

Front Porch

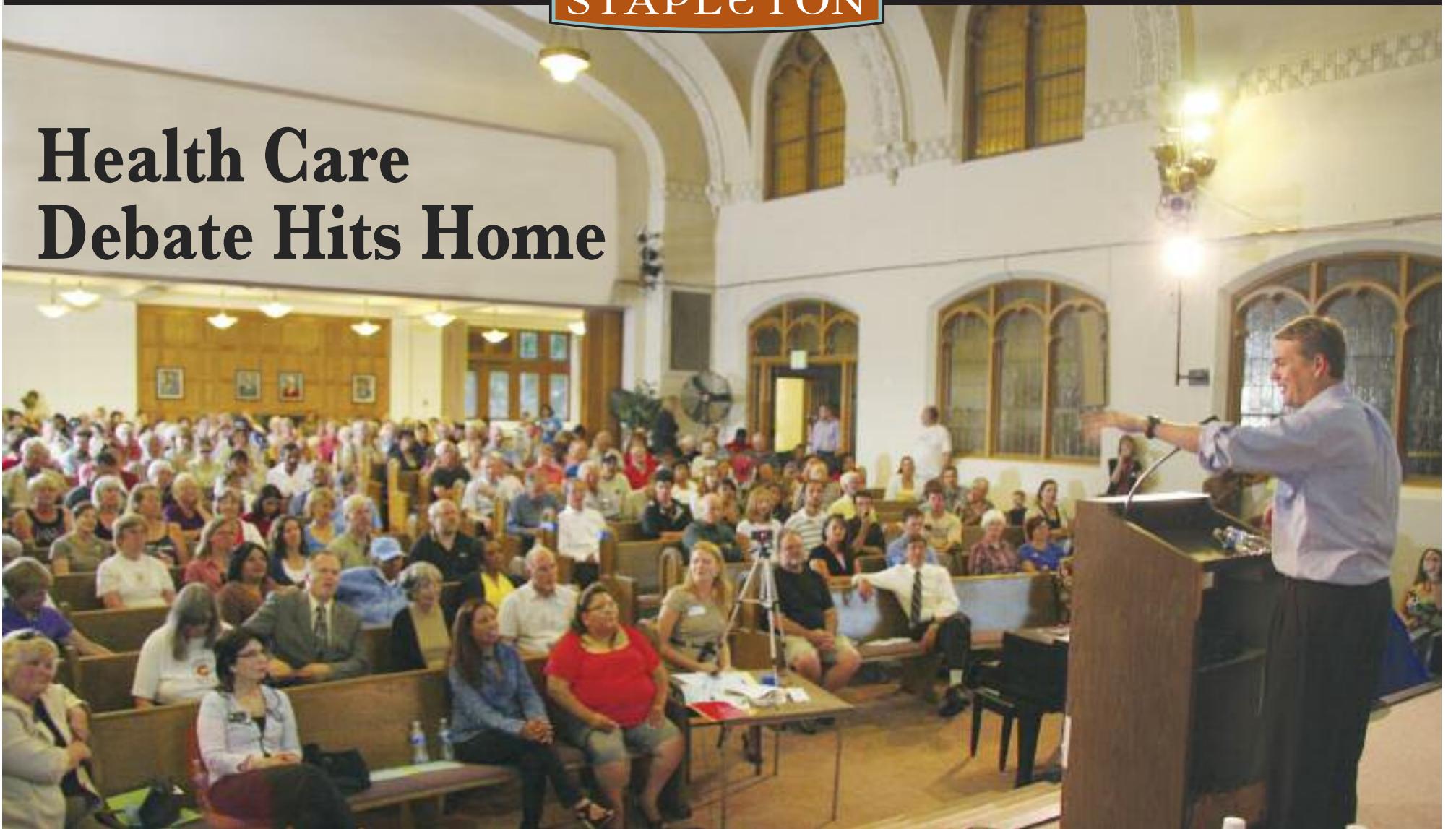
Distributed to the Stapleton, Park Hill, Lowry, Montclair, Mayfair, Hale and East Colfax neighborhoods

DENVER, COLORADO

STAPLETON

AUGUST 2009

Health Care Debate Hits Home



On July 2, Metro Organizations for People (MOP) held a town hall meeting on health care with Sen. Michael Bennet at the Montview Presbyterian Church in Park Hill. MOP estimates that over 400 people attended the event. The program was organized to urge Sen. Bennet to support health care reform that will make insurance more affordable for families in Colorado. Individuals

Senator Bennet spoke about health care reform to approximately 400 people at a July 2 community meeting at Montview Presbyterian Church. spoke about specific examples of health care difficulties they had experienced or observed. Information from a health care study by "Colorado Voices" was presented. The data from that study of 1000 Colorado families are being used to inform the decisions about health care reform (see coloradovoices.org). Organizers asked Sen. Bennet for his positions on specific health care reform issues. (A video link with his responses is posted online at www.mopdenver.org.) To help Front Porch readers better understand some of the issues associated with health care reform, the Front Porch interviewed two Stapleton doctors who teach health care policy at the University of Colorado Medical School (see story on page 11).

Local Bands to Rock Stapleton

By Kathy Epperson

Come enjoy a full day of music and family fun at the first annual Stapleton Rocks! concert on August 15 from 10am-10pm at Founders' Green near the 29th Avenue Town Center. Musical acts are all local bands, many of them amateur groups that look

forward to playing for a larger audience.

Stapleton resident Bernard Douthit, who is also performing in one of the bands, came up with the idea as a way to not only showcase and nurture live music, but also to raise money for education.

(continued on page 22)



Beavers Gnawing Stapleton Trees

Editors Note: In response to residents' concerns that the beavers in Westerly Creek are damaging trees, the Front Porch contacted Ashley Delaup, Wildlife Ecologist for Denver Department of Parks & Recreation for more information. Following is Ms. Delaup's response.

We have had several volunteer projects working on the beaver habitat, and those will continue when we have interested parties. Trees were painted, but some didn't get the right paint mixture, so those are the ones currently being used by the beaver in the area. We do expect trees will be taken by them. We will continue to plant (continued on page 3)

Left: The Mitch Lehn Trio playing at an event at Founders' Green in 2008. Band members include Katy Hoops—vocals; Russ Perez—vocals, Mitch Lehn—guitar, Jason Thomas—trumpet, Sara Thomas—flute, Randy Stevens—drums, Matt Azer—bass, Jen England—guitar, and Nadine Rasmussen—keys.



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

The Annual Westerly Creek pool to school walk take place August 19th.



CALENDAR

Events in or near Stapleton that are free and open to the public or are charitable fundraisers.

AUGUST

Every Saturday thru Oct.

