

Front Porch

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

DENVER, COLORADO

STAPLETON

FEBRUARY 2009



Neighborhood Hospitals Lead the Way for Obama's Medical Proposal

Dr. Marion Sills, pediatrician at The Children's Hospital Department of Emergency Medicine, uses a C.O.W. (computer on wheels) to access in-house medical records at Children's. Through a new pilot program, she can now access patient information from three other hospitals' computer systems. Dr. Sills is shown with Christopher Acevedo, 1 year, and his mother, Alicia Ortiz.

By Nancy Burkhart and Carol Roberts

In a speech on January 10th, Barack Obama talked about creating a system of electronic medical records as part of his economic stimulus plan. "We'll create hundreds of thousands of jobs by improving health care – transitioning to a nationwide system of computerized medical records that won't just save money, but save

lives by preventing deadly medical errors." Only about 25% of hospitals and 20% of physicians' offices use electronic medical records (EMR) nationwide. But, a federal grant that started in 2004 has given the Denver metro area a head start, not just in EMR, but in medical record sharing. On Dec. 1, after four years of planning and behind the scenes implementation efforts, the

Colorado Regional Health Information Organization (CORHIO), kicked off a shared record program between Denver Health, Kaiser, Children's Hospital and University of

Colorado Hospital.

"We were one of eight states to receive this grant," said Dr. C.T. Lin, Senior Medical Director for (continued on page 26)

Talent Agency Kids Have Personality Plus



Bryce Foster, 12, Karen Lincoln, owner of Marbles Talent Agency, and Karen's daughter Taylor, age 9, pose on the stage of the John Hand Theatre in Lowry where Bryce is appearing in the current production, Mother Hicks, that runs through February 15th. Story on page 4.

By Kathy Epperson

This fall a new high school will open north of Stapleton that is ambitious and progressive enough to attract students away from other popular choices. Part of the successful passage of a 2006 bond election in Adams County, the new Adams City High School is located at 72nd and Quebec and available to serve students in northeast Denver. The new school is not just a new facility to replace the existing school building but a revamped educational model to be comprised of four academies that promise to engage kids no matter what their interests and ultimate goals are.

The four academies include Early College (with career and technical education suitable

Bold Plans for New Adams City High School



The new Adams City High School, located at 72nd and Quebec will open in the fall of 2009.

Baccalaureate (IB) program. There will be a single principal for the entire school, but each of the 4 academies will have its own assistant principal and an academy coordinator serving as the instructional leader. Through a partnership with three community colleges -- including Front Range Community College, Community College of Aurora, and Community College of Denver -- Adams City High School students will also have the opportunity to take college level classes on site.

(continued on page 7)



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

6 100% of DSST Students Accepted to College

New Bison Corrals at Refuge

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Valentine's Day Tips

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S.U.N.

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See page 13 for The Urban Farm's Embracing Horses program during spring break.



CALENDAR

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

FEBRUARY

Every Monday & Tuesday

FREE Acupuncture Consultations (15 min. each)
12 - 1:30pm Mon. & 12:30 - 2pm Tues.
Natural Balance Integrative Health
3055 Roslyn Street, Suite 120
Call 303-355-0363 to schedule consultation

1st, 3rd, & 5th Fridays

Mothers of Preschoolers (MOPS) 0-6 years old
9 - 11:30am Corona Presbyterian Church, 1205 E
8th Ave., 303-832-2297, www.mops.org. (see p. 13)

Monday, Feb. 2

Denver Museum of Nature and Science –
Free Day 303.322.7009 www.dmns.org

Tuesday, Feb. 3

Children's Museum - Target FREE First Tuesday,
4-8pm. Cmdenver.org

Tuesday, Feb. 3

The History of Denver - Free
11:00 am - 12:00 noon (refreshments at 10:45)
Temple Emanuel, 51 Grape, RSVP: Jodi:
303-388-4013 x307

Thursday, February 5th

"Guys Night Out – Valentine's Day Chalk Talk"
6:30-8:30pm (see p. 23)
Amore Fiori, Stapleton Town Center
303-333-3848 www.amore-fiori.com

Friday, Feb. 6

Montview preschool app. deadline for '09 - '10
1980 Dahlia Street 303.322.7296

Saturday, Feb. 7

Denver Art Museum - Free Day. 100 West 14th
Avenue Pkwy, Denver: 720.865.5000
www.denverartmuseum.org

Saturday, Feb. 7

Hypnotherapy for Abundant Love;
FREE introductory class (see page 23)
Le Celle Medical Wellness and Aesthetics,
1940 E 19th Ave., 3 - 4:30pm.
www.womenswellnesshypnosis.net.
RSVP 303-393-1062

Monday, Feb. 9

Stapleton New Resident Forum 6:30-7:30pm
2823 Roslyn Street 303.388.0724
jgraham@stapletoncommunity.com

Tuesday, Feb. 10

Free -Active Minds – Abraham Lincoln
12:30-1:30pm, Tattered Cover, 2526 E Colfax.
www.ActiveMindsForLife.com

FEBRUARY

Thursday & Friday, Feb. 12-13

Author Vera B. Williams reads her
Caldecott Award-winning children's book
"A Chair For My Mother"
Feb. 12 - 11am Borders, 8230 Northfield Blvd.
Suite 1370, 303-227-1122.
Feb. 12 - 3pm Simon Says Read,
7349 E 29th Ave., 303-333-7323.
Feb. 12 - 5pm Tattered Cover Book Store,
2526 East Colfax Ave., 303-322-7727.
Feb. 13 - 10am Cultural Legacy,
3633 W 32nd Ave., 303-964-9049

Saturday, Feb. 14

Denver Zoo
SCFD Free Day

Saturday, Feb. 14

Active Minds – Global Warming
1 - 2pm, Commerce City Library,
7185 Monaco, Commerce City
www.ActiveMindsForLife.com.
RSVP: 303-287-0063

Monday, Feb. 16

SCFD Free Day,
Denver Botanic Gardens, York Street

Tuesday, Feb. 24

Denver Zoo
SCFD Free Day

Tuesday, Feb. 24

Active Minds – Colombia: A Powder Keg?
5:30-6:30pm, Tattered Cover, 2526 E Colfax.
www.ActiveMindsForLife.com.

Tuesday, Feb. 24

Adams City High School preview for
prospective students & parents. 6-7pm
Commerce City Civic Center,
7887 East 60th Ave. 303-853-7842
http://www.adams14.org/the-new-adams-city-
high-school.

Thursday, February 26, 2009

Smiley IB Open House for 5th graders. Tours
at 5:30 & 6:30pm. Presentations at 6 & 7pm
2540 Holly Street, 720-424-1540

MARCH

Tuesday, Mar. 3

Free - 4-8pm at The Children's Museum
2121 Children's Museum Drive
303- 433-7444 or
www.childrensmuseums.org.

Saturday, Mar. 7

Active Minds – Buddhism
2 - 3pm, Commerce City Library,
7185 Monaco, Commerce City
www.ActiveMindsForLife.com
RSVP: 303-287-0063

The Front Porch welcomes
submissions of upcoming local events
(deadline is the 15th) and
story ideas for future issues.
Email TGleason@StapletonDenver.com
or Carol@FinePrintCo.com

(See page 12 for recurring monthly events and meetings)

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www.FrontPorchStapleton.com

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“Talent Agency Kids Are Very Outgoing with Personality Plus”



Karen Lincoln, owner of the Marbles Talent Agency, lies on a couch with four of her talented kids. They are, left to right, Bryce Foster, her daughter Taylor, and Darr and Maddison Davis.

By Nancy Burkhart

Stapleton resident Karen Lincoln started acting and singing in high school. She got her first taping for a Los Angeles project at the age of 16. She continued with community theater and college theater, and in her 20s was cast in TV’s “Northern Exposure” and an NBC mini-series called “Pandora’s Box.”

With a college degree in Editorial Production, it made sense in 2007 for her to buy Marbles Kids Talent, Inc., located in Cherry Creek. She since has added an adult division called Lincoln Talent.

“Our clients are ad agencies, department stores, manufacturers of clothing, etc.,” Lincoln explained. “Clients will call and give us a character breakdown. We go through our books. We’ll submit the pictures on those kids who can do what the client wants. Clients make the decisions and kids go in for an audition.

“It can be intimidating,” Lincoln admitted. “But kids learn, if they aren’t selected, it doesn’t mean they didn’t do a good job. They just weren’t right for the job.”

Lincoln says she doesn’t want to represent children who are being pushed into the entertainment field by their parents.

A child needs to be “very outgoing, with personality plus and parents that aren’t pushing,” Lincoln said. “I’ll ask them in the first session why they’re here. If a kid says a parent made them be there, they will be resistant. The ones who are truly having fun with it are the ones who will excel.”

Parents need to be supportive of their children and their children’s desires, she stressed. Parents should try not to make their children look older with make-up and hairdos.

“It’s not an honest representation and not fair to the kid if he or she looks like they’re 18, and they are really 12,” Lincoln said. “Kids are better off being their own age.”

Children who are successful in commercials, ads and films have good skills with adults and enjoy the work, she said. They also love the classes they must take, such as horseback riding and ice skating, in order to be prepared for parts for which they might audition.

Lincoln’s 9-year-old daughter, Taylor, is a young talent, herself.

“Auditioning wasn’t something I pushed for,” Lincoln said. “She loves it. She just took to it. She and I ‘booked print’ as mother/daughter before I bought the agency. In less than two years, she got a Stars Network commercial, Disney on Ice and My Twin Print catalogue. She’s been called in for auditions that we just taped for some feature film parts.”

Taylor’s talent career doesn’t come first in her life though, Lincoln stressed.

“Taylor gets good grades. She plays volleyball and basketball. She likes learning and growing. She is actively pursuing education, and she’s gaining self-esteem and confidence.”

Lincoln represents Kris Davis’ two children, 7-year-old Darr and 9-year-old Maddison. Davis was in Los Angeles with her son, Darr, for an audition when she was interviewed for this article. Both of her children initially were interested in working in the entertainment industry, she said.

“My daughter, Maddison, wanted to do some acting, so we looked around Denver,” Davis said. “We went to a casting call in Denver on the radio. They’ve enjoyed it, so that’s why we’ve continued. When they say they don’t want to do it any more, we’ll end it. We’ll stay in Denver and travel to L.A. when needed. I think it’s a good experience for them – discipline in a different way.”

Davis warned parents not to think that having a child who auditions and wins parts in commercials, ads and movies is easy.

“It’s not all a bed of roses. It’s a lot of work, and a lot of time is spent with it,” she said. “People think when we’re out in L.A. we sit on the beach and eat bonbons. Most of the time you’re running around. There is a lot of preparation.”

Darr said he enjoys doing the work.

“I like meeting new people,” he said. “It’s really fun to do that. It’s a lot of work, but it’s really, really fun. I want to keep doing it. I like everything about it.”

Darr can be seen in March on the Discovery Channel in “Baby Madness... and Candid Kids.” Check your local listings for the date and time.

The life experience has been positive for Darr, Maddison and their family, Davis says.

“Maddison was a little shyer, and it’s really brought her personality out. She’s more confident now. My son has always had the personality, but he’s really enjoyed it as well. All of our experiences have been very, very positive.”

For information on child talent representation, call Karen Lincoln at Marbles Kids Talent, Inc., 303-322-5004, or visit www.modelingkids.com.

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date Sunday, February 8
time 11 AM – 2 PM
place Meet at the Forest City Stapleton
 office (first floor lobby area)
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rsvp Call Nancy Relihan at 303-382-1800



**DSST Maintains Perfect Record
in Four-year College Acceptance**



DSST seniors (left to right) Kailah Brewer, Matt Zeigler, Ariana Dominguez, and Gregory Hatcher are in the graduating class of 2009, the second graduating class for the school, and the second class to have 100% of seniors accepted at four year colleges.

For the second consecutive year, 100 percent of the senior class attending the Denver School of Science and Technology (DSST) at Stapleton has been accepted into a four-year college or university. DSST officials recently announced that all 81 students of the Class of 2009 have been admitted to at least one public institution of higher learning, duplicating the achievement of the students enrolled in the school's initial graduating class in 2008. School officials called the achievement "unprecedented for a public high school in Metro Denver." "We are extremely proud of the hard work of our students, teachers, staff, and parents for achieving the (continued on page 14)

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LEADING BY EXAMPLE



Scheduled to open in the fall of 2009, Adams City High School is not just a new facility to replace the existing school building, but a revamped educational model to be comprised of four academies. The school is located at 72nd and Quebec.

(continued from page 1)

With a high dropout rate becoming the norm in schools across the nation, Adams City High School and the district, known as Adams 14, aim to provide classroom instruction that is not only rigorous but also engaging and relevant to the real world. To that end, the school is exploring offering technical certifications such as an integrated arts, multimedia and graphic design program that will cross several of their academies, as well as a film and multimedia tech program that will build on their current TV production program. They are also exploring two major programs with Community College of Denver: wildlife management, which is well-suited to their location sharing a boundary with the Rocky Mountain Arsenal National Wildlife Refuge; and technical theater, which fits well with their new performing arts complex.

