand name and generic counterparts have equal benefit. There is no difference in how they treat the condition," MacKenzie said. "There are only a few rare cases where the brand names work better. For the most part, the generics work just as well."

"It's appropriate to have a discussion about generics with your doctor," MacKenzie said. "You should have the discussion in any economy. It's a discussion regarding medications for the same condition that may have a 10- or 20-fold difference in price between one medication and the next. You should always have the discussion with your doctor about lower cost medications."

A pharmacist talks about generic drugs...

By Dustin Holthus



Dustin Holthus

"A generic medication that has the same active ingredients as a brand name (with only the inactive ingredients possibly differing) should have the same medical effects on the patient. This is called A-B rated and means that the generic medication can be substituted for the brand name without the doctor's approval. In fact, any pharmacy will automatically dispense the generic medication unless the doctor writes 'Brand Medically Necessary' on the prescription, or the brand name medication does not have a generic available yet. When a brand name medication comes on the market, the manufacturer has brand rights for at least 7 years before any other company can manufacture and sell a generic equivalent."

"Most pharmacists now have their doctorate in pharmacy (Pharm.D.) and are trained to counsel patients about their medications. Patients should, of course, confer with their doctors, but they can always come in and talk to their pharmacist about possible substitutions that might save them money. Pharmacists are more familiar with the costs of the different drug options."

"I've had patients come in, literally in tears, and say now, with the \$4 program, they can buy their groceries *and* their medicines. They don't have to choose this month."

Dustin Holthus received his Pharm.D. from the University of Wyoming Pharmacy School and did his 4th year rotations in Denver. He lives in Lowry and has been a pharmacist at the Stapleton Quebec Square Wal-Mart for four years.



Dr. Karen Chacko and her husband Tim Bauer with Adele, 5 1/2 watching Izzy, 3 1/2 drawing a mermaid.

Dr. Karen Chacko, also a Stapleton resident, practices at University Hospital. She recently had a session with a patient who is a 44-year-old woman with diabetes, high blood pressure, high cholesterol and chronic neck pain. Dr. Chacko earlier had referred her patient to a spine specialist for her neck pain, an endocrinologist and a physical therapist. However, the patient said that although she had insurance, she was un-

able to afford the co-pays for these visits. Her husband had lost his job and money was tight.

"I started looking at all her prescription costs," Chacko said. "I reviewed the \$4 plan, which she hadn't known about. We went to the Wal-Mart website, and four of her medications were on the list. The patient had assumed she should go to her regular pharmacy and use her insurance. The \$4 plan meant there was a significant cost savings, and in her case, there was no change in the medications. The patient understood the importance of staying on her diabetes medications so she had prioritized paying for and taking her medications, but she had sacrificed the other doctor visits to pay for her medicine. It was my hope that with the savings on her prescriptions she might be able to make the co-pays for the other doctor visits."

Most insurance companies put medications into tiers, Chacko explained. With this patient's insurance, Tier 1 generic drugs were \$15 a month. Tier 2, brand name drugs for which no generic equivalent exists, were \$25 a month. Tier 3, brand name drugs for which generic drugs do exist, were \$35 a month (to discourage use of the brand name when a generic is available).

"She was on all Tier 1 medications. That was \$15 per drug," Chacko said. "The \$4 plan for her, and for most people, is probably going to be cost-saving no matter what insurance you have."



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