Northfield Farmers Market 9am - 2pm
Between Bass Pro and Target

Every Sunday thru Oct. 11

Stapleton Farmers Market 8:30am - 12:30pm
Founders Green

Every Saturday

Walk With a Doc, 8am, Central Park

Monday, August 3

Stapleton Sustainability Camp
Grades 1 - 3 in fall '09

Tuesday, August 4

National Night Out Against Crime

Tuesday, August 4

Target Tuesday - Children's Museum Free
4pm-8pm (recurs first Tuesday of the month)

Wednesday, August 5

Denver Public Schools meeting with Stapleton
community about schools (childcare provided)
Bill Roberts School, 6:45 - 8:15pm (see p. 3)

Friday, August 7

Summer Movie Night, Kung Fu Panda
Founders Green, dusk

Friday, August 7

Northfield Concert - Dotsero 6-8pm

Friday, August 7

Denver Parks & Rec, Movies in the Parks, 8:45pm
Jurassic Park (PG13), Cheesman Park

Wednesday, August 12

SCFD Free Day
Denver Museum of Nature and Science

Saturday, August 15

Stapleton Rocks...A Concert for a Cause
Featuring local bands, 10am - 10pm (see p. 22)

Saturday, August 15

Park Hill Family Bike Ride, 10 - 11:30am
Start at Satchel's Market (helmets required)
303-388-0918

Saturday, August 15

Park Hill Garden Walk, 9am - 2pm (see p. 17)

Tuesday, August 18

Green Parenting - SUN Sustainability seminar
7-8pm, SDC conf rm., 7350 E.29th Ave (see p. 20)

Wednesday, August 19

Westerly Creek Pool to School walk, 8:30am
Meet at Aviator Pool (28th & Ulster)

AUGUST

Thursday, August 20

Free, Active Minds - China's Economic
Transition, Windsor Gardens (CenterPoint
Room), 597 S. Clinton St, 2-3pm, 303-364-7485

Friday, August 21

Summer Movie Night, Wall-E
Founders Green, dusk

Friday, August 21

Northfield Concert, Jakarta 6 - 8pm

Sunday, August 23

Free Public Skating, Big Bear Ice, 2:30 -4pm
Registration required www.bigbearice.com
(see page 4)

Tuesday, August 25

Free, Active Minds - The Supreme Court
in Transition, Tattered Cover,
2526 E Colfax, 5:30 - 6:30pm

Saturday, August 29

Summer Concert Series, Chris Daniels and the
Kings, Founders Green, 6 - 8:30

Saturday, August 29

Sweet William Market 9am - 2pm
Founders Green (last Sat. of month thru Sep.)

SEPTEMBER

Tuesday, September 1

Active Minds - Afghanistan, 10am
Jewish Community Center, 350 S. Dahlia St,
RSVP: 303-316-6358

Tuesday, September 1

Target Tuesday - Children's Museum Free
4pm-8pm (recurs first Tuesday of the month)

Saturday, September 5

SCFD Free Day Denver Art Museum

Monday, September 7

Pools close

Friday, September 11

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

Sunday, September 13

SCFD Free Day
Denver Museum of Nature and Science

Saturday, September 19

From Seed to Table, F-15 Pool
Details to be announced

Saturday, September 26

Stapleton Artist's Showcase Opening
The Community Art Space at Stapleton

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 13 for recurring monthly events and meetings)

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Front Porch

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Beavers

(continued from page 1) new trees and try to direct the beaver to the fast growing willow to give the cottonwoods a chance to get more established. The Natural Areas staff is out there every week monitoring the activity of the beaver and working on which trees to protect. With the heavy rains of this spring, much of their existing dam structure was washed away, so we'll see more activity this year while they rebuild.

We hope to keep the beaver dams in place after they have been established by the animals. Typically, once dams are built the beaver stop taking as much wood. When grass and other herbaceous food is available they prefer to eat that, but will go back to eating and storing more bark and wood in the fall to prepare for winter. Historically it has been a common practice to remove dams beaver build, but we have learned the hard way that it just increases their activity in an area as they rebuild. Once they have identified good habitat and location for a dam, they'll stay in the area, or new ones will move in if the original beaver are removed.

Meanwhile we are pleased by their dam locations. They have helped reduce stream erosion and supported the wetland vegetation growing alongside Westerly Creek, making this one of the most diverse working ecosystems in our Natural Areas program. If any interested neighbors would want to participate in tree painting and wrapping it is a great opportunity to work in the natural areas. Contact Tina Romero, our volunteer coordinator, at 303-806-9083. They can also contact me at 303-455-0785 with any additional questions!

Councilman Hancock's District 11 Summit Will Be October 3

In an effort to strengthen access to City services and improve communication between District 11 residents and City leaders, Councilman Michael B. Hancock has scheduled a District 11 City Services Summit for the communities of northeast Park Hill, north Park Hill and Stapleton on Saturday, October 3, from 9 am - 12 pm at the Hiawatha Davis Recreation Center.

"Residents will have the opportunity to discuss any issue regarding city services with department leaders and practitioners," Councilman Hancock stated. For budgetary reasons, these two summits will replace the four town hall meetings hosted by Hancock in the past.

Many key City departments have been invited to attend, including Public Works (trash collection, recycling, traffic planning, road repair and maintenance), Safety (police), Library, Parks & Recreation, Environmental Health (animal control), Zoning (Zoning Code), and Neighborhood Inspections. Several independent agencies are invited, including Denver Water, Denver Housing Authority, and Denver Health and Medical Authority. There will be opportunities to further review the draft zoning code maps and review key construction designs for various projects in individual neighborhoods as well. Attendance is free. For more information contact Councilman Hancock's office at 303 331 3872.

DPS Community Meeting About Stapleton Schools Set for Aug. 5

This meeting is to serve as a follow-up to a series of community meetings conducted by Denver Public Schools in early spring. Targeted specifically towards the opportunities and needs of the Stapleton community, the purpose of this meeting is to inform residents of funding streams and resources, share data from a recent Stapleton community survey and dialogue about potential offerings and/or solutions. ALL residents, business owners and/or other interested parties are encouraged to attend this meeting.

The meeting will be held from 6:45pm - 8:15pm in the William (Bill) Roberts K-8 School cafeteria. Child care will be provided.

New at Stapleton

The SUN Sustainability Committee has started a free and open to the public monthly seminar series on the third Tuesday of the month. See page 20 for more information.

The Stapleton MCA is sponsoring "Yoga by the Pool" on Wednesday and Saturday mornings starting August 1st. They are also sponsoring "Stapleton Rocks...A Concert for a Cause" (see page 1) on August 15th. Finally, the MCA, together with Forest City, Art & Framing at Stapleton, Extra Space Storage are sponsoring a new Community Art Space, with an opening event planned for Sept. 26th. See page 21 for more information.

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“Home Ice” – For Young and Old Alike

By Nancy Burkhart

You are never too young or too old to learn to figure skate.

The Big Bear Ice Arena now has classes for children as young as 3 years, for adults who had childhood dreams of learning to ice skate, and for everyone in between.

The Big Bear Ice Arena at 8580 E. Lowry Blvd. is under new ownership, that of Vassiliy Larchenko of Chicago, and new direction under Patti Snyder, director of figure skating and Learn to Skate.