John Albright, spokesperson for Adams 14 School District, thinks the new Adams City High School represents a phenomenal choice that is close to the Stapleton and other northeast Denver neighborhoods. "Other offer-

ings include a signature Culinary Arts Bistro and program, a CAD (computer aided design) lab, stunning athletic facilities, and a beautiful setting with fantastic views of the mountains," he says. "We are working on partnerships now to provide increased technology access for students at the school. The construction includes the creation of a totally wireless campus with lounge areas for students to collaborate and work. It will be a great school with caring and committed staff. It is also a CSU Alliance school, which provides scholarship opportunities for our students."

The facility itself is a space that is intended to be flexible and fluid and encourage interaction. There will be office pods in the center of the academy wings to encourage professional collaboration among the instructional staff, and teachers will move between classrooms with their instructional materials and laptops rather than being assigned permanent classrooms.

"Superintendent Susan Chandler has a very specific vision and plan for education in the Adams 14 School District," says John Albright. "She is an academic superintendent, meaning she keeps her hands squarely in the educational delivery model

of the District. Everything is based upon the simple strategy of delivering excellent instruction in the classroom." (For more information about the Adams 14 Strategic Plan, visit <http://www.adams14.org/strategic-plan>.)

Incoming freshmen and sophomores for fall 2009 will be the first students to experience the academy structure. Juniors and seniors will finish their high school careers in a traditional structure.

The first round of open enrollment is taking place through February, with a second round starting in mid-March. The school is hosting a program preview night for prospective students and parents on February 24 from 6:00-7:00pm at the Commerce City Civic Center located at 7887 East 60th Ave. (60th and Quebec). School and enrollment details can be accessed online at <http://www.adams14.org/the-new-adams-city-high-school> (Note: the top of this web page contains an online survey to gauge interest in adult education classes – see sidebar). For additional questions, contact the academy coordinators office at 303-853-7842.

Adult education classes:

Part of the Adams 14 District's ambitious plans for the new Adams City High School is to serve the adult population with a variety of on-site classes through their community college partners. "We are currently surveying the community to gauge interest in specific community college course offerings," says district spokesperson John Albright. "This Spring, Adams 14 will announce the variety of courses and other workshops available in the fall of 2009, and we anticipate growing the adult component of the school over time."

The course offerings will be dependent on enrollment numbers (a minimum of 12 students per course to offer the class). In discussions with their community college partners, particularly Front Range Community College, the following course offerings are intended as a starting point for the program:

- * General Studies (English composition, math)
- * English as a Second Language
- * Business (accounting, marketing)
- * Psychology/Sociology
- * Science (biology, chemistry, physics)
- * Technical (welding, medical/CNA, CAD)
- * workshops on business entrepreneurship

Please indicate your interest in community college offerings at the new Adams City High School by filling out their online survey at www.adams14.org/the-new-adams-city-high-school.

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Shadow Theatre Shines Light on Black Performers

By Wallace Yvonne Tollette

Jeffrey Nickelson, a Philadelphia native, founder and artistic director of the Shadow Theatre Company, came to Denver by way of the Air Force. Having never seen a stage play until he was 22 years old, he fell in love with theatre after a friend, Jackson Pruitt, suggested they audition for a play entitled, “Don’t Lose.” That’s all it took. “Ceremonies of Dark Old Men” at Touchstone Theatre followed.

Acting had never been one of his goals in life, “it just evolved,” he says. But after deciding to make theatre his career, he felt he needed some formal training and he enrolled in the National Theatre Conservatory, graduating in 1993. Taking his acting to another level, he went to Los Angeles for three years and got a SAG (Screen Actors Guild) and AFTRA (American Federation of Television and Recording Artists) card. These two accolades propelled his career as a professional actor.

He founded Shadow Theatre Company in 1997. To the question, “What is the significance of naming it Shadow?” He explained it this way: “It’s a double entendre of Broadway being in the shadow of the Great White Way, coupling it with the St. Francis of Assisi prayer about shadows bringing light.” At first, the public derided the name seeing it as suggesting sadness, gloom or darkness. He quickly emphasizes that Shadow exemplifies his passion, not anger or fore boding. He goes on to add that black people have assimilated and homogenized and have lost the value of our culture. We have the responsibility,” he says, “to preserve our culture and our history and this venue is one way to ensure that happens. Young blacks, he maintains, have no concept of the struggle.” Nickelson has held his ground and largely due to his credit and that of his supporters, Shadow is

in its eleventh season and remains the only black professional dramatic theatre in the region.

He is also most proud of Shadow’s new facility at 1468 Dayton Street in Aurora. Owned by Cornerstone Equity, in 7 years, Shadow will be able to purchase it as 10% of Shadow’s rental fees go toward the purchase. Shadow is also paying for renovation in addition to the rent. The theatre seats 136 and there’s one general admission price. The budget totals \$500,000 which is garnered through ticket sales, grants, corporate support and special events. The theatre is in need of \$150,000 to complete the build-out. Community support is sorely needed. They are seeking \$400,000 operating funds in 2008. They stage four plays a year and receive a fair amount of attention from the Denver Post and the Rocky Mountain News.



Jeffrey Nickelson, founder of Shadow Theatre Company in Aurora.

The director of operations, P.J. D’Amico, says he fell in love with Shadow and applauds Jeffrey for forging a path for African Americans in the theatre. He agrees that assimilation has taken over but he considers Shadow the “Harlem of the West.” He also stated that Shadow and the Cleo Parker Robinson New Dance Theatre are the last two cultural institutions in the black community. “A need to galvanize artistic incubators and have the venues

buzzing in celebration of black culture is a must,” he states. Shadow has received numerous awards and was the 2005 recipient of the Mayor’s Award for Excellence in the Arts.

Upcoming Performance to Start Feb. 12th

Smokey Joe’s Café, opening Feb. 12th, celebrates the greatest tunes of the 50’s and 60’s. Directed by Hugo Jon Sayles, “it relives rock’s glory days and brings down the house with chart-toppers by Rock and Roll Hall of Fame songwriting duo Leiber and Stoller. The greatest tunes of the 50’s & 60’s come alive in a high energy performance that celebrates first kisses and last dances, soulful songs and red-hot rock and roll.” For information or to purchase tickets, call 720-857-8000. The theatre is located at 1468 Dayton St, Aurora.

Middle & High School Youth Program

Each year, Shadow offers an intensive program for middle and high school youth who might otherwise lack access to the arts and professional mentors. The students receive rigorous professional training (culminating in a live performance) and explore what it means to thrive as a young person in a complicated world. Shadow redirects young people away from trouble giving them a safe space to explore and develop their talents, while reminding all that art can be a powerful teaching tool.

Nickelson, as artistic director of Shadow, was named in the Rocky Mountain News Spotlight (Oct. 4, 2008 edition) as one of Denver’s Top 25 in Arts, Culture and Entertainment. The article states, “Nickelson is the heart of the city’s only viable black-oriented theatre company inspiring loyalty and passion backstage and in the audience.”

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.

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February 2009

8

Stapleton Front Porch

Cleaners Help Clean the Environment



Hyun Soon Pak, owner of the Environmentally Friendly Town Center Cleaners, with her staff, Sue Fields and Debbie Ferren.

By Carol Roberts

When Hyun Soon Pak opened a dry cleaning business in Centennial in 2002, she was the first dry cleaner in Colorado to start using a new silicone-based cleaning method that's far more environmentally friendly than the old solvent method still used by 85% of dry cleaners. And when Hyun Soon opened her dry cleaning business in the Stapleton Town Center in 2003 she brought with her the new "GreenEarth" cleaning method. When you step in the door you won't find any of the old solvent smell.

Hyun Soon Pak's older sister, Hyun Chul Pak came to the US from South Korea to study here, but she was lonely so she convinced Hyun Soon to join her in 1971. (In Korea the custom is to give each child the same first name but different middle names, and they are called by both names together.) Hyun Soon attended the American Institute of Banking in Denver, and worked as a bank employee, but in 1977 she bought a dry cleaning business at Colfax and Havana. In

that location, neighboring the old Stapleton airport, she actively supported the local community, donating clothing left at her business and other items to a nearby church.

The Stapleton Town Center first opened in 2003, and the Town Center Environmentally Friendly Cleaners was one of the first tenants. Hyun says, "We would like to thank all the customers who have made it possible for us to have this business."

They are a full service cleaner, offering shirt cleaning as well as cleaning of household items including drapes and comforters, area rugs, leather, suede. Clothing that needs alterations can be dropped off anytime, but to speak directly to the seamstress, stop in on Saturday, Monday or Tuesday between 7am and 7pm.

The Town Center location is primarily a pickup and dropoff facility, with the cleaning equipment housed at the Centennial location. The equipment is a \$60,000 machine that extracts the dirt into a separate container, and the "GreenEarth" cleaning fluid remains clear. A news release from (continued on page 15)

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Stapleton Front Porch

9

February 2009

Dream Come True: An Urban Winery

By Nancy Burkhardt

What does a radio DJ do when a new station owner changes the music and fires everyone? He opens an urban winery, of course.

That is what Paul Bonacquisti did. He grew up learning to make wine from his father and grandfather, who came to Trinidad from Italy. The week after he lost his job as a DJ, Bonacquisti started writing a business plan to open a winery in the city. He got his sommelier certification, received financing from the Small Business Administration and signed a contract on the building that houses the winery at 4640 Pecos St., Unit I.

Today, the winery has been open for two years. Visitors to the winery can taste the wine for free Monday through Saturday and watch whatever work happens to be going on. People can rent the winery for their events, with prices starting at \$15 per person.

“Winemaking is seasonal with the harvest,” Bonacquisti explained. “Grapes are harvested September through October. If people come in during those two months, they will see winemaking going on. The rest of the year, it all depends on what we have going on. Every three to four months we do some production work. Bottling can take place at any time of the year.”

Bonacquisti only makes and bottles wines. He buys the grapes from farmers. “I let the growers grow,” he said. “I source grapes from different vineyards. My growers harvest the grapes. Then a refrigerated truck picks them up and delivers them to my door. We’re a traditional winery in that sense. We crush grapes, ferment them, and age them in barrels.



Paul Bonacquisti at work in his winery where he does everything except grow the grapes. His wines can be tasted and purchased there Monday through Saturday.

“When you walk in you are inside a working winery,” Bonacquisti said. “That was part of my vision, for people to be inside of it instead of behind glass or closed doors. I call it a funky, urban, industrial condo. It’s a 10-unit complex of mini-industries. How many wineries are fortunate enough to be close to Quiznos? The ceilings are high – 17 feet. There is a loft where we hang local artwork.”

Bonacquisti makes several different wines, including chardonnay, sauvignon blanc, rose, merlot blend, sangiovese and zinfandel, which are priced from \$13 to \$24. His wines can be tasted and purchased at the winery Monday through Saturday, or Thursday through Sunday at a wine accessory store

called The Equipement de Vin, located at 1412 Larimer St. The store has a tasting fee of \$5 for five wines, or complimentary with purchase.

Bonacquisti said he plans to return to Stapleton’s Farmer’s Market in 2009. In the meantime, he will hold wine-tasting events at the winery, including a Wine and Chocolate Weekend in February and a Barrel Tasting Dinner in April. Sign up for a newsletter on the website or e-mail Bonacquisti to be placed on an invitation list.

Learn more about Bonacquisti’s wines at www.denverwine.net or e-mail him at: paul@denverwine.net.



Above: Bonacquisti draws wine from the barrels in which the wine is aged.



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The Stapleton community is not typical...



Below: Bonaquisti takes some wine from a large stainless steel fermentation vat.



Performances & Events in February

Through Feb 14 – Vintage Theater – “Barefoot in the Park” by Neil Simon, directed by Sarah Roshan. 2119 E 17th Ave, Denver. 303.839.1361. www.vintagetheatre.com

Through Feb 15 – John Hand Theater – “Mother Hicks” by Suzan Zeder, directed by Kris Hipps. Set in southern Illinois, during the great Depression, this play is about three outsiders including Mother Hicks, who is suspected of being a witch. Lowry. 720-880-8727. www.johnhandtheater.com

Weekends - Rocky Mountain Arsenal Wildlife Refuge tours. To sign up or learn about other nature and educational programs, call the U.S. Fish and Wildlife Service at 303-289-0839, or visit <http://fws.gov/rockymountainarsenal>

Through Apr. 27, Kundalini Yoga, Denver Botanic Gardens – Mondays, 5:15-6:30pm. Benefits include relief from back pain, stress, addiction, depression, insomnia, and weight control. All levels welcome; no experience required. Bring water and a yoga mat. Single session: \$8 member, \$10 non-member/drop-in rate. Five sessions: \$30 member, \$40 non-member. 1005 York St., 720-865-3500. www.botanicgardens.org.

Month of February, Tattered Cover Book Store – Numerous opportunities to meet your favorite authors, 2526 E Colfax, 303-322-7727. For events at the Colfax Ave. location visit: www.denver.org/events/organizations/detail?o=22299&t=free_events

Feb. 4 – 28, Chicano Humanities and Arts Council – A CHAC gallery art exhibition featuring original works of four great artists. 772 Santa Fe Drive, 303-571-0440. www.chacweb.org.

Feb. 6 – Mar. 3, Artists on Santa Fe Gallery – Animal Alphabet – A ceramic sculpture featuring a different animal for each letter of the alphabet, but with a twist. 747 Santa Fe Drive, 303-573-5903. www.artistsonsantafe.com.

Feb. 7, A Visit From Rosa Parks, Aurora Central Library – 2pm, Rosa Parks refused to give up her seat on the bus. Storyteller Cassandra Sewell recreates this legendary woman and her story in this program for all ages. Free. Call 303-739-6630 to register. Contact 303-739-6600 for more information. 14949 E. Alameda Parkway. www.auroragov.org.

Feb. 12th - Smokey Joe's Café, Shadow Theatre, Aurora (see story page 9) – The greatest tunes of the 50's & 60's come alive in a high energy performance that celebrates first kisses and last dances, soulful songs and red-hot rock and roll.” For information or to purchase tickets, call 720-857-8000. 1468 Dayton St, Aurora.

Feb. 13 – Mar. 15, Aurora Fox Theater – “Hazard County” – by Allison Moore. Blake, a big-talking TV producer from Los Angeles, is trying to make his first foray into hard news and is slumming in Hazard County, Kentucky to find “real stories about real people.” 9900 E. Colfax Ave. 303-739-1970. www.aurorafox.org.

Feb. 14, Aurora Symphony Valentine's Fundraiser - Delectable desserts and beverages, ensembles performing a number of music genres, and dancing. \$40 per person. The Aurora Municipal Center lobby, 15151 E. Alameda Parkway. Order tickets at 303-873-6622 or visit www.aurorasymphony.org.

Feb. 14, Victorian Valentines – 2-3:30pm, Discover the history old-fashioned, hand-made Victorian Valentine cards, and create cards. Ages 6 and older. \$5 (\$4 Aurora residents) 303-739-6666 Aurora History Museum 15051 E. Alameda Parkway. www.auroragov.org.

Feb. 15, Schlessman Library Author Series - , Author Joyce Ford talks about her memoir In Years to Come 2:00pm. The book has been made mandatory reading for social workers in Milwaukee, Wisconsin. Living through a

childhood filled with abuse and disappointment, she kept the faith and her belief that things would be better. 100 Poplar Street (1st and Quebec), 720-865-0000 or www.denver-library.org

Feb. 15, Middle Eastern Dance, Aurora History Museum – 2-3:30pm, See this colorful, musical and enriching performance of Middle Eastern dances by professional dancers featuring Rooshana Juergens. For all ages. \$5 (\$4 Aurora residents) Contact 303-739-6666 for more information. 15051 E. Alameda Parkway. www.auroragov.org.

Feb. 16th - The Park Hill Library will close for renovations and is tentatively scheduled to reopen in mid-June.

Feb. 17th - Schlessman Library Travel Tales: Fly Me to the Moon: Apollo, 2pm –Take a trip out of this world and relive the exhilarating time of the Apollo space missions with space aficionado, Stuart Wright. 100 Poplar Street (1st and Quebec), 720-865-0000

Feb. 19, Sustainability film series - “Sister Bee,” Denver Botanic Gardens, 7-9 pm, Mitchell Hall. A beautiful documentary, filmed in Boulder, about six women beekeepers who encounter startling beauty and spiritual truth in their work with honeybees, with a panel discussion with some of the beekeepers and the filmmaker. Cost: \$8 member, \$10 non-member. Space is limited; register early! Visit www.botanicgardens.org, see February page of online calendar .

Feb. 20 – Mar. 22, Vintage Theater – “And the Winner Is...” – The story of a self-obsessed movie star, who is finally nominated for an Oscar, then dies the night before the awards. Determined to know if he wins he bargains with a heavenly gatekeeper to return to earth for the big night. 2119 E 17th Ave., 303-839-1361. www.vintagetheatre.com.

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CALENDAR (Continued from page 2)

RECURRING EVENTS

Every Thursday
(when school is in session)
Bill Roberts Ele Sch Tour, 10am
2100 Akron Way, 720-424-2640

First Thursday
Bill Roberts Middle Sch Tour 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 Your Neighbors
If interested in upcoming events email meghanm@aim.com

MONTHLY MEETINGS

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

Every Tuesday
AA Open Discussion Mtg 7:30pm
MCA Community Room, 2823
Roslyn Street
[Joe 303.912.7075]

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

1st Tuesday
Breast Cancer Support Group
5 - 6:30pm AFWilliams Family
(continued)

MONTHLY MEETINGS

(continued)
Medicine Clinic,
Conference Rm
(west entrance)
3055 Roslyn (at 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 Monday
SUN Board Mtg – 7:30pm
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]

Registration Starts in February for Bluff Lake Summer Camps

Registration for Bluff Laked summer camps starts Feb. 9th for the highest level memberships, with other members on the 16th and non-members on the 23rd. The wide range of camps will nurture children's adventurous spirit by hiking through the refuge, wading in the creek, reading books and making crafts. Camps, held from 9 am to noon, are for ages 6 to 10. The registration fee for one week of camp is \$135 for non-members and \$115 for members (discounts for additional camps). Visit www.BluffLakeNatureCenter.org to register.

Green Team – June 15 - 19 or June 22 - 26

Learn about the many different ways you can become an environmental hero. Discover how nature cleans itself, including gooey worms, scat-eating beetles, and pollution-devouring microbes.

Bugapalooza – July 13 - 17 or July 20 - 24

Insect Catcher - Explore the largest group of animals in the world, insects! Investigate insect adaptations, life cycles and ecology through outdoor explorations, games, stories and art.

Superhero Safari – August 3 - 7 and August 10 - 14

Look what I found! – Do you know which animals have superpowers? What can walk on water? See with its ears? Smell with its tongue? Fly in one place? Spray 20 feet away? Investigate the natural world to discover which animals perform these amazing feats!

Fireside Chats and Marshmallow Roast for the Whole Family – 6pm on the second and fourth Thursdays of the month May through September.

Learn more about your natural neighbors while watching the sunset. Cost: \$1/per person suggested donation (members are free) Dates: May 14 and 28, June 11 and 25, July 9 and 23, August 13 and 27, Sept. 10 & 24.

Support Bluff Lake Scholarship Fund

Throughout the year Bluff Lake provides scholarships for underserved schools to visit on field trips. This summer Bluff Lake will offer a scholarship program for local low-income children to attend the Junior Naturalist camps. To contribute to the scholarship program, please send an extra donation with your registration or contact Susan for more information:

sbeckett@blufflake.org or 303-344-1649. Companies that would like to support Bluff Lake's programs can contact Mendy Evans, at mevans@blufflake.org.

For more information about Bluff Lake visit www.BluffLakeNatureCenter.org.

Upcoming Performances
Denver School of the Arts**2009 POPS Show – From Suave to Mod: Vocal Groups of the 50's and 60's**

February 11th, 12th & 13th at 7:00pm
Kay Schomp Theatre, Denver School of the Arts
Adults - \$14.00, Students/Seniors - \$9.00*

Moliere's The Bourgeois Gentleman

February 11th, 12th, 13th & 14th at 7:00pm
Black Box Theatre, Denver School of the Arts
Presented by the Intermediate Theatre Class
Adults - \$8.00, Students/Seniors - \$5.00

Signatures – Class of 2009 Senior Dance Concert

February 12th, 13th & 14th at 7:00pm
Dance Studio Theatre, Denver School of the Arts
Adults - \$8, Students/Seniors - \$6

Moliere's The Miser

February 18th, 19th, 20th & 21st at 7:00pm
Black Box Theatre, Denver School of the Arts
Presented by the Intermediate Theatre Class
Adults - \$8.00, Students/Seniors - \$5.00

The Denver School of the Arts is located at 7111 Montview Blvd. For information contact Dominique Molinaro in the Box Office at 720-424-1713 Monday, Wednesday & Friday from 7:00am - 3:00pm or visit <http://dsa.dpsk12.org/Performances>

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Feb. 5 - 14 – Jewish Film Festival Celebrates Bar Mitzvah Year with 19 Films in 10 Days

Feature films from around the world and documentaries examining universal topics in internationally diverse settings will illuminate the human experience at the 13th BNY Mellon Wealth Management Denver Jewish Film Festival from Feb. 5-14. This transglobal adventure of the Mizel Arts & Culture Center celebrates the film festival's coming of age – as the theme of youth will provide a recurring focus, inviting audiences to indulge in the pleasure of celebrating the promise of the future, says Sharon Haber, festival chair. All screenings will happen in the MACC's Shwayder Theatre at the Robert E. Loup Jewish Community Center, 350 S. Dahlia Street.

The Opening Night Gala, starting with a reception at 5:30 p.m. Thursday, Feb. 5, celebrates the promise of the future by honoring the youngest recipient, Charlie Miller, with the MACC's Cultural Achievement Award. In bestowing this tribute on Miller, the festivities will recognize his outstanding theatre and cinematic accomplishments from childhood through young adulthood and his abundant potential – while similarly highlighting major achievements and yet-to-be-realized potential of the film festival itself.

"Our festival is full of many outstanding films appealing to a wide range of sensibilities and perspectives," explains festival director Roberta Bloom. "Lemon Tree and The Secrets are exquisitely filmed productions while Strangers is edgy and rough. Documentaries like Blessed is the Match: The Life and Death of Hannah Senesh and We Were Exodus provide us with historical perspective, while Bridge Over the Wadi and Black Over White deal with contemporary issues."

Previews of movie clips and ticket sales are online at www.maccjcc.org or tickets can be purchased through the box office by calling 303-316-6360. The price is \$8.50 (\$6.50 seniors/students) per film, not including Opening Night and Grand Finale -- or \$84 for a festival pass, good for any 17 admissions (transferable and shareable) except Opening Night and Grand Finale. A new 10-pack offer for \$64 covers any 10 admissions (transferable and shareable) except Opening Night and Grand Finale. Tickets for Opening Night and Grand Finale can be bought separately; for other admission prices and giving levels, please inquire through the MACC box office.

The Urban Farm at Stapleton – March 23 - 27 Spring Break on Horseback

The Urban Farm will offer "Embracing Horses," a spring break riding opportunity for children and youth in the metropolitan area. Classes are divided by age and ability including a Mon. - Fri. morning session for ages 5 - 7 and a group 8 and up with no experience required. There is also a morning session for ages 8 - 16 for students who can walk, trot, groom, and tack with help. The cost for these 5 day sessions is \$175. Intermediate and advanced classes are in the afternoon and offered as 2-day or 1-day clinics, or a full 6-day package for \$300 from Monday - Saturday.

Space is limited. Registration forms must be accompanied by payment to ensure participation. Waiver and Release form must accompany child to first class of session. Membership in 4-H is required of all participants (send e-mail to info@theurbanfarm.org for 4-H information, fees and membership forms). The Urban Farm reserves the right to change instructors or to cancel classes in the event of inadequate registration.

Mothers of Preschoolers (MOPS)

Mothers of Preschoolers (MOPS) meets on the 1st, 3rd, and 5th Fridays. The group is for moms with kids ages 0-6 years old. The usual schedule is: 9-9:30am – Brunch 9:30-10:15am – Speaker 10:30-11:30am – Fellowship and creative activities Childcare is provided. First-time visitors receive free child care for their first meeting. Corona Presbyterian Church, 1205 E 8th Ave. For more information call 303-832-2297 or visit www.mops.org.