Hockey was the mainstay for the ice arena under the former ownership, Snyder said. Larchenko has three children who play ice hockey, so Big Bear still offers classes and games, but the new format is for U.S. Figure Skating (USFS) basic skills, Snyder explained. Now, when people take figure skating lessons at Big Bear, they become USFS members. That allows them to participate in skating competitions and performances and earn merit badges.

“Depending on if they want to pursue it for fun, they can do fun competitions or there’s the competitive structure that can get them up to the senior level of figure skating,” Snyder said.

Snyder was formerly skating director at the University of Denver. She was a soloist skater with the Ice Follies for five years and has been coaching students from basic skating skills to international competitors for 28 years.

Big Bear is offering tot or basic skills classes for 3-year-olds; Snowplow Sam classes for 3- to 5-year-olds; 6- to 16-year-

A free public skate session will be held from 2:30 to 4 p.m. on Sunday, Aug. 23. Free skate rental will be included, along with an opportunity to get tips from a variety of skating coaches. Register for the session at www.bigbearice.com.

olds basic skills classes; 18-year-olds, depending on their skating level; and adult classes.

“We really want to cater to the community there and have Stapleton, Park Hill and Lowry resi-

dents call it their home ice,” Snyder said.

“It’s good family fun, it’s good kid fun and it’s good adult fun all at once.

“It doesn’t matter what your level is. We have kids and adults who never have been on the ice before. They’re good after seven weeks. Little ones, 3-year-olds, can do it by the third week.”

Major physical renovation also is being done at the Big Bear Ice Arena. Soon there will be a restaurant and bleachers from which to watch hockey games and figure skating performances. There will be a full-line pro shop as well as Athletic Republic, an off-ice training facility to serve athletes, hockey players and figure skaters.

The rink has public skating times posted on the website: www.bigbearice.com. Usually there is public skating time from 11:30 a.m. to 1:30 p.m. Monday through Friday and disco night Fridays from 8:30 to 10 p.m. Weekend times change due to hockey games and figure skating performances.

Skates rent for \$3. Public skating costs \$7 for adults and \$5 for children. Registration for classes is available online, or call Snyder for information.

Call Patti Snyder at Big Bear Ice Arena at 303-343-1111, ext. 3425, or e-mail her at: psnyder@bigbearice.com. Go to the Big Bear Ice Arena website at: www.bigbearice.com.

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Left to right: Will Mowers, Nate Herrington, J.D. Clanton, James Douthit and David McGinnis on the last day of the spring session of Stapleton All Sports.

By Nancy Burkhart

Some children may be uncoordinated and unable to understand the premise behind the game of softball, T-ball, football or soccer. “A lot of programs just throw kids out there and say, ‘play.’ That’s all right for kids who are talented, but others never learn to understand the games and excel at them. We wanted the best so that our kids didn’t get discouraged,” says Stapleton resident Gabe Hurley.

Mr. Hurley started Stapleton All Sports to offer kids ages 4-10 an opportunity to learn about sports and develop their skills.

“Stapleton All Sports is a youth sports development program designed to help kids under-

stand their strengths and weaknesses and develop and grow with different sports,” Hurley said.

“The goal is to make the kids better. We’re not just focusing on the good kids. We want all the kids to improve, gain confidence and continue to be active.”

Stapleton All Sports offers children ages 4-10 a 10-week program for \$130. The group is divided up, based on age and skill level.

“We don’t want a kid with problems working with a kid who’s really good,” Hurley explained.

During the hour-long session, the groups go through skill stations, taking 12 minutes at each station, and finish with five minutes of calisthenics. Skills focus on T-ball, baseball, football and

All Kids Can Learn To Be Good at Sports

soccer. Football deals with technique and is non-contact. Both girls and boys participate.

“It’s about keeping them active,” Hurley said. “It’s about basic athletic stances, agility and speed. Fun drills help the kids develop basic coordination and techniques that you can use for any sport.

“It’s very satisfying having your below-average kid get confident and improve and see them get happy hitting the ball for the first time or catching the ball for the first time. It changes their mind-set about the sport,” he said.

Exact activities are planned for each session, and parents are e-mailed the plan in advance, he said. Parents don’t have to stay while their children work out, but Hurley hopes to offer a workout for the parents during their children’s activities.

A men’s touch football league, open to all, will start in the fall.

Contact Gabe Hurley and Stapleton All Sports at gabehurley@gmail.com or call 720-985-6642 or visit www.stapletonall sports.com.

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Mercy Housing Youth Activ



Tim Wessler, Mercy Housing's After-School Program Coordinator, plays with Paw Wah Htoo (left) and Say Yar (front) at Stapleton's Aviator Pool on one of their summer program outings.

By Nancy Burkhart

Children who live in Denver often are aware of the world's current chaotic situation. And, like adults, they crave peace.

At Mercy Housing's Denver properties there are residents who came to Denver from war-torn countries and refugee camps. Their hope for peace may be a bit more acute than the hope held by Americans who have had little or no connection with war.

Mercy Housing provides quality, affordable housing. Children in Mercy Housing facilities can be part of Peace Pals, a youth program started in Denver that includes nearly 60 children ages 5 to 14. It was started to help kids "understand mercy, justice and respect," said Thomas Feeney, a Mercy Housing resident service coordinator at Parkside Apartments in Stapleton.

"Kids who are really working towards



50-60 kids from four Mercy Housing Projects folded 4-5,000 cranes as a peace project.

Photo courtesy of Mercy Housing

peace -- and anybody -- can be a peace pal," Feeney said. "It's not just kids in Mercy Housing facilities. It's built on relationships of kids getting to know other kids and getting to know truths that cross all ethnic groups and faiths, something we all can get to know -- peace."

Mercy Housing creates programs, projects and field trips for Peace Pals who meet once a week all year round.

"We want them to be positive members of their community," Feeney said. "We want the kids to know the power of knowledge, to know the power of hope and how to be a positive person in their community."

Peace Pals members found a way to make a statement and to be involved when they were offered old copies of the Stapleton Front Porch. Feeney and his co-workers came up with the idea of folding the newspapers into cranes.

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ities Focus on World Peace



Savina Treves, Refugee Youth Rehabilitation Counselor for Mercy Housing (left), teaches water safety to some of the kids in the Peace Pals group.

“The idea of folding 1,000 cranes is a symbol of peace,” Feeney explained.

Between 50 and 60 children from four Mercy Housing projects worked on the crane project for nearly four months. The children did their homework in a mentoring program and then had time to get creative by folding cranes.

“We didn’t know how to make cranes,” Feeney said. “We knew that the kids would learn if they were involved. They searched the internet to find out how to make cranes. We wound up folding 4,000-5,000 cranes.”

Many of the Peace Pals children are refugees who wanted to send cranes to their own countries, such as Burundi, Liberia and Somalia. Some wanted to create art displays.