Denver Museum of Nature & Science Feb. 13 - May 3 – Nature Unleashed - Inside Natural Disasters

Throughout history, catastrophic phenomena have affected people around the world. Now, uncover the causes of these natural disasters and find out how people cope and adapt in the aftermath. For more information visit <http://dmns.org/natureunleashed/>

Sustainability Events

Rocky Mountain Sustainability Summit 2009 Forging Solutions at Colleges and Universities February 11-13, 2009 - University of Colorado at Boulder Institutions of higher education have a crucial role to play in creating a sustainable society and addressing the climate crisis. Successful initiatives can have enormous societal impacts by helping to shape the future actions of students, and by setting examples for the larger community. <http://ecenter.colorado.edu/rmss2009>

Denver Botanic Gardens: Passion to Action - Sustainable Landscaping Symposium 2009 Thursday, February 12, 8 am-4 pm. "Muddy Waters: Who Owns the Rain?" Presented by Front Range Sustainable Landscaping Coalition and Denver Botanic Gardens. How can rainwater be harvested within a landscape in a way that is both practical and beautiful--and legal? Hear how other states are improving efficiency and using natural habitat in landscape. www.botanicgardens.org

Sustainable Opportunities Summit 2009 – Global Sustainability: the New Bottom Line From Denver to Dubai to Delhi! March 17 - 19, 2009, Colorado Convention Center Co-hosted by CORE, the Deming Center for Entrepreneurship at the Leeds School of Business, CU Boulder and the City of Denver's Office of Economic Development. Mayor Hickenlooper, Governor Ritter, and experts from around the world will talk about the global sustainability challenge and how smart companies are finding solutions and creating new economic opportunity. <http://www.sosummit.org/home/>

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OXI FRESH WAS MADE TO BE GREEN

DSST Maintains Perfect Record in Four-year College Acceptance

(continued from page 6) goal of 100 percent college acceptance for the second year in a row.” said Bill Kurtz, Head of School for DSST. “Our students and staff continue to demonstrate that regardless of economic background, race or parent educational background, ALL students can be prepared and attend a four-year college.”

DSST has a college planning and advisory program that begins in 9th grade. All DSST

seniors in the graduating class of 2009 were required to apply to four-year colleges and universities by November 5, 2008. While many DSST students also apply to colleges and universities across the country, nearly all of DSST seniors apply to one or more of the school’s four in-state college partners: University of Colorado-Boulder, University of Northern Colorado, Mesa State, and Metro State.

School officials said the diversity of the senior class makes the 100 percent acceptance rating especially significant. The Class of 2009 includes 63 percent minority students and 44 percent low income students. Forty-three percent of this year’s graduating class will be first generation college students.

“The DSST staff has developed an approach to the college admissions process that is very focused and effective. We think many other public high schools could adopt a similar system at very low cost.” said Board President David Greenberg.

From the school’s inception, DSST has set a new bar in Denver and Colorado for student achievement. Based on the Denver Public Schools new school performance framework released in September 2008, DSST was the only “Distinguished” rated high school in Denver. From 2005-2008, DSST is the only high school in Colorado

to earn an “Excellent” performance rating and “Significant Improvement” growth rating on state report cards based on state testing results (CSAP’s). In the fall of 2008, DSST began its fifth year by welcoming 430 students in grades 9-12 and also opened a Middle School Program with its first class of 140 6th graders.

“DSST is a model that demonstrates ALL Denver kids can go to college. I am inspired by the success of the students at DSST and excited to create even more opportunities like this for students across the city,” said Michael Hancock, Denver City Councilman.

The Denver School of Science and Technology is a DPS (Denver Public Schools) open-enrollment charter secondary school that serves students from all parts of the city.

Additional information about DSST and the admission process is available on the school’s web site at www.scienceandtech.org.

DSST seniors talk about their preparation for college:

Matt Zeigler: I think Science and Tech has prepared me for college mostly through the rigor of it’s curriculum. From day one they push you to your limits not only by giving you a lot of homework but the classes are very engaging. The school encourages a sense of community and getting to know the teachers. That, combined with the rigorous curriculum, leads to the students being prepared for college in that they not only know the subject material but also know how to talk to professors who otherwise can be very intimidating.


Kailah Brewer: My older sister, Brooke, graduated in the first class last year. She felt very prepared for college. A lot of her friends had to take remedial courses to get up to speed, but DSST put her right on level for all the classes she needed. DSST helps you figure out what kind of college to go to – the kind of setting you learn best in. DSST teaches us about resources that are on college campuses and encourages us to go pursue those resources that are there to help us.

Ariana Dominguez: I’m actually the first one to graduate from high school and no one in my family has been accepted to college. One of my cousins has been accepted at Metro, but he has to take two semesters of remedial classes. DSST made me think about what I want to do with my life. The block schedule, with classes two days a week taught me not to leave everything until the last minute. When I started here in 9th grade I was like the shyest person on the planet. The week before winter break I spoke before the whole school three times.

Gregory Hatcher: I know first hand talking to other seniors who have graduated already and are in colleges all over America, they have all said DSST prepared them in so many ways – like not being afraid to talk to your teacher if you have questions and study habits. You know the workload is going to be heavy in college but DSST prepares you for that. My brother went to another high school, and he wishes he had the opportunity to be prepared like I am. I think it prepares you to the fullest for all that college is going to throw at you.

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Colorado’s CollegeInvest Honors Outstanding Counselor of 2008

By Brittany Sivyer

CollegeInvest, in partnership with the Colorado Council on High School/College Relations, is proud to honor Pat Ludwig of The Denver School of Science and Technology as the 2008 Counselor of the Year.

The Denver School of Science and Technology last spring sent every student in its first graduating class to college. This is due in large part to the dedication and countless hours spent by Ludwig, who has since retired.

CollegeInvest is a not-for-profit division of the Colorado Department of Higher Education. The program supports school counselors, who are the coaches that assist students in reaching their goals. Ludwig was nominated by students, parents and faculty for her tireless efforts to give individual attention and time to each student.



Pat Ludwig

“Pat has worked with each and every student and their family to make sure they are accepted to a four-year college,” wrote parent Marilyn Carol. “She knows that admission to a college will be the next step to personal success for these students, and it will allow them to be great contributors to our society.” “Mrs. Ludwig is the counselor who goes the extra mile for all her students,” wrote parent Page Scherbl.

To nominate a high school counselor visit www.collegeinvest.org/mycounselor.

Brittany Sivyer is a Marketing Assistant at CollegeInvest. CollegeInvest has provided more than half a million families with expert information, planning tools, scholarships, college savings plans, and low-cost student and parent loans. For more information, visit www.collegeinvest.org or call 1-800-448-2424.

Cleaners Help Clean the Environment

(continued from page 9)

EPA Region 8 (January 10, 2006) states, “Green-Earth® uses a modified liquid silicone similar to the base ingredients used in underarm deodorant, shaving creams and cosmetics. It degrades to sand, water and carbon dioxide and is listed by EPA as a substitute for ozone-depleting chemicals.” The chemical name for the GreenEarth product is D-5.

According to the Environmental Protection Agency (EPA), 85% of dry cleaners use the chemical solvent perchloroethylene (known as perc). Although perc is an effective stain and dirt remover, EPA documents refer to it as a toxic chemical with both human health and environmental concerns. California has passed a law that bans use of perc by the year 2023, and the sale of the perc dry cleaning machines is already being phased out in that state.



June Choi, co-owner of the Town Center Environmentally Friendly cleaners, operates the \$60,000 dollar machine that enables them to run a toxin free drycleaning business. The machine uses a silicon base cleaning solution that leaves as residue only the dirt removed from the clothes.

The Town Center Environmentally Friendly Drycleaners is located in the 29th Ave Town Center just east of The Grape Leaf. Hours are 7am to 7pm Monday – Friday and from 8am to 5pm Saturday. They can be reached at 303.394.2187.

Odyssey Food Drive



Resting after loading their food drive items are (counterclockwise from back left) Odyssey students Matt Biggs, Devan Pensinger, Ty Nolan, Sam Fermaglich, Alex Shock, and Abby McCullough. Photo courtesy of Jason Lindaman, Madison Capital Management LLC.

By Donny Roush

Middle school students from The Odyssey School organized a food drive in December. The school's 221 students collected 1,290 food items and contributed them to the Food Bank of the Rockies and the Denver Rescue Mission. "The volume of food collected by Odyssey was quite impressive," said Barbara O'Hare, of Madison Capital Management, which arranged for transportation to the food bank. "We had planned to pick up donated food at two additional schools but had to make other arrangements after the Odyssey students completely filled our truck. It was an amazing sight."

Donny Roush is the advancement director of The Odyssey School. He can be reached at 303-316-3944 or donny@odysseydenver.org.

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February 2009

Construction Begins on Bison Corrals at National Wildlife Refuge

Catwalks to Offer Prime Viewing for Visitors During Future Roundups

By Sherry James

Hammers will start swinging at the Rocky Mountain Arsenal National Wildlife Refuge this month, as crews begin building alleys, corrals, holding pens and catwalks for the expanding bison herd.

The work will continue throughout the winter and early spring in hopes of having the facilities ready for the bison sometime next year. A late arrival in October brought the herd to 28, and the numbers are expected to grow with a new batch of calves this summer.

“The herd is healthy, appears to be happy and is reproducing at a steady rate,” said Refuge Manager Steve Berendzen of the U.S. Fish and Wildlife Service.

Sixteen wild bison arrived at the Refuge two years ago, as part of a national effort to conserve and expand the species throughout the National Wildlife Refuge system. As the herd continues to grow—both naturally and through the introduction of a few animals from other refuges—biologists need additional facilities to monitor the animals, move them among grazing pastures and provide veterinary care. To ensure the safety of the biologists, the new facilities will include elevated walkways or “catwalks” to allow access to



The U.S. Fish and Wildlife Service is about to begin construction on new facilities for the bison herd. The photo above, taken at another facility, shows what the corral will look like.

the bison from above rather than at ground level. Once complete, the catwalks will include platforms to serve as elevated viewing stations during roundups. School

groups and other visitors will be able to gather there and watch the bison run through the chutes below. “This is the closest and safest way for visitors to see wild bison, and we’re excited about the educational bonus the new facilities will offer,” Berendzen said.

In keeping with its overall conservation goals, the U.S. Fish and Wildlife Service will reuse about 25,000 pounds of materials from other sites and projects during the construction. Among those materials will be used water tanks from other refuges and excess steel rods from the U.S. Army.

Visitors can see the bison by reserving their spots on Refuge tours, which are offered every weekend. To sign up or learn about other nature and educational programs, call the U.S. Fish and Wildlife Service at 303-289-0839, or visit the Rocky Mountain Arsenal National Wildlife Refuge online at <http://fws.gov/rockymountainarsenal>.

Visitor Services manager Sherry James as worked at the Refuge for 18 years. She can be reached at 303-289-0659.

Photo courtesy of U.S. Fish and Wildlife Service

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Good Food for Good Health

by Susan Gamble

An Aphrodisiac for Valentine's Day

Happy Valentines Day! I offer you a recipe with no fewer than nine, yes nine, aphrodisiacs: anise seed, coriander, fennel seed, ginger, mustard, nutmeg, garlic, almonds, and honey. Use it wisely. The Greeks and Romans believed anise seeds had special powers and would often suck on the seeds after dinner. The effect on their love life might have been only that it made their breath smell better. We'll use it here, but I still recommend you brush your teeth. Coriander was mentioned in The Arabian Nights, written over 1000 years ago. It is supposed to stimulate the 'appetite' and cure infertility. Fennel was used by the Egyptians to enhance libido. Ginger stimulates the circulatory system, i.e. get the blood flowing. Mustard increases desire. Nutmeg has been used in China as an aphrodisiac. It contains myristicin, which can have a narcotic effect in a large amount. We do not use a large amount here. Garlic stirs up desire. (You might want to be sure that the object of your affections has some too.) Almonds are supposed to induce passion in women. The ancient Egyptians used honey to cure sterility and impotence. In medieval Europe, seducers used mead, a fermented honey drink, to achieve their ends.

People have ascribed aphrodisiac qualities to foods that have the shape of the body part being prodded to perform (carrots, bananas, figs, avocados, asparagus) and to foods that are exotic and rare (rhino horn, truffles, champagne). Foods that make us feel good, like chocolate, have also been considered aphrodisiacs. Some aphrodisiac foods do have nutrients that the body needs, like zinc in pine nuts and vitamin C in pineapple, raspberries, and strawberries. Most food authorities are doubtful that what you eat for dinner will make any noticeable difference in your post dinner activities.

Personally, I think that Valentines Day is an opportunity to sit back and just believe. Believe that we can all love one another, that romance will never fade, and that a good dressing can have the power to lead to a frenzied undressing. Bon appetite!

Aphrodisiac Salad Dressing

Note: Using whole spices instead of pre-ground ones will give you better flavor. The same is true for using fresh garlic and ginger. If, however, that's not what you have available, don't let that stop you.

In a small food processor combine the following:

- | | |
|-----------------------------------|---|
| 1/2 teaspoon Aniseed | 1/2 teaspoon dry mustard or mustard seeds |
| 1/2 teaspoon Coriander | 1/4 teaspoon nutmeg |
| 1/2 teaspoon Fennel Seeds | 1 small clove garlic |
| 1/2 teaspoon chopped fresh Ginger | 1/2 teaspoon salt |
| | 1/4 teaspoon black pepper. |

Grind into a paste.

Add 1/4 cup chopped toasted almonds. (I usually toast this small amount in a pan on the stovetop. Remove from heat when the almonds are fragrant.) Grind.

(At this point you can use the mixture as a spice rub on roasted meat.)

With the blade running, alternate adding

5 tablespoons honey and 1 cup canola oil (do not use olive oil, the flavor is too strong.)

Serve on a salad, over steamed vegetables, or over a half avocado.

Susan Gamble describes herself as an enthusiastic amateur who has cooked tasty and nutritious meals for her family every day for many years. She is a Park Hill resident who has children ages 3 and 5. She can be reached at susanandpark@mac.com.



4 Paws News

by Michele Smith, D.V.M.
29th Ave Animal Hospital

Will Stem Cells Bring Promised Relief to Pups in Pain?

Millions of dogs suffer the aches and discomfort of arthritis. Millions more may be hurting without any obvious signs. Now, a new science, using cells derived from the pet's own fat, may bring relief to many pooches in pain.

When your pet has arthritis, you can almost feel the pain he is suffering. You watch as he struggles to rise from his bed, cringe as he slowly ascends the stairs, and you can even hear the creaks and groans as he stretches out before his morning walk.

More than 15 million dogs in North America suffer some form of degenerative joint disease, better known as arthritis. Unfortunately, many dog owners are completely unaware of the pain their pet is experiencing, chalking up the slow movement to the effects of "old age".

Some dogs may receive daily doses of pain relievers and oral joint care supplements. Still others might find their way to physical therapy or rehabilitation. Some lucky pets even get ramps built in their homes, sparing them the need to climb the dreaded stairs!

But for some, any or all of these options are not enough to relieve the pain. Sadly, many owners decide to euthanize their faithful companion, because of the severity of the pain or the continued high cost of treatment.

But a potentially helpful treatment may be on the horizon – stem cell therapy! Vet-Stem, a company focused on bringing regenerative medicine technology to veterinarians, has developed a therapy to treat arthritis in dogs using the pet's own fat tissue!

Stem cells are precursor cells that have the potential to develop into a variety of specialized cell types. Most people may equate this technology with the controversial use of embryonic stem cells. But this new technology uses adult stem cells derived from the fat of the pet. Since they are the pet's own cells, there is no ethical debate! Stem cells appear to moderate the inflammatory response and actually create a healthier healing environment in the joint.

All of this seems pretty miraculous and for some pets, the results are truly nothing short of a life-saving miracle. Many veterinarians are skeptical though and would like to see more controlled studies. It is also important to note several obstacles may stand in the way of your pet's pain relief.

First, not all pets are considered good candidates for this therapy. Since anesthesia is involved in both the harvesting step and the reintroduction of the cells, this may not be ideal for patients at increased risk for anesthetics. Additionally, any dog with serious systemic disease, such as cancer, might not benefit from these treatments.

Finally, cost will certainly come into play as owners and veterinarians discuss this option. Prices will vary among veterinarians, but in general, plan on spending at least \$1500-2500 for initial treatments.

Arthritis can be painful and even debilitating in any dog. If you suspect your dog suffers from this disease, talk with your veterinarian about testing to confirm arthritis and then discuss the many treatment options. Veterinarians will recommend a multi-modal approach, combining appropriate medications, controlled exercise, weight loss, and environmental changes to make your dog's life easier. In some cases, new technology, like stem cell therapy, might be beneficial!

Dr. Smith's clinic, The 29th Ave. Animal Hospital, is located in the East 29th Ave. Town Center at Stapleton in the courtyard next to Fantastic Sams. Dr. Smith also appears regularly on the noon news of KUSA Channel 9. Call 303.394.3937 for more information or email msmith@29thanimalhospital.com.

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"Stapleton Moms" Organize Food Drive



Jessica Brody organizes food donated by "Stapleton Moms" who responded to her suggestion to honor Dr. Martin Luther King by donating food to Mercy Housing. Anyone who wishes to contribute food or grocery gift certificates to Mercy Housing should contact Thomas Feeney at tfeeney@mercyhousing.org or 303.355.2573.

Life in the Wrong Lane

By Debbie Schreiber

Recently my mother came to stay with me for three weeks while I recovered from hip surgery. One of the responsibilities she took on was driving as I had strict orders not to get behind the wheel. I really appreciated all her help and the great cooking, but the driving....well I have a few more grey hairs.

We all need more patience. Yes, all of us. We have all been guilty of impatience if someone isn't driving 20 mph over the speed limit and just happens to be in front of us. Or if the driver and passenger are not talking about the same left and right and therefore said car is in all three lanes within 20 yards. Let's face it, we get cranky and some of you become downright cantankerous.

Mom did well, after all. The traffic she is used to where she lives is considered heavy if one sees more than twenty cars in a ten mile stretch. I know she wasn't looking forward to driving with all the maniacs here in Denver. The only rule I had was, if a light turns yellow and you can make it through the intersection before it becomes red, please keep going. The idiot behind you is going through the intersection no matter what.

We did have our communication problems. For example, she did not understand what 'over there' meant as I was frantically pointing at something over my shoulder and therefore completely out of her line of sight, peripheral or otherwise. Another

problem was Mom tootling down the street at 25 mph. I said "Mom will you speed up? You're holding up traffic!" "What is the speed limit?" she asks, as if this might be important. "Thirty-five mph, Mom, which means everyone is going at least 40, so get going." I no more get this out of my mouth when someone from behind us goes flying by and nearly takes our front bumper off. Apparently we were in the way.

Mom has something about stop signs. They are only "suggestions," as she never seems to see them. On numerous occasions while sitting in the passenger seat I noticed a stop sign; okay, I already knew the sign was there. Mom shows no signs of slowing down. I scan the driving scene quickly and notice no other cars, so I keep my mouth shut. Getting a whiplash from her slamming on the brakes is not on my itinerary for the day. As she goes right by the sign I say "You do realize you just blew through a stop sign don't you?" "No, where was it?" she asks. I say, while shaking my head "right back there."

Anyway a heartfelt thanks to my mother for taking care of me. Thanks to those of you who were patient with us. If you see a red Honda being driven down the street by an older lady and the passenger's hair is 'on end,' please be patient, as we probably have our lefts and rights mixed up.

Debbie Schreiber is a Denver accountant. She may be reached at de_schreiber@yahoo.com.

New High School to Share Smiley Building

By Brian Weber

Central northeast Denver families will have a new option for ninth grade in fall 2009. Envision Leadership Prep, a Denver Public Schools charter, will open at Smiley Middle School (2540 Holly St.) and is currently enrolling 9th grade students.

Envision will grow one grade per year with approximately 100 students per grade. There will also be a middle school with sixth grade starting next fall.

Applications may be completed online at www.envisionschoolscolorado.org and clicking on the Enrollment Link. To request a paper application form or for additional information, contact Nikki Rivera, Principal, at 303.501.9930 or nrivera@envision-schoolscolorado.org.

Leadership Prep will provide a college-prep education for all students. Envision schools are small and safe, with diverse student bodies and a focus on excellent instruction. It is a project-based learning model that integrates arts and technology throughout the curriculum, providing a rigorous, standards-based learning environment.

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Sustainability at Stapleton

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



Happy Green (and Red) Valentine's Day



- Buy Valentine's cards that are printed on recycled paper stock. Check the back of the card for the recycled logo. You can also send e-mail cards or make your own with items you have around the house. And remember to recycle your envelopes and paper valentines when you are done with them!
- Give organic flowers or live bushes, shrubs, or trees that can be planted in the spring.
- If a diamond purchase is part of your plan, ask your jeweler to provide information on where their diamonds come from so that you buy a conflict-free diamond.
- Give certified fair-trade chocolate, which pays a living wage to workers on plantations that do not use forced child labor.

Premium chocolates are often both organic and fair trade. Just look for the certification on the wrapper on chocolates at your local health food or specialty grocery store.

- Instead of driving to a restaurant for Valentine's Day dinner, walk to one of the eateries in the 29th Avenue Town Center, Northfield, Quebec Square or cook a romantic dinner at home. Bake cookies or other goodies for your valentine and package them in reusable and/or recyclable containers.
- Choose to make a personal creation. It can make a big impact!

J3 Jewelry

Josh Jurk and his family spend their time together creating beautiful pieces of jewelry made from magazines, calendars, post cards and other printed materials. In fact, Josh is reusing many of Stapleton's marketing materials that are out of date and would otherwise be recycled!

Josh uses a special technique to roll the printed material into beads. His wife and son help with the finishing process and the design layout of the necklaces, earrings and bracelets. Each piece is a unique, one-of-a-kind, colorful work of art!

Asked if the process of rolling beads becomes monotonous



Josh Jurk shows jewelry his family makes from paper.

Josh stated, "Not at all. The fact that it is a family collaboration and that we get to spend quality time together doing something we love, makes the work very enjoyable. What started out as a hobby has turned into more than I could ever imagined. I'm just amazed that it's created so much interest."

J3 Jewelry is sold exclusively at Amore Fiore in the East 29th Avenue Town Center, and is very reasonably priced. Stop in and check J3 Jewelry out on your next Town Center visit!

Josh has been employee at Stapleton for the last 2 years performing property maintenance in the East 29th Avenue Town Center.



From one bean, thousands may grow.

What's it mean to be a Green Bean?

This monthly award is bestowed upon the individual who most exemplifies sustainable living at Stapleton... inspiring others to put their green foot forward, thereby shrinking the collective carbon footprint, improving the lives of others and generally making the world a better place. The bean is small. The significance, however, is huge.



Jonathan and Kristen Bishop

Jonathan and Kristen Bishop are avid bike riders who have lived at Stapleton for the last 8 months. They bike wherever they can and avoid using the car as much as possible.

Jonathan is a student at the University of Colorado School of Dental Medicine and commutes to the Fitzsimons campus each day by bike. Kristen is a recent graduate of the Platte College of Nursing. Jonathan and Kristen live on the east side of Stapleton and also ride or walk to the East 29th Avenue Town Center in Stapleton to shop at the grocery store, pick up a cup of coffee or grab a bite to eat. They also bike downtown for lots of fun reasons.

The Bishops say they bike and walk as much as possible to be healthy and stay fit. Kristen says "Stapleton just makes it easy to bike with so many trails and dedicated bike lanes throughout the community." Jonathan adds that "biking is social and really helps build a strong sense of community; people smile and wave while we bike. Driving is much more isolating and far less enjoyable."

As is the case for many people, time is precious for Jonathan and Kristen. Biking gives them a way to spend time together, exercise and maintain a healthy lifestyle, and be productive all at the same time. What great multi-taskers!

Biking is such a great, sustainable way to get around. It reduces air pollution and saves money. And there are countless health benefits to biking including helping to stay fit, keeping your heart healthy and strong, and reducing stress. So the next time you jump in your car for any reason, ask yourself if you could ride your bike instead. Think of all the fun the Bishops are having along the way – and remember to say hello or wave if you see them on their bikes!

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Denver Digs Trees Provides Urban Canopy

By Nancy A. Burkhart

Cities are supposed to have a tree canopy. Ideally, a city would be 25% forested. Denver, however, is significantly under-treed with only about 10% forestation, according to Robert Bond, Program Manager of the Denver Digs Trees project under The Park People.

The Park People was started in 1969 to refurbish public fountains and landmarks throughout metro Denver. In 1991, the Denver Digs Trees program was begun “to aid in increasing the tree canopy of under-canopied neighborhoods,” Bond explained.

“We are trying to target the lowest areas so that they can increase their urban forest,” he said. “There are associated community benefits: pride in neighborhood; attachment to neighborhood. Thicker urban forest reduces urban noise and makes it a more peaceful, relaxing place to live. More trees are shown to lower urban stress. They take pollutants out of the air and reduce dust. Shading helps with cooling costs.”

The Denver Digs Trees program provides homeowners with an inexpensive way to shade their property. Twenty-one neighborhoods have been identified as significantly under-canopied, including Northeast Park Hill. People in those locations can receive free trees under the project. Residents in other neighborhoods can get trees that ordinarily would cost more than \$100 each for only \$25 apiece. Volunteers will plant the trees for elderly and handicapped persons. It costs only about \$1 a year to water a young tree, Bond said.

The trees must be planted in public rights-of-way, which are areas within the space from edge of the curb to 10 feet into the yard.

Denver Digs Trees needs volunteers. Some will canvass neighborhoods to locate available right-of-way tree space. Others will learn city codes for planting in rights-of-way.

There also is tree planting training for some volunteers who will plant trees for the elderly and infirm, Bond said.

The deadline to apply for a tree is March 16. The application is online at www.theparkpeople.org. Trees will be available for distribution on Saturday, April 18. Volunteers are needed to take the trees to six distribution sites on Wednesday and Thursday, April 15 and 16.

There will be other tree plantings in April and again in the fall.

For Denver Digs Trees information, call Robert Bond at 303-722-6262, or e-mail: info@theparkpeople.org. The tree application is on The Park People’s website: www.theparkpeople.com.

National Children’s Dental Health Month Local Children’s Events Planned

By Makala Hubbell

February is National Children’s Dental Health Month. Most people are unaware that dental decay has been identified as the most common disease affecting children in the United States. Millions of children suffer from untreated, easily preventable oral diseases that affect overall health including speech, eating patterns, and the ability to concentrate in school.