“We decided to share by splitting them up,” Feeney. “Worldwide participation – that’s where we saw the cranes, reaching to soldiers in Iraq and kids in hospitals. They can always bloom in other places.”

The project was deemed a success, he added. “What we wanted was our Peace Pals to include everyone,” he said. “It is an example of showing leadership skills by doing something for other people. We saw the kids get involved. It was community service and art blended together. All the girls and boys were counting and folding and organizing – it’s tough. It was that

plus learning how to fold it, using fine motor skills. They found they could do and accomplish many things on an individual level and as a group.”

This summer the Parkside community students are taking swimming lessons at Stapleton through a working relationship with Stapleton Master Community Association.

“It’s been fantastically energizing for them,” Feeney said. “Our kids are doing more. It’s an award system for some of those who are doing really well.”

Several of the Peace Pals also have had an opportunity to go camping this summer. However, money is tight and both monetary and in-kind donations are being sought to provide these low-income children with learning experiences and transportation to them. Soon, children at the new Bluff Lake Apartments that Mercy Housing is planning will join the Peace Pals ranks.

For Peace Pals information or to make donations, call Thomas Feeney at 303-355-2573. Mercy Housing information is at: www.mercy-housingcolorado.org or search YouTube online for a Mercy Housing video. Thomas Feeney conducts Mercy Housing tours the third Wednesday of each month from 5 p.m. to 6 p.m. at Parkside, 7780 E. 23rd Ave.



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Landscape Contractors Donate Garden for Chemotherapy Patients

By Nancy Burkhardt

The Anschutz Cancer Pavilion rooftop garden was installed in the pavilion's original design. However, seven years of wind and weather gave some of its plants a real test of time.

That is when the Associated Landscape Contractors of Colorado (ALCC) stepped in with a day of donated hard work and materials to bring life back into the garden and make it a spectacular show for cancer patients undergoing chemotherapy treatment.

"The thing that really captured our hearts about this project was this is a place where people who are in the process of getting their chemotherapy treatment sit and look out at this garden," said Becky Garber, ALCC Director of Communications. "Those of us in the business know there are healing and calming benefits of being close to nature. We heard about the need to upgrade this garden a little bit and our members were overjoyed to take part in it."

Chad Brunette, a Park Hill resident and owner of Thunderbird Design, Inc., brought the idea to ALCC. He had been employed by Denver Botanic Gardens when the hospital approached them to design a garden on their newly constructed rooftop.

"We tried things that hadn't been done before – fruit trees and perennials that aren't supposed to take the heat," Brunette said. "Some worked, some didn't. Seven years later it was overgrown and needed sprucing up."

"The hospital hired me to take care of their gardens. Becky contacted me because she was looking for a service project."

The rooftop garden's original design contained both large and small plants which were randomly laid out in raised beds, according to Brunette. He and his garden designer, Lauren



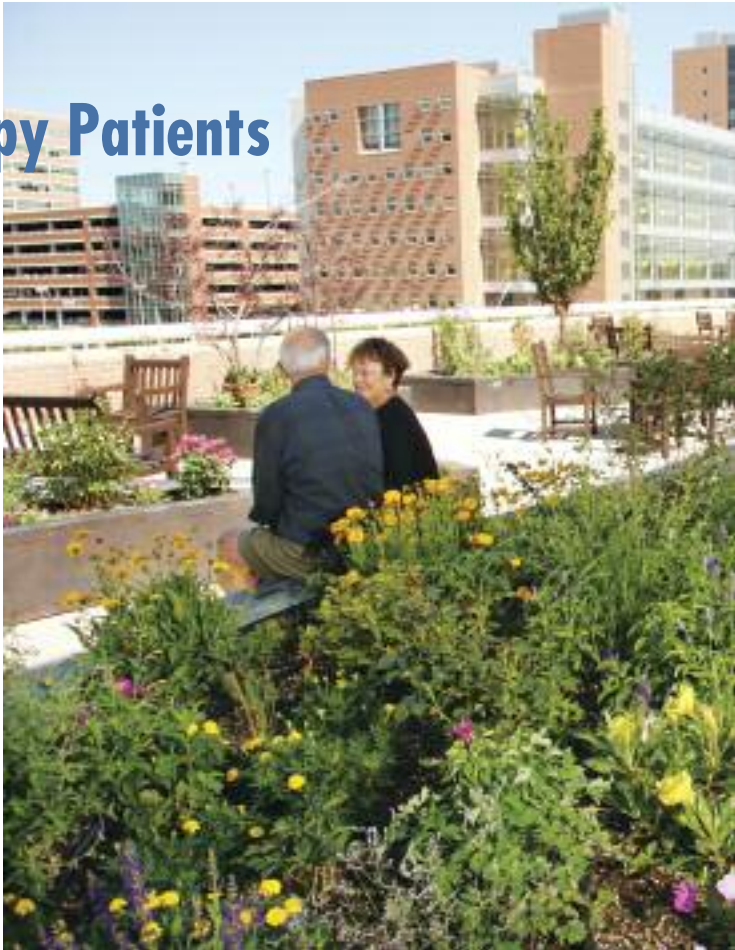
Above: Chad Brunette, Park Hill resident and owner of Thunderbird Design, took the lead on the Earth Day project for the Landscape Contractors' of Colorado this year. Right: The Anschutz Cancer Pavilion garden three months after it was planted.

Bloom, designed the refurbished rooftop garden.

"Some of the large materials were in front of the windows and blocked the view," he said. "We moved them to the far end of the raised beds. A lot of the plants surviving were groundcover that smothered perennials. We took out the smaller flat ground covers. In their place, we decided to install long-blooming low-maintenance perennials. They also are drought tolerant. We had the full rainbow of colors, things that would bloom spring, summer and fall, as well as winter. It's called four-season gardening."

There are containers of organic vegetables in the garden, including tomatoes and peppers, as well as basil and apples.

"Over the years, the hospital realized the garden needed some tweaking, but didn't have the funds to do it," Brunette said.



The ALCC brought in about 25 volunteers from a dozen Denver area landscape companies, with donated plants, materials and labor, totaling about \$6,400. In one day, they installed 60 shrubs and 200 perennials that could withstand high winds and a hot western exposure. Annuals also were planted.

Plants that were removed were transferred to other hospital garden beds or shared with hospital staff.

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Chad Brunette of Thunderbird Design can be reached at 720-748-2163. For ALCC information, visit www.alcc.com.

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Governor Bill Ritter joined volunteers from the Mile High Youth Corps and the Bluff Lake Nature Center on July 25th to repair washed out trails and undertake other projects to revitalize and restore the Bluff Lake Nature Center at Stapleton. The governor joined the activities in celebration of "Colorado Cares Day" to encourage Coloradans to volunteer their time and talents to benefit their communities.



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Mentors Help East High School Students Succeed

By Nancy Burkhardt

East High School has students “at risk” for dropping out or for failing in the academic system. Jessica Pearson decided in the fall of 2004 to start the A+ Angels Mentoring Program to give those students more of an opportunity to find success.

Today there are 65 pairs of mentors and students who meet at least once a week for about an hour and a half to get a boost on

homework and guidance on the inner workings of East High School.

Although mentors are asked to commit their time for only one year, some, like 34-year-old attorney and Stapleton resident Kwali Farbes, have formed relationships with their students that have lasted. Farbes is going on four years with her student this fall.

“The first year for me was particularly difficult because they’re learning things in a dif-

ferent way than when I was in high school or college,” Farbes said. “There will be questions where they have to write about how they got the problem’s answer. Especially with math, there are some things I just sort of compute in my head. You can’t do that with somebody who’s learning that concept. But there is assistance in that first period with answers to help you get the student to arrive at the answer.”

A+ Angels also give mentors a list of resources to help direct their students to find answers. There is an ACT prep program where mentors can refer their students.

“What I’ve found is that this program is much more about helping her get connected with other resources that are particularly beneficial for her,” Farbes said. “We just don’t have time together to help her get prepared for the ACT. I think getting her connected with those other resources has been the key to her feeling like she’s a more successful student. I feel much more like a mentor than a tutor.”

The students ask to be in the mentorship program. Most need academic help as well as direction in understanding the need to turn in assignments and attend class. Mentor and student pairs are randomly matched.

Farbes has been mentoring her student in the direction of college. The student could be



Kwali Farbes with Shateea Blackwell, the East High School student she has mentored for the past three years.

the first in her family to complete college. Although she was not interested in going to college at the beginning of their mentor-student relationship, she now is seriously considering it, Farbes said.

The mentor also works with the student’s family to give them goals and support.

“I go and pick her up and see the family then,” Farbes said. “When there’s something going on, I talk to her family. I’m there to help, but I’m not her parent or guardian. I’m very careful about walking that line. My job is helping her get where she wants to be. I can make suggestions.”

The A+ Angels Mentoring Program

gives mentors an opportunity to experience the effect they have on youth.

“This has taught me a lot about the amazing capacity and intelligence of kids,” Farbes said. “They’re amazing, thoughtful, resilient. I’ve had so much fun to have this young person be part of my life. It took a while, but now she talks to me about all sorts of stuff – friends, boys, family, increasing independence. It’s a chance to be part of a kid’s life as they grow up.”

As well as the weekly meetings with their students, mentors spend time at a mentor meeting once a month. There they can get direction or resource aid for their students.

Prospective mentors are being sought. Volunteers will go through a criminal background check by Denver Public Schools and will go through training on Saturday, Aug. 15.

For information or to become a mentor in the A+ Angels Mentoring Program, call 303-355-2975 or e-mail Jessica Pearson at jpear2071@msn.com.

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Local Doctors Discuss Health Care Reform

The Front Porch asked two Stapleton doctors who teach health policy to share information that they believe will help readers better understand the debate taking place in our country on health care reform.

Mark Earnest, M.D. is an Associate Professor of Medicine at the University of Colorado Anschutz Medical Campus. He is an internal medicine doctor and serves as the Vice President of the Colorado Coalition for the Medically Underserved.

Steven Federico, M.D., is a pediatrician and the director of School-Based Health at Denver Health. He is also an Assistant Professor in Pediatrics at the University of Colorado School of Medicine and President Elect of the Colorado Academy of Pediatrics.

Dr. Federico points out that unlike many issues facing our country, the outcome of health care reform is not a foregone conclusion. A lot of details are yet to be worked out. "We would really want our neighbors to know that now is a great time to give your input on the things that you think would be important to be included." Dr. Earnest adds, "Our representatives are paying close attention to health care and they are very interested in input from the community."

Following are some of the issues Drs. Earnest and Federico believe need to be considered as decisions are made about health care reform.

Some say the U.S. already has the best health care in the world

Dr. Federico: "Dr. Earnest and I probably do have the best health care in the world. Our neighbors may or may not. Some of the 150,000 uninsured kids in Colorado are not getting care in community health clinics. They are more likely to postpone necessary care and more likely to use the hospital emergency room where care is far more costly. Three quarters of the families with uninsured kids are employed. They just don't work for someone who offers affordable health care insurance.

Mother Was Right... Lack of Sleep Makes People More Prone to Illness

By Austin Larson

As parents face the daunting task of helping their kids move from late summer nights and sleeping in to waking up at the crack of dawn for school, research published earlier this year may provide added motivation for getting them to bed early.

A study in the *Archives of Internal Medicine* tested the link between sleep and illness. Researchers first interviewed subjects for 14 consecutive days on their sleep habits. They recorded the length of time slept, the 'sleep efficiency' (amount of time in bed spent actually sleeping) and whether or not the subjects felt well rested each day.

After the interview period, patients were quarantined and exposed to Rhinovirus, which causes the common cold. Patients chosen for the study had no evidence of immunity or prior exposure to the strain of virus used. The researchers objectively measured the patients' mucus production and other signs of illness and determined whether or not the patients had developed a cold. After 28 days, a blood sample was taken to determine if the patients had been infected by their exposure to the virus.

At the end of the study, 88% of the subjects showed antibodies in their blood as evidence of infection with the virus and 35% showed physical symptoms of an illness. After correcting for age, body weight, income, smoking status, depression and other known risk factors for illness, the study showed that subjects who slept less than 7 hours per night were three times more likely to develop a cold than were subjects who slept 8 or more hours. Those who had poor sleep efficiency (more time spent in bed not sleeping) were five times more likely to become ill than those with good sleep efficiency (most of time spent in bed was actually sleeping).

Though the number of hours slept was a strong predictor of who would or would not get sick, those who "felt well-rested" had no advantage in avoiding clinical symptoms of the virus.

Austin Larson is a fourth year medical student and a former resident of Stapleton.

Dr. Earnest: I think what you can safely say is we have the best-trained physicians, nurses, and allied health professionals in the world. And we have the best hospitals, and some of the most advanced technology. But we don't really have a health care system, at least not anything that's cohesive, so our resources are used ineffectively and inefficiently and therefore way too many people don't get what they need or even what's available. The central misconception is, "If it ain't broke don't fix it." But it is "broke." It really does need to be fixed and leaving it alone is not going to fix it.

Rationing

Dr. Federico: One of the misperceptions is that health care reform will automatically result in some form of major rationing of care, thereby causing some people who currently have good access to care to not have access to that same level of care. But we currently ration care. There are millions of people in this country

(and many in this state) who have no access to care, who therefore are rationed to the extreme. They get zero. And some of us who have terrific access get everything we want. We need to ration to those who currently aren't rationed to. For those for whom the process is working, we have to tread lightly. We can't take things away from those people who are currently satisfied without suffering ramifications. But the central point is that currently there is rationing, it just may not impact you as an individual at the present time.