In observance of National Children’s Dental Health Month, Lowry Family Dentistry will sponsor several events for school-age children to help realize the importance of good dental health. These events include a brushing calendar and an art contest.

Brushing calendars are used to record each day a child brushes in the morning and at night. These calendars are available for downloading at www.lowryfamilydentistry.com. Each child completing a calendar may return it to Lowry Family Dentistry to collect a prize.

Children may also enter an art contest with the theme “What does a Healthy Smile Mean to Me?” Artwork may be turned in to Lowry Family Dentistry no later than February 17th. Prizes will be awarded based upon grade. All art work will be displayed at Lowry Family Dentistry and the Community Banks of Colorado.

If you would like to know more about these programs or events, please contact Sonja at Lowry Family Dentistry at 303.366.3000.

Dr. Makala Hubbell established Lowry Family Dentistry in 2006 and has made prevention of dental disease and patient education important components of her dental practice. She has both a dental degree and an advanced degree in public health. Lowry Family Dentistry offers "Smile Insurance" with special pricing on routine dental examinations, x-rays, cleanings, and fluoride treatments for children aged 2 through 12 to provide quality affordable dental care for children. For more information call 303.366.3000.

Free Microchips for Cats

By Dr. Susan Barden

Take advantage of 150,000 free microchips for cats in metro Denver! CHIP YOUR CAT™ is an initiative with the goal of increasing reunification of lost cats in the metro Denver area and reducing the number of cats in shelters. Visit www.chipyourcat.com to learn more about the program and find locations in NE Denver.

Dr. Susan Barden has been practicing veterinary medicine since 2001 and lives in Park Hill.

Mortgage Credit Program to Provide \$25 Million in Tax Relief to Qualified Homeowners, Buyers

Program to Ease the Impact of Residential Foreclosures in Denver

By Derek Woodbury

The Denver Office of Economic Development (OED) recently received \$25 million in funding to launch a Mortgage Credit Certificate Program to prevent foreclosures and spur the revitalization of neighborhoods impacted by foreclosure. The program, to be launched in May, “will provide relief to homeowners potentially facing foreclosure as well as boost the turnaround of foreclosed properties,” said André Pettigrew, OED executive director. “The certificates will work in tandem with the federal Neighborhood Stabilization Program to help mitigate the problems we’re experiencing in neighborhoods where homes have fallen into foreclosure or abandonment.”

The certificate program will target homeowners with high-cost or sub-prime loans that are at risk of foreclosure. Additionally, the program will benefit purchasers of foreclosed homes that will be acquired and rehabilitated by the City through the Neighborhood Stabilization Program (NSP). OED expects to assist approximately 180 households through the Mortgage Credit Certificate Program.

Federal guidelines require that program funds be implemented in areas that have experienced the greatest incidence of residential foreclosures. In Denver, these neighborhoods include Green Valley Ranch, Montbello and Westwood. Additional neighborhoods may be added to the program, contingent upon additional federal NSP allocations and the leveraging of funds with partnering organizations.

A Mortgage Credit Certificate provides residents with a tax credit for a portion of their annual mortgage interest. Unlike an itemized deduction, the credit enables qualified owners or buyers who owe federal income taxes to benefit from a dollar-for-dollar reduction of their tax bills.

The Denver Office of Economic Development (OED) works to create a local environment that stimulates balanced economic growth through job creation, business assistance, housing options and neighborhood redevelopment.

Derek Woodbury is the Marketing and Public Relations Specialist for the Denver Office of Economic Development. He can be reached at 720-913-1608.

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Since You've Asked...

Q. When we bought our Stapleton home in 2006 the rumor was that there would be a bridge across I-70 to access Northfield from Stapleton without having to go under I-70 on Quebec Street. Is that still in the plan? There is already an unused bridge across I-70 just to the east of Northfield that was used for service vehicles on the old airport. Has anyone considered using that bridge for access to Northfield?

A. The existing “bridge” you refer to is the old Cargo Road that once served Stapleton International Airport. Stapleton’s master developer, Forest City Stapleton, Inc., is working with the City of Denver, the Colorado Department of Transportation and the Federal Highways Administration to secure a new interchange in the vicinity of Cargo Road that would connect north and south Stapleton via an extension of Central Park Boulevard. The new interchange would be among the improvements made throughout the East I-70 Corridor, including a widening of the highway that would require removal of the old Cargo Road. The City believes the first phase of that new interchange could open by late 2010.

Q. Last month a grocery cart had made its way down to 28th and Central Park Blvd. and was left for several days (approximately 5). While shopping at King Soopers I asked the General Manager if their carts still had the locking feature, surprisingly he said, “No, not all of them do” Three days later it was gone. What possible solutions can be worked out to curb these carts from being left all over the neighborhood?

A. The Stapleton King Soopers will retrieve carts taken from their lot. Call customer service at (303) 333-3223 (press 0 for customer service). To report merchants’ carts taken from Quebec Square, call Forest City Commercial Management at (303) 375-5475.

Responses provided by Tom Gleason, Forest City Stapleton, Inc. He can be reached at TGleason@StapletonDenver.com.

What Front Porch readers are reading...



Elizabeth Martin:
I’ve desperately been needing a laugh lately, and Bitter is the New Black by Jen Lancaster did not disappoint. This is a memoir that is funny and witty. Jen (the author) goes from making a six-figure inflated salary and wearing designer labels to drinking box-wine and selling her designer duds on eBay after being laid off from her job. And she does all of this without ever losing her sense of self or knowledge that most other people are stupid (her opinion!). The journey is fun and such a good read that I couldn’t put it down. Bitter is the New Black had me laughing out loud and reminded me to keep a sense of humor through the ups and downs of life.

Peg Newell:

There are two groups of books that I enjoy – fiction that is written like an artist paints and non-fiction that empowers us to live beyond ourselves. Three Cups of Tea, by David Oliver Relin and Craig Mortenson fits that latter group. It is the biography of Craig Mortenson, whose mission is to build schools in the mountain villages of Pakistan and Afghanistan. His amazing life brings the readers to search for their own passion of humanitarianism and ask “What can I do to make a difference in this world?”



Chris Roper:

In my spare time I enjoy reading autobiographies of musicians. The last two books I read were about two musical giants of our time, Sting, entitled Broken Music, and Marvin Gaye, entitled Divided Soul. I highly recommend both titles. In Broken Music, Sting writes about his journey through life and describes in detail about occasions that shaped his musical career. In Divided Soul, author David Ritz talks about the very complex and complicated artist Marvin Gaye. Marvin struggled with being famous dealing with the pressures of being an icon and the demands of staying on top. As different as both men are, they both shared a passion to create memorable music for the generations to come.



Kaia Nesbitt:

In Stapleton, we’re lucky to live in a community full of trails, trees, streams, playgrounds and park space. Once you read Last Child in the Woods, by Richard Louv, you’ll be sure to get out and enjoy our community’s outdoors with your family, if you don’t regularly do so already.

According to Louv, the decline of unstructured nature play and the rise in programmed sporting activities, indoor computer games and TV are all contributing to a condition he labels “Nature Deficit Disorder.” Louv links this lack of nature to some of the most disturbing childhood trends, such as the rises in obesity, attention disorders, and depression. Through anecdotes and storytelling, Louv suggests that we all (as parents, educators, community planners, and general citizens) should work toward engaging kids in outdoor play: creating safe places to play, allowing kids to explore on their own and helping them discover their own sense of ‘nature.’ In fact, Louv’s book was inspirational to the No Child Left Inside Act, which provides federal funding for outdoor learning activities and environmental education.

Within Stapleton, access to natural spaces is available to us all. We can hike along trails in Westerly Creek, look for frogs in the tall grasses of Stapleton’s greenways, or just make up games with neighbors in the pocket parks. The stories in Louv’s book reminded me of my favorite childhood experiences in nature and helped me think about ways to ignite a love and appreciate of nature for my children. If you have kids, are thinking about having kids, or are concerned with the future of childhood, read this book!




Gary Smy:

The book is South, by Sir Ernest Shackleton, which recounts the 1914 exploration of the Antarctic and one of the most remarkable survival stories ever recorded. It is an incredible story of how to overcome adversity and challenges with very limited means other than the sheer determination to survive. Certainly helps put today’s current economic crisis into perspective – at least we are warm!




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**Thursday
March 5, 2009**
5:30-8:30 p.m.
Bruce Randolph Middle School
3955 Steele Street
Denver

The Public Hearings will include:

- A presentation starting at 6:30 p.m. on the RTD East Corridor Draft Environmental Impact Statement (DEIS)
- Opportunities to submit verbal, written, or electronic comments
- Copies of the DEIS for public review

Servicios de Traducción Disponibles
Spanish translation, child care, and refreshments will be available at both meetings. Please call 303-299-2000 and follow the prompts for East Corridor for special accommodation requests.


The East Corridor Draft Environmental Impact Statement (DEIS) has been released and is available for public review and comment. The Preferred Alternative is electrified commuter rail transit between Denver Union Station and DIA with stations at 38th/Blake, Colorado, Central Park, Peoria, and 40th/Airport. The document is available on the project website (www.eastcorridor.com) and at public libraries within the corridor. Additional viewing locations are also identified on the website. The libraries include:

• Aurora Public	• Montbello
• Blair-Caldwell	• Pauline Robinson
• Chambers Plaza	• Rangeview - Commerce City Branch
• Denver Central	• Smiley
• Ford-Warren	• Valdez-Parry
• Martin Luther King, Jr.	

East Corridor DEIS Comments May Be Submitted Through the Following Methods:

In Person: At public hearings on March 4 and 5
By Email: contactus@eastcorridor.com
Online: www.eastcorridor.com
By Mail: Dave Beckhouse
Federal Transit Administration, Region 8
C/O East Corridor Team, PBS&J
4601 DTC Boulevard, Suite 700
Denver, CO 80237-2568

DEIS comments must be submitted by March 16, 2009



Get Organized for the New Year

By Meighan Meeker

Some people view getting organized as painful as losing that extra 5 – 10 pounds you gained over the holidays. But, like getting in shape, it is not as hard as you think if you do not allow it to overwhelm you. Simply take your house one room at a time, one month at a time, with the following helpful tips to get you organized in 2009:

January: Put all of your holiday decorations away. Get rid of anything that is broken, dated or you never used. Store these items in the same area with other seasonal items such as Easter, July 4th, Halloween, and Thanksgiving so that they are easy to find and use from year to year.

February: Organize your office. It is the perfect time to gather your receipts, charitable contributions and tax information from last year. If you are not currently organized, think of folders that you can create to make this year less stressful such as: to shred, response/action needed, to file, etc.

March: Organize your basement. A snowy weekend is a perfect time to resist the temptation of sitting in front of the TV and go into the basement to organize your stuff. Store items by category in clear, labeled plastic bins on shelving units. Categories such as outdoor/garden, sports/fitness, clothing, house wares, and photos/memorabilia, make it helpful to remember where to find things.

April: Organize your kitchen. Go through each drawer and cabinet to get rid of any food that has expired or utensils that you have not used in the past year. Allow yourself to only have one small “junk drawer.” Keep countertops clear of clutter by placing items such as schoolwork, mail, and invitations neatly away in decorative bins or file folders.

May: Organize your closets. Donate anything you have not worn in the last year, that no longer fits or is not in style. Do this for every member of your household. Separate your closet by summer vs. winter clothes, casual vs. career. You will be able to find what you need more easily.

June: Organize your garage. Line one side of your garage with 5 tier shelving units that can be purchased from Home Depot. Store items by category in clear plastic bins with the lids off so that it is easy for you and your children to reach the contents. Label them if needed.

July: Participate in the annual Stapleton Garage Sale. Whatever does not sell can then be donated to charity.

August: Organize the playroom. Decide with your children what books and toys can be donated to charity. Making them part of the process will help motivate them to keep things more tidy and reinforce that there are a lot of less fortunate people who can enjoy the favorite toys they have outgrown.

September: Organize your photos and memorabilia. Keep a bin of artwork and memorabilia in each family member’s room. Go through the items accumulated over last year and keep a few of the most special pieces. Add them to their permanent memorabilia bin stored in the basement. Think of what items they will want to truly take with them when they move into their own first house or apartment, otherwise, get rid of it. It is also a great time to organize and label vacation and holiday photos into protective photo boxes to easily enjoy, share and preserve for years to come.

October: Catch up on any area of your home that you have not gotten to or needs some extra attention.

November: Get organized for the holidays. Start making a budget and list of what you want to buy. It is never too early.

December: Rest, relax, and reward yourself for all of your efforts over the past year!

Meighan Meeker is a Stapleton resident and owner of Simply Put Organizational Solutions for the Home, LLC. Need help organizing any area of your home or office? For more information: email, meighanm@aim.com, or call, 303-321-2692.

Start Planning Early for Your Child’s College Expenses

By Angela Williams

Planning for an unknown future is always difficult, whether it’s for retirement or your children’s college education. Questions are numerous and answers are hard to come by. When should you start to save? How much will you need? What kind of investment vehicles are the best choice?

While planning for retirement is certainly necessary, one of the most important savings objectives is putting together a college fund for your children. According to the College Savings Plans Network (CSPN: <http://www.collegesavings.org>), the cost today for a four-year degree can range in price from \$34,000 to \$90,000 depending on the type of school attended. Over the past 10 years, tuition at public institutions has increased a whopping 40 percent; and annual increases are expected to continue.

But, despite the expense, college is critical to your child’s successful future. According to a 2004 report, Education Pays, published by The College Board, people with college degrees earn 62 percent more than those with high school diplomas, on average. Over a lifetime, that difference can amount to more than \$1 million, according to that survey.

By working with a financial professional, you can determine approximately how much you will need to save for your child’s (or children’s) education. You should also review the tax benefits of various savings plans or investment vehicles and select appropriate investment strategies for your specific situation.

By starting early, you likely will have more options to choose from and you may be able to use higher risk investments – at least until your child is closer to college age – to potentially obtain a higher return.

One of the most popular education savings programs today is the Qualified Tuition Program, often referred to as Section 529 plans. These state-sponsored programs may be structured as either pre-paid tuition plans or college savings plans, but specifics vary by state, including contribution limits, state tax advantages, investment options and fees and expenses. The primary advantage to these educational savings plans is that money grows tax deferred and distributions, if used for qualified education expenses, are federal tax-free. Additionally, some states may also provide for tax-free distributions. However, if funds are not used for qualified education expenses, earnings from such distributions will be subject to ordinary income taxes plus an additional 10 percent federal penalty tax. Keep in mind too, that contributions and earnings may not be adequate to meet future educational expenses.

Angela Williams is an Allstate Personal Financial Representative. Her office is located at 8340 Northfield Blvd. #2640 above Main Street in Northfield. She can be reached at (303) 779-8819.

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Try Something New

Sexy Shrimp Ceviche

Valentine's Day typically entails chocolates and flowers, but this year surprise your partner with something new. Sexy Shrimp Ceviche is a quick and easy dish that is sure to impress. The exotic flavors and hints of citrus pair perfectly with shrimp or the seafood of your choice. Served slightly chilled, the Ceviche is the perfect beginning to a night fit for love. If you find the ceviche a little too acidic, drain out some of the juices after the marinating, add a little more avocado (or some olive oil) and/or a little more salt.

Ingredients (serves 4-6)

- * 1 pound medium-small shrimp, peeled and deveined
- * 2 Tbsp salt
- * 3/4 cup lime juice (juice from 4-6 limes)
- * 3/4 cup lemon juice (juice from 2-3 lemons)
- * 1 cup finely chopped red onion
- * 1 serrano chile, ribs and seeds removed, minced
- * 1 cup chopped cilantro
- * 1 cucumber, peeled diced into 1/2-inch pieces
- * 1 avocado, peeled, seed removed, cut into 1/2-inch chunks

Method

1. In a large pot, bring to a boil 4 quarts of water, salted with 2 Tbsp salt. Add the shrimp and cook for 1 - 2 minutes max, depending on size of shrimp. (Over-cooking the shrimp will turn it rubbery.) Remove shrimp with a slotted spoon and place into a bowl of ice water to stop the cooking.
2. Drain the shrimp. Cut each piece of shrimp in half, or into inch-long pieces. Place shrimp in a glass or ceramic bowl. Mix in the lime and lemon juice. Cover and refrigerate for a half hour.
3. Mix in the chopped red onion and serrano chile. Refrigerate an additional half hour.
4. Right before serving, add the cilantro, cucumber, and avocado.

Recipe courtesy of Woodie Thomas, chef of the Berkshire in Stapleton. The Berkshire is located at 7352 E. 29th Ave. in Stapleton's Town Center.

Free Class Feb. 7th Love Can Be Yours Through Hypnosis

By Nancy Burkhart

So, for Valentine's Day, you brewed a love potion, wrote a couple of strong hexes and prayed to Cupid for a romantic mate. But, nothing worked. Right?

The answer may lie within you, says hypnotherapist Jennifer Welch, owner of Hypnotherapy for Women's Wellness, LLC. She is offering a free class for people to examine themselves in such a way that they will find love.

The free class, "Hypnotherapy for Abundant Love," will be held from 3:00 p.m. to 4:30 p.m. on Saturday, Feb. 7, at Le Celle Medical Wellness and Aesthetics, 1940 E. 19th Ave.

"The key is finding love in yourself, finding ways to create and do things that you enjoy," Welch explained. "This is for anyone who is single, dating or in a relationship. The principles of finding love, whether it's in a friend or a mate, is in finding that love for ourselves so that we can create relationships."

Class participants will have visualization and relaxation experiences as well as group hypnotherapy.

Welch is a certified clinical hypnotherapist through the International Medical and

Dental Association, as well as the American Council of Hypnotist Examiners.

"I use progressive relaxation to help people relax," Welch said. "As the body and the conscious mind quiet, you gain access to the subconscious mind which holds all of our patterning from childhood from any traumas we've had."

"We're always wanting other people to provide us with the love we're looking for. That's not a bad thing, but the key is looking at ourselves so that we can be the partner to ourselves that we're seeking, as well as being a partner to the one we're seeking."

Only eight to 10 people will be allowed in the hour-and-a-half-long class, so reservations are necessary. Welch has other free classes scheduled each month, including one for stress management in March and meditative experiences for pregnant women in April and September.

For hypnotherapy information visit: www.women'swellnesshypnosis.net. To make an appointment with Jennifer Welch at Hypnotherapy for Women's Wellness, LLC, or for class reservations, call 303-393-1062.

Guys' Guide Helps Men Answer A Longstanding Question

By Michelle Stephanon

What's the best way for a man to make a lasting impression on a woman? Recent consumer research shows that the answer to making a memorable impact is right under your nose—through flowers!

Giving great floral gifts, however, still remains a mystery to most men. To help, here is some guidance on giving flowers to your sweetheart.

Send just the right message to that special person in your life!

- **The New Romance.** Show your new romantic interest exactly how you feel with a passionate arrangement filled with hot pinks, oranges and reds. Add a thoughtful card with just the right sentiment.
- **The Real Deal.** Flowers are intimately linked with the art of romance. As relationships grow, flowers become symbols of different events and milestones in your lives together. Take note of her favorite flowers – the varieties at your wedding, flowers you sent her when you first started dating or the ones she buys for herself. Those will have great meaning and impact."
- **Leading Ladies.** No woman – especially moms and grandmas – should live without a little TLC. Garden style arrangements with soft pastel hues will send the message that you care.
- **The Gal Pal.** Flowers that show you're thinking of someone, but not in a sensual way, have a natural, just-picked feeling. Ask for a selection of bright bold color palette that is fun and whimsical.

Try one of these trendy design styles that you can ask for with confidence:

- **Monobotanic.** Arrangements featuring only one type of flower (such as all roses, tulips, or lilies) are in style and may include different colors of the same flower.
- **Monochromatic.** Pick a color and stick with it! If her favorite color is pink, ask for a fresh bouquet of different flowers in the same color range.

A Guy's Checklist of Things to Remember

- **Size Doesn't Matter.** Trust your florist to help you send an arrangement that is appropriate for the occasion. Bouquets both big and small can make a bold statement. It's the sentiment that makes the impact.
- **Score Big Points.** Surprise her with a bouquet to her office, and see how much attention you'll get because of the attention she got.
- **Relax.** Flowers don't have to mean commitment. Women know when an arrangement simply means that you care.

The most important thing to remember is that you cannot go wrong with flowers! Florists are available to help, but you'll get all the credit!

Michelle Stephanon is the owner of Amore Fiori Flowers and Gifts on 29th Ave. in the Stapleton Town Center.

Join us at Amore Fiori Flowers and Gifts in the Stapleton Town Center for our first ever "Guys Night Out – Valentine's Day Chalk Talk" Thursday, February 5th 6:30-8:30. Enjoy "refreshments" and snacks as we preview our featured arrangements for Valentines Day! 303-333-3848 www.amore-fiori.com

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S.U.N. Meetings are open to the public
The SUN Board meets at 7:30pm on the 4th Monday of every month at the Stapleton Community Room, 2823 Roslyn Street. Please confirm by email at stapletonunitedneighbors@gmail.com

The Town Center COP Shop

The Town Center COP Shop has been open now for approximately eight months, and has been a valuable resource to the community. The shop is completely staffed by volunteers and is regularly open approximately 20 hours per week.

The Shop has been a resource for the surrounding neighborhoods to get information on Neighborhood Watch, Speed Watch, Business Watch, and other safety programs sponsored by the Denver Police Department. The Shop has also provided information and assistance for other city programs and events.

The volunteers at the Shop act as crime liaisons by completing crime reports for citizens, assisting with requests for extra police presence, and providing information to the community. Information from citizens regarding several past crimes has also been forwarded to the Denver Police Department through the Shop.

When two shootings took place in Stapleton during the fall of 2008, the Shop acted as an information hub, receiving and disseminating important and timely information to the surrounding community.

If you would like any information on safety programs, city services, or to report criminal or suspicious activity, please contact us by email, phone, or just stop by. The Shop is located in the same building as An-



Julie Cameron, president of the all volunteer Town Center Cop Shop, holds her nephew, Keegen Cameron in front of the Cop Shop, located on the corner of 29th Ave. and Roslyn

thon's Pizza and Forest City Apartments on the corner of 29th Avenue and Roslyn Street. We are on the south side of the building facing King Soopers. Usual Shop hours are:
Monday 11:00AM-3:00PM
Tuesday 9:00AM- 2:00PM
Wednesday 8:30AM-10:30AM
Thursday 11:00AM-5:00PM
Friday VARIABLE
Saturday 10:00AM- 1:00PM
Sunday CLOSED

Phone: (720) 865-2356
Email: TCCopShop@yahoo.com
Address: Town Center COP Shop
7484 E. 29th Ave. Denver, CO 80238

We always need volunteers. If you'd like to volunteer and help your community, please contact us and request an information/application packet.

The Town Center COP Shop is currently regularly staffed by the following volunteers:

Julie Cameron – President
Lucia Correll – Funding Coordinator
Jenny Kahn – Volunteer Coordinator
John Chrisbens – Neighborhood Watch Coordinator
Cathy Jordan - Volunteer
Chuck Hackard – Volunteer

The following are volunteers who help support the Shop and the volunteer effort:

Patrick Elkins-Zeglarski – Vice President
Heidi Crum - Treasurer
Valerie Stremsterfer – Secretary
Janet Chrisbens – Volunteer
Michael Comfort – Volunteer
Brian Fox – Volunteer
Doug Gertner – Volunteer
Joshua Henderson - Volunteer
Joy O'Hara – Volunteer
Jose Sanchez – Volunteer

The Town Center COP Shop is also very fortunate to have Sgt. Eric Knutson as liaison from the Denver Police District 2 station, who staffs the Shop regularly on Mondays.

Thank you to all who help make the Town Center COP Shop so successful!

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STAPLETON MASTER COMMUNITY ASSOCIATION



Keven A. Burnett,
Executive Director

2009 Stapleton Recreation Guide

Look for your copy of the 2009 Stapleton Recreation Guide in your mailbox at the end of this month. This annual publication is a comprehensive overview of the community's offer-

ings throughout the Spring, Summer and Fall. In addition the Rec guide includes information on amenities located in the surrounding neighborhoods including City of Denver Indoor Recreation Centers and Public Libraries. Additional copies of the Rec guide can be obtained at the MCA office.

Aquatic Lessons

Stapleton offers aquatic programs and lessons for all abilities and ages. Swim Lesson information is available online at www.StapletonCommunity.com. Residents are encouraged to sign up for swim lessons and programs online beginning March 1.

Stapleton Swim Team

Attention Stapleton Youth! The Stapleton Stingrays have been invited this year to compete within the Denver Parks and Recreation swim league! This fun recreational program will provide a climate of friendly competition where swimmers ages 5-18 can develop a love for the sport, improve their swimming skills and learn the principles of good sportsmanship. Participants will begin practicing weekday mornings in early June at Stapleton's Aviator Pool, and will be competing offsite on Friday nights or Saturday mornings throughout the months of June and July. The season will end the first weekend in August, where all swimmers, city wide, will compete at the

Annual City Wide Swim Meet, hosted by Cook Park Recreation Center. For more information go online or contact Paula Deorio (Stapleton Aquatics Director) by phone at the MCA office or by email: pools@stapletoncommunity.com

Stapleton Membership Card Purchase & Renewals

Residents may purchase Stapleton Membership Cards for their household at the MCA office during regular business hours. Valid Stapleton membership cards are used in lieu of the daily admission fee at all Stapleton pools. New Residents must bring "proof of residency" for each member of the household for whom they are purchasing a card. Stapleton residents may be issued a maximum of two adult cards per household. Children and dependents of owners between 12 months and 17 years will be issued a card through the primary owners account. Cards are \$10 each. RENEWALS: Beginning in 2009, residents will be required to renew their Membership cards annually. Residents who were issued a card on or before September 1, 2008 need to have a 2009 Stapleton card issued prior to July 1, 2009. Residents who turn in their current card will receive a FREE 2009 card. Residents should log on to www.StapletonCommunity.com click on "Pool Cards" under "Aquatics" to get started. Once your online account is active, you will need to simply stop by the MCA office or one of the three pools (when open) to have your 2009 card issued. 2008 or earlier cards will expire June 30, 2009.