If you lose your job, you lose your health care

Dr. Earnest: People who consider themselves "the haves" in the health care system now have really very little perception of how tenuous the security of their health care is. We have a system right now where if your health threatens your employment in any way, then it threatens your health care. If you're out of work for two or

(continued on page 23)

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Jon Meredith

Our Little Music Festival

I called a friend from college to tell him about the Mile High Music Festival which just took place at Stapleton's Central Park North, better known as Dick's Sporting Goods Park.

"Dude, it's me"

"Dude, what's up" We are both long time fans of the movie The Big Lebowski, in which the main character, played by Jeff Bridges is named The Dude. So we call each other dude even though we are way too old for that sort of immature name calling and he is now the head of a major corporation.

"Dude, Widespread Panic, Tool, The Fray, Gomez, Guster and many more bands just played on my kid's soccer field in my neighborhood. They played all weekend and it

was great. The event was really well organized, clean, not over-crowded, and some of the acts I had never seen or heard of were really impressive. Many local restaurants and caterers did the food so it was not the same old stuff they always have at these events. I thought the cost wasn't bad considering how much music you were exposed to."

"No, way, was it some kind of fundraiser for the soccer team and local schools?"

"No, it was a fundraiser for the promoter's company and our local economy. The promoter, Chuck Morris, lives in the neighborhood. I don't know him personally but I do know he has always supported our local schools.



Mile High Music Festival

Photo by Jackson Meredith

there wouldn't they? I'm really getting sick of these corporate retreats at these swanky golf courses. So I could really use a change and so could the wife. We fell in love with each other at concerts. We don't need to be right up front anymore we just need to sit back, relax and enjoy the music."

Next year there will be another Festival and I'll invite Mr. Brooks Bros. (the dude) and show him what he missed out on. If you missed out, please do come next year.

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

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

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Study to Show Effects of Aspirin on Pregnancy

By Nancy Burkhardt

The benefits of low-dose aspirin are touted today, but most often in reference to cardiac situations. A new study, however, is examining the answers an aspirin tablet may have when it comes to pregnancy loss. Approximately 1 million women will experience intrauterine losses each year, according to the Centers for Disease Control.

The University of Colorado, Denver School of Medicine is one of four clinical sites for the EAGeR Study (the Effects of Aspirin in Gestation and Reproduction). The trial is being conducted by the National Institute of Child Health and Human Development with the Commonwealth Medical College of Pennsylvania and the universities of Colorado, Utah, New York and Haifa, Israel.

The study will include women, ages 18 to 40, who have had one or two pregnancy losses and are planning to become pregnant again, explained Dr. Anne Lynch, a perinatal epidemiologist and assistant professor of obstetrics and gynecology who is working on the study at the University of Colorado, Denver School of Medicine.

Half the women in the study will receive low-dose aspirin and the other half will receive a placebo.

"We're hoping to show that aspirin will reduce the risk of a pregnancy loss," Lynch said. "We think that aspirin is going to have a beneficial effect. Our hypothesis is that be-



Dr. Anne Lynch, a perinatal epidemiologist and assistant professor of obstetrics and gynecology, shows EAGeR Study materials.

cause aspirin reduces the ability to form blood clots, it can improve utero-placental blood flow and increase the chances of conception."

Aspirin also has anti-inflammatory effects, and has been used in other trials which demonstrated a decreased risk of preeclampsia, or pregnancy-induced hypertension, Lynch explained.

"This is a different group of women," she said. "Aspirin also is being used by reproduction endocrinologists. The main effects are that it reduces the stickiness of platelets, which in turn reduces the tendency of blood clots. Because of that improvement of blood flow, we think this will improve implantation. We feel that aspirin's anti-inflammatory effects will improve success for pregnancy."

The study began in Denver in April and will remain open for recruitment of participants until 2010. The study will include 1,600 women nationally.

"We think the study will continue until the end of 2010," Lynch said. "The last baby will be born in 2011."

"The important thing is that these women must be thinking about becoming pregnant again. We are trying to recruit women into this study who are actively thinking about becoming pregnant. We will be recording events around conception and the early part of pregnancy," she said.

After a basic question-and-answer interview, there is a baseline visit when a comprehensive history will be taken and fertility monitors to help the women become pregnant will be issued. Lynch said.

"At the start of their next menstrual period, they will come

in for a randomization visit when they are randomized to receive either low-dose aspirin or placebo."

Study participants will go to their own doctors during their pregnancy and may deliver their babies at whatever hospital they choose. The study will communicate with the doctors throughout their pregnancies.

Participants will be compensated.

For EAGeR Study information, go to www.eagertrial.org. Call 303-724-3525 or e-mail: eager.trial@ucdenver.edu.

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RECURRING EVENTS

4th Monday

SUN Board Mtg 7:30pm, MCA Comm Rm, 2823 Roslyn St
stapletonunitedneighbors@gmail.com

Every Tuesday

Stapleton Rotary Club - 12pm
Stapleton Radisson Plaza Hotel
3333 Quebec St
Michael@KearnsTeam.com

Every Tuesday

AA Open Discussion Mtg 7:30pm
MCA Community Room, 2823 Roslyn Street 303.912.7075

1st Tuesday

Breast Cancer Support Group
5-6:30pm AF Williams Family Medicine Clinic, Conference Rm (west entrance) 3055 Roslyn (at MLK) 720-848-9000

3rd Tuesday

Greater Stapleton Business Assoc.
8am MCA Comm Rm, 2823 Roslyn Street 303.393.7700

Every Wednesday

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

1st Wednesday

"1st Wednesdays" Home-based businesses. Location at Stapleton-Life.com Most mtgs 11:30am-1pm

2nd Wed. (Odd-numbered mos.)

SUN Transportation Committee
6:30pm MCA Conference Rm, 2823 Roslyn St.
stapletonneighbors@msn.com

Every Thursday

(when school's in session)
Bill Roberts Elementary School Tour, 10am., 2100 Akron Way, 720-424-2640

First Thursday

Bill Roberts Middle School Tour, 10am
2100 Akron Way, 720-424-2640

3rd Thursday

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

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]

2nd Saturday

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

Periodically

Stapleton Wine Appreciation Group
If interested in upcoming events email
meighanm@aim.com

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2836 Akron Street
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ADULT CLASSES/EVENTS

8/05 Wednesdays through 9/23-"Spiritual Healing Bereavement Support Group" offered by the Rafael Spiritual Healing Center; 4:15-6 p.m., located in the JFS building at 3201 S. Tamarac Dr. Spiritual and psychological support from a Jewish perspective for those who have experienced the loss of a loved one. \$10 per session; advance registration required. Call Cynthia Heller; (303) 597-5000, ext. 392, cheller@jewishfamilyservice.org.