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

Stapleton New Resident Forums

The Stapleton MCA hosts "New Resident Forums" on the second Monday of each month from 6:30 – 7:30 p.m. These Resident Forums are open to both new as well as longtime residents. Forums are designed to convey general Stapleton information relevant to all residents living in the community as well as answer any

questions or concerns that residents would like to have addressed by the Master Community Association. You may RSVP for the February 9 Forum by calling Jenifer at 303-388-0724 or by email at info@stapletoncommunity.com. (Forum will be cancelled if less than six participants RSVP by the previous Thursday at 5 p.m.)

CLASSIFIED ADS

HELP WANTED

COMMUNITY VOLUNTEERS DESIRED - Park Hill Prep School. Educational and Administrative. College Students, Retirees welcome. Contact Lois 303-941-2582 days; 303-771-2079 evenings; or Dana 303-358-5060 after 3:45. email to parkhillprep@mac.com

READING VOLUNTEERS NEEDED The Odyssey School, a Denver Public School Charter School located in Stapleton, needs volunteers to read with students grades 1-8, one-on-one, once a week for a half-hour a week throughout the school year. For more information call Julie Neitz Wielga at 303-316-3944 ext 43230 or write julie@odysseydenver.org

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DISPLAY ADS: Space reservations are due the 10th of the prior month. Artwork is due the 13th. Rates are listed at: www.FrontPorchStapleton.com. Call 303-333-0257 or 303-526-1969 to obtain an ad contract.

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Letters to the Editor

The Front Porch will publish letters to the editor as space allows. Please mail your letters to: Tom Gleason, editor, The Front Porch, Forest City Stapleton, Inc., 7351 E. 29th Ave., Denver, CO 80238. Or email: TGleason@StapletonDenver.com

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This Dam House is Built with No Permits



By Jon Meredith
Imagine the gall of a Stapleton family building a new house with no permits, no certificate of occupancy and certainly

no regard for local covenants. Just take over some open space and slap the thing up. Ignore all the delicate planning that went into building this nationally recognized neighborhood. This new house has countless bedrooms, unlimited restrooms, the largest lot in Stapleton and its own swimming pool/skating rink. They have used all natural materials in the construction of the house and even had the audacity to chop down some Stapleton trees in the process of construction. The owners have acted as if they have squatters' rights to build. They have pointed out the fact their ancestors lived on the same stretch of river six generations ago and they have eminent domain which goes back way before any eminent domain the people the people of Stapleton currently have.

All of this has been done since last summer along the banks of Westerly creek and no one seems to be stopping them. In fact the neighbors kind of like them. They do not make a lot of noise, they get out mostly at night, they have not used any power tools in construction and they allow other Stapleton animals to swim in their pool. They are of little burden to the community because they home school their young. They must teach a lot of law because I know I couldn't get around all the covenants and permits required to build here.

In an effort to understand their issues with the building requirements and for fair and balanced reporting (Jon Meredith, Fox reporter), one fine day I went down to see them to request an interview. This did not go well. First of all, I shouldn't have

brought my dogs with me because they can't skate and the owners are a little skitish of dogs. Second, they sleep most of the day and I woke them up. Finally, they refused to be interviewed saying they only granted interviews to a few chosen media outlets such as the Sierra Club, the World Wildlife Foundation and maybe Field and Stream. They then asked if I would get my dogs off their skating rink because hated to see any animal abused or injured. Furthermore, as I left they curtly stated "Hey, pal there is a leash law around here."

I then went to the city permit office to ask what they intended to do about the issue. I was told that despite repeated warnings the building process has continued. A cease and desist order has been ignored so the building inspector threw up his hands and said "what are we to do, put them in jail? The county jail is already too crowded." The Mayor and the City Attorney said that despite the egregious code violations their hands were tied because their wives and kids loved this family and any intervention on there part to have this family removed would cause them way too much grief at home.

Finally, I spoke at length with my good friend and Park Hill resident Tommy O'Connor. He had some relatives of this family move on to a stream near his property up in Granby. Tommy has heard all of this before. The families are cute and friendly until you have to live next to them. In Granby, the dam house got so big that they nearly flooded Tommy and his family out. Then one day they were gone and so was their house. The river returned to normal and it looked as if the family had never been there. "Better enjoy them while you can" Tommy said "because before you know it they'll be gone. Funny thing is when they are gone you will miss them."

Jon Meredith lives in Stapleton. He can be reached at jon.meredith@earthlink.net

Electronic Medical Records

(continued from page 1) Informatics at University of Colorado Hospital. "We're live with actual record sharing. We are one of just a few states -- some of the others are Massachusetts, Indiana, northern California, Tennessee and Delaware."

When patients arrive at a hospital it can be difficult for doctors to obtain medical records from other locations, Lin explained. Test results, diagnoses and treatment performed by other doctors may be necessary information when a new patient comes in for treatment. In an emergency, however, it may not be possible to obtain this information in a timely fashion in order to provide appropriate treatment.

"About 25% of the time a patient tells me about something said in a previous appointment at another medical facility," Lin said. "But it can take days, or up to a month for their medical records department to find the records and fax them over."

"Duplicate testing was very routine before this system. In an emergency room, under time pressure, we ask over the phone for records to be faxed immediately. But, if we don't get them in time, we may need to repeat tests. This sort of information sharing stops that. Record sharing can dramatically shorten hospital stays and make patient care safer."

CORHIO has made treatment easier already, according to Lin.

A car accident victim told an emergency room doctor at University of Colorado Hospital that she was on only two medications, Lin said. However, the doctor went online with CORHIO and found five medications that the patient had forgotten.

In another incident, a patient was admitted with an unusual case of arthritis and was unable to remember the name of it or the diagnosis a doctor had made a few weeks before. University Hospital would have had to



Jennifer Hole, RN, Dr. C.T. Lin, Senior Medical Director for Informatics at UCH, Dr. Brandon Combs, 2nd year

do a complete workup on the patient, but by going on the CORHIO system, test results and the name of the doctor who performed the test were available, Lin said.

"It cut days off her hospitalization and substantially changed her course of treatment," he said.

Shared electronic medical records increase in value when more people are on the system. For example, in the early days of the telephone, the value of having a phone increased as more households installed a phone and there were more people you could call. Similarly, shared records increase in value as more physicians and hospitals contribute electronic medical record information, Lin noted.

Dr. Marion Sills, a Children's Hospital pediatrician, talked about the enormity of the task of setting up a system of shared medical records. The majority of doctors and hospitals still don't have electronic records, and those who do use a wide range of different systems that don't communicate

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Resident in Internal Medicine and Kathryn Chmura, 3rd year medical student at University of Colorado Medical School, use CORHIO, a program that shares medical information between hospitals.

with each other. After four years of set-up time and several millions of dollars in federal grants, the CORHIO system, though very useful because it offers information to doctors instantaneously, is still limited in the amount of information it can offer.

The way the CORHIO system works is that information in five basic areas is entered into each provider's computer system in such a way that the CORHIO system can pull it out. The five areas of data that can be shared are: lab results, radiology results, medications, medical diagnoses or health problems (but not the doctor's descriptive notes), and electrocardiograms within the past 3 years. Bringing and sharing additional information to a broader section of the state is a target effort for the next phase of CORHIO.

Why, in a country where so much information is exchanged electronically, have medical records lagged behind? "I think there are two main reasons," says Dr. Sills. "First, most businesses have an economic incentive to invest in information exchange technology – it makes

them more efficient and improves their bottom line. But healthcare is a more complex industry than most, and those who stand to profit the most in terms of the quality and cost of care—patients—are not making the decisions about whether two hospitals should invest in this technology. So, in healthcare, funding information exchange technology becomes a public policy issue. Without grants like those for CORHIO, there's no source of revenue for hospitals or doctors to set up these complex electronic systems. The second reason we haven't gone to information exchange technology is privacy concerns. People are more willing to share their financial information online than their personal health information."

Lin also brought up the concern that loss of integrity in patient data is a potential problem in electronic records. "If a patient misrepresents their information, then the data is garbage. Inaccurate data creates a whole new set of problems."

At Children's Hospital, CORHIO's initial pilot program is in the emergency department, according to Mary Anne Leach, Vice President and Chief Information.

"CORHIO is an exciting program, but it is a fraction of everything we're doing," she says.

Children's Hospital uses a fully electronic medical record system that can be viewed by all "team care" members at the same time, and physicians place orders and document online. "Wherever the child is seen – in the hospital, at our clinics, and now at some of our referring pediatric practices in the community – everyone will be looking at the same record," Leach explained. The Hospital is also starting to implement clinical alerts, which will enhance safety and quality of care. For example, if a medicine is ordered that is not the standard dosage for the listed age and weight, the system will issue an alert.

"Children's is offering this electronic health record system to its community pediatricians; currently, about 17 clinical providers access our system online and we hope to have 60 community providers online within a few years," states Leach.

At the University of Colorado Hospital, one of the ways electronic medical records have directly benefited patients is an in-house program (not part of CORHIO) that has given patients computer access to their own records since 2002, according to Dr. Lin. "We have found that patients are significantly more satisfied when they are able to reach their doctor and their clinic staff online to ask questions, schedule appointments, and request prescription refills. Patients have also been able to access their own test results online since July 2008."

Lin explains that CORHIO, if available



Dr. Marion Sills pushes a C.O.W. (computer on wheels) down the hall in the Emergency Department.

to private doctors, would offer them the ability to look up information after their patients are discharged from a hospitalization, even if they did not have electronic records within their office. But without in-house electronic records they would not be able to contribute patient medical information from their office back into the shared of CORHIO records for use by others. "But until President Obama comes up with an incentive plan or some way to lower the cost barrier, CORHIO won't benefit most private doctors. Medical facilities are eager to

learn more about President Obama's plans for funding electronic medical records projects," says Dr. Lin.

Both the University of Colorado Hospital and The Children's Hospital have been recognized for their excellence in a number of medical specialties.

In U.S. News and World Report's hospital rankings, University of Colorado Hospital (UCH) had six specialties that ranked in the top 25 nationwide. The report cited UCH as one of the best hospitals in the nation for endocrinology, gynecology, kidney disease, respiratory disorders, rehabilitation medicine, and rheumatology.

The Children's Hospital had five specialties that ranked in U.S. News' top 25 in the nation: digestive disorders, respiratory disorders, neonatal care, cancer, and neurology and neurosurgery. Overall the hospital ranked seventh in the nation among children's hospitals.

In another hospital survey, Parents magazine ranked Children's as 10th overall and 2nd in pulmonary care; 7th in ER care; and 9th in orthopedic care.

For more information on CORHIO, visit www.CORHIO.org. For more information on U.S. News hospital rankings, visit www.usnews.com/best-hospitals.

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Winter 2009 Class Schedule

Learn Easy to Duplicate Recipes!

Saturday, February 14th – 9 a.m.

Italian Table - Take a journey into the one of the premier cuisines of the world. We will highlight the rich nature of Northern Italian cuisine as well as the Mediterranean influenced south. Experiment Italian food the way it's supposed to be.

or The Brunch Bunch - Take your brunch menu from basic to brilliant! Whether preparing for holiday guests or simply looking for a special family treat this class will focus on the culinary skills needed to present a sumptuous brunch.

Saturday, February, 21st – 9:00 a.m. - noon

Vegetarian Passport- No passports necessary to join this International Voyage to Vegetarian class. Ports of call featured recipes include the Caribbean for spicy vegetable stew and South America for Brazilian feijoada. We'll then cross the Atlantic to Africa for Moroccan rice pilaf and continue through Europe for Irish seitan stew and vegan paella.

or Breads and Rolls- There is nothing better than fresh rolls or bread to complement a home cooked meal. Dazzle your family and friends at your next feast with bread that nobody will believe you made from scratch.

Saturday, February 28th – 9 a.m. - noon

Healthy Temptations- No need to feel deprived just because you want to prepare nutritious, low-fat dishes. Experiment Fettuccine Alfredo without the guilt, along with recipes that incorporate healthy grains, a variety of fruits and vegetables, and good-for-you proteins.

or Southern Italian Cuisine-Experience traditional recipes from southern Italy that will tempt your palette while you learn about the foods of Naples, Calabria and Sicily.

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