Starting 8/6 - Thursdays, Free Health Talks in August at Natural Balance Integrative Health, 3055 Roslyn Street, Suite 120. RSVP at (303) 355-0363. These workshops will cover common symptoms, causes and treatments for the following topics:
 8/6 @ 6pm - Carpal Tunnel
 8/13 @ 6p - Headaches/Migraines
 8/20 @ 6pm - Low Back Pain
 8/27 @ 6pm - Back to School Wellness Tips for the Whole Family

8/7 Friday, Free Solar (PV) Seminar: 6:00pm-7:00pm Hiawatha Davis Rec. Center, 3334 Holly St. RSVP: 805-540-7628

8/11, Tuesday, Free - Educational investor forum. Special guests: Colorado Attorney General John Suthers; Colorado Securities Commissioner Fred Joseph; Maureen Pierce Smile, Interim State Director, AARP Colorado; and John Gannon, President, FINRA Investor Education Foundation. 11am-1pm. Free lunch. Marriott City Center Hotel, 1701 California Street, Denver. Register online at www.denverchamber.org/investored or contact ErinWalker at (303) 620-8023

8/15, Saturday, 3pm. Hypnosis for Personal Power and Self-Esteem, Free Class. Learn how to connect with your own inner wisdom through the process of hypnosis. RSVP 303-393-1062. LeCelle Medical Wellness, 1940 E 18th Ave., Denver.

8/28, Friday - Free Acupuncture with a \$10 donation (100% of which will go local food banks). For more information or to schedule an appointment, contact Community Acupuncture Clinic, 1454 Newport St. #2, Denver; www.community-acupunctureclinic.com, 303-321-1747

CONCERTS

August- Sundays- City Park Jazz summer concert series. August artists are 8/2 "Otone Brass Band" and 8/09 "Funkiphino" 6 - 8pm, Bandstand by City Park Pavilion on Feril Lake in City Park. FREE. www.cityparkjazz.org for additional info.

Through Aug. 30, Acoustic Sundays - Live music by local artists, 3-6pm, Sundays on the patio of the Tavern Lowry 7401 E. First Ave. 303-366-0007

8/15, Saturday, YMCA Benefit Concert featuring The Subdudes, with guests The Kate LeRoux Band and

Foma, winner of Denver's 2009 "Almost Famous" Contest at the Paramount Theatre. Proceeds support programs for kids. Tickets \$39 + fees. www.DenverYMCA.org

DENVER EVENTS

August- Thursday evenings, "Films on Filmore" Family films shown outdoors on Filmore Plaza in Cherry Creek North. FREE. www.cherrycreeknorth.com for movies and start times.


August- "River Flicks" Confluence Park Thursdays in August. Family friendly movies on the banks of the Platte. Movies begin at dusk and conclude by 10:00pm. 8/6- "Transformers", 8/13- "The Iron Giant" 8/20- "The Italian Job" 8/27- "Young Frankenstein" Confluence Park is located at 15th and Little Raven in Lodo across the South Platte from REI. FREE. www.greenwayfoundation.org

8/08 Saturday - The Ballpark Market - 8 a.m. - 2 p.m. An open-air, European style flea market with distinguishing urban flair. Larimer Street between 21st and 22nd streets. Ballparkmarket.com. 303-589-2800 Also 9/12 and 10/10

8/9, Sunday, Free - New this year - Denver Handmade Craft Fair, 9am-5pm. Southwest corner of City Park, just across 17th Ave from East High School. Timed to coincide with the Colorado Fresh Farmers Market on the Esplanade. Dozens of artisans with handmade goods from the people who made them. Free parking on the East High esplanade. 303-929-8367 Snwbrdrmtlclachk@aol.com

8/15, Saturday. Registration for Front Range Community College's classes at the new Adams City High School. 10am -2pm. "One stop" registration workshop Aug. 15 at Adams City High School for students interested in enrolling in any of FRCC's classes at the new school. Apply to FRCC, take the free assessment (come early, test may take 2 hours), meet with an advisor, sign up for the College Opportunity Fund, and register. 7200 Quebec Parkway. Students are advised to come early enough during the workshop to complete the assessment, which can take as much as two hours. The fall semester starts Aug. 24. For information call 303-404-5212 or visit www.frontrange.edu/adamscity

8/22 Saturday and 8/23 Sunday- "Earthworks Expo, A celebration of Green Solutions" Denver's largest local sustainable living event of the year featuring 150 exhibitors, workshops, speakers, kids programs, organic and vegetarian food. Admission \$3 - \$9, 10-7 Saturday, 10-5 Sunday. Denver Merchandise Mart, 451 E. 58th Ave (58th and I25) in Denver. www.Earthworks2009.com for additional information.



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Go online to register at www.DenverYMCA.org or call Schlessman Family YMCA at 720-524-2750

8/28, 8/29, 8/30 "Denver Modernism Show." Vendors from around the nation selling a variety of vintage and contemporary mid-century art deco, retro, pop and modernist furniture and artwork. National Western Complex, Expo Hall, Main Level. Exit 170 on Brighton Blvd. Tickets for Saturday are \$5, Sunday \$8. Kids 12 and under are free. Friday preview party tickets are \$15 each. www.denvermodernism.eventbrite.com for more info and tickets.

8/29 Saturday- "2nd annual Tenn-Low Turismo" Scavenger Hunt and Art Festival in the Berkely/Tennyson Lowell District (41st and Tennyson in North Denver) Start the day with a massive merchant scavenger hunt (10am) with many cool prizes and finish the day with an Art Festival in Cesar Chavez Park. (ongoing all day) Live music, food and drink, face painting, art activity stations for young and old and much more! www.ten-lowturismo.com to register for the scavenger hunt. FREE

8/29 Saturday- 9-2, Sweet William Market at Founders Green 29th and Syracuse in Stapleton. Voted Best of Denver by Westword Magazine, last Saturday of the month, through September.

9/04 Friday-9/07 Monday. A Taste of Colorado. Enjoy great food from many of Colorado's premier restaurants, live entertainment, artisans and carnival rides. Civic Center park, www.atasteofcolorado.com

9/10 Thursday- "Net Results Junior Tennis 7th Annual Benefit for Kids" Gates tennis Center, 3300 E Bayaud Ave Denver 80209. 406pm Drop in skills and Drills Clinics with area tennis pros, 6-8:30pm, dinner, silent auction, raffle and US Open Men's Quarterfinals Match. Benefits after school and summer tennis and tutoring programs for disadvantaged youth. Tickets \$60 per person. www.netresultsonline.org or 303.771.1882 for tickets and more info.

9/18 Friday- "Put a little Wildlife in a Child's Life Celebrity Golf Tournament" Join the Denver Broncos in this full day golf tournament that benefits Environmental Learning for Kids youth Programs. \$130 per player or \$500 per foursome. Green Valley Ranch Golf Course. www.elkkids.org for additional info and to register or 303.895.0946.

9/27 Sunday- "Park Hill Home Tour" Featuring 7 distinctive Park Hill Homes. Tickets available 9/01 at King Soopers, Spinelli's Market, Park Hill Bookstore and the GPHC office, 2832 Fairfax. For more info contact

Roberta Locke, 303.355.4493 or robertalocke@aol.com

GALLERIES & ART

8/07 Friday- "Art District on Santa Fe 1st Friday Art Walk" Over 30 participating galleries and artist studios. The Santa Fe Art District extends along Santa Fe from 5th to 10th Avenues. 6-9 PM. FREE. www.artdistrictonsantafe.com

8/07 Friday- "Cherry Creek North First Friday Gallery Walk" 5:00pm. www.cherrycreeknorth.com to download a gallery map.

8/07 Friday- "Tennyson Street First Friday Artwalk" Tennyson Street between 38th and 44th, 6-10 pm. Family friendly evening in one of Denver's hippest neighborhoods! FREE. www.denverartwalk.squarespace.com for a gallery map.

8/20 Thursday- "3rd Thursdays in Highlands Square" Live music, art, shop specials and trunk shows along the shops of 32nd Avenue in Denver's Highlands Neighborhood. 32nd and Lowell, 5-8pm. FREE. www.highlands-square.com

8/28-30 Denver Modernism Show, National Western Complex. Dozens of Vendors from Around the Nation selling a wide variety of vintage and contemporary mid-century, art deco, retro, pop & modernist furnishings, artwork & objects. Tickets: www.denvermodernism.eventbrite.com

KIDS' CLASSES AND CAMPS

8/10 - 8/14- "Mile High Climbers Brain and Body Booster Class" Help your child develop pre reading/reading readiness. Held at Baby Power in Quebec Square, 3:30-5:00pm. \$200/week. www.milehighclimbers.com

8/03 - 8/07 "Stapleton Sustainability Camp" New program at Stapleton for Children who have completed Kindergarten, 1st or 2nd grades. It is a one week camp that will feature a variety of sustainable elements. For registration information visit www.stapletoncommunity.com or call the MCA office at 303.388.0724

KIDS & FAMILIES

Through Sept 30th - Jurassic Gardens Exhibit Denver Botanic Gardens. The Gardens' York Street location will feature life-sized, realistic dinosaurs from the Cretaceous and Jurassic periods. Plant fossils and a dinosaur dig site for kids. Free with admission, www.botanicgardens.org for more info

Through August 28th- "The Little Star That Could" Planetarium Show at the Denver Museum of Nature and Science. Soar through space in this animated story for children under 10. www.dmns.org for show times and ticket info. Montview and Colorado Blvd.

Through September 17th- "Wild Ocean" showing at the IMAX Theatre at the Denver Museum of Nature and Science. Plunge into an underwater feeding frenzy

amidst dolphins, sharks, whales and billions of fish! www.dmns.org for showtimes and tickets. Montview and Colorado Blvd.

Through September 7- Junior Jobsite exhibit at the Children's Museum. Learn the nuts of bolts of construction in this kid-sized jobsite! Hard hats, blueprints and safety vests, a real conveyor belt, plumbing and the basics of electricity. 2121 Children's Museum Drive, off I-25 and 23rd Ave. www.mychildsmuseum.org

8/05 Wednesday- Adams County Fair and Rodeo, through August 9th. Family entertainment in

Henderson includes a carnival, children's pavilion, petting zoo, live music, rodeo, monster truck show and much more! www.Adamscountyfair.com or 303.637.8000

8/08 Saturday- "Mighty Machines on the Plaza." Kids can check out construction equipment like backhoes, forklifts, and skid steers FREE from 10-2pm at the Children's Museum. www.mychildsmuseum.org for additional information. 2121 Children's Museum Drive off of I25 and 23rd Ave.

(continued on page 16)

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KIDS AND FAMILIES (continued from page 15)

8/08 Saturday and 8/09 Sunday, Colorado Scottish Festival and Rocky Mountain Highland Games featuring pipe bands, drumming, Scottish athletic competitions, highland dancing and folk music. Highland Heritage Park, Highlands Ranch. 303.238.6524 or www.scottishgames.org

8/21, Friday, BMH-BJ Special Guest Speaker and Congregational Shabbat Dinner 6:30 p.m., \$25/adult; \$12.50 age 6-16; under 6 free. RSVP: 303-951-8235

8/23 Sunday- FREE ice skating and skate rental at Big Bear Ice in Lowry from 2:30-4pm. Skating coaches will be on hand to answer questions about ice skating. Visit www.bigbearice.com for details and to register for the free session. Pre registration is required

8/28 Friday- 9/ 7 Colorado State Fair, featuring livestock and horse shows, parades, concerts, carnival and one of the largest pro rodeos in the country. Pueblo Fairgrounds 1.800.876.4657 or coloradostatefair.com

8/28 Friday -8/30 Rocky Mountain Balloon Festival, Hundreds of hot air balloons will fill the sky over Chatfield State Park each day. FREE. www.rockymountainballoonfestival.com or 303.697.1039 for additional information.

9/12 Saturday- 3rd Annual Hop Skip and A Jump Start 5K to benefit the Children's Museum of Denver. Children of all ages can participate in the "Kid Course," "Toddler Trot" and "Infant Crawl." The stroller friendly 5K follows the Platte River and is filled with surprises at every

turn. Race starts at the Children's Museum, 2121 Children's Museum Drive at 23rd and I25. Register and more info at www.mychildsmuseum.org

KIDS SPORTS

Register now for Stapleton Lacrosse Club- Lacrosse instruction for girls and boys ages 4-10 for kids in Stapleton and surrounding areas starting in late August. Practices once a week for 6 weeks at Bill Roberts School field. Coaches needed! For more information and to register visit www.stapletonlax.org or email info@stapletonlax.org

8/01-8/28 Registration for South Suburban Fall Lacrosse Leagues. Games are Saturdays between 8 and 6pm. Register as a team or individual, beginners welcome. Fee includes jersey, officials and 6 games. Volunteer coaches needed. Register online at www.ssprd.org

LIBRARY

Saturdays- Super Saturdays at the Central Children's Library. FREE Family shows every Saturday from 2-3pm. August shows are: 8/1 "Captain Vic presents Bubblemania!" 8/8 "Magic Mania, A Family Magic Show with Magic Rob" 8/15 "Summer Bug Safari with the Butterfly Pavilion" 8/22 "Get Creative! A Live Animal Adventure with Safari Sally" www.denverlibrary.org or 720.865.1306. On the corner of West 14th Parkway and Broadway in Denver.

MUSEUM

8/26 Wednesday- "60 minutes in Space" Museum of Nature and Science. 7pm FREE. The Museum's space scientists use the best images and animation available to help guests understand new space developments. www.dmns.org for additional info. Montview and Colorado Blvd.

Ongoing: Expedition Health- The newest permanent exhibit at the Museum of Nature and Science is now open and included in Museum admission. Discover the amazing, incredible you at Expedition Health. www.dmns.org for additional info. Montview and Colorado Blvd.

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

Reservations are required for these popular programs. Call 303-289-0930 to register. To get to the Refuge, take I-70 and exit north on Havana St. The public entrance is at 56th and Havana.

Sundays in August- Ranger Read Along (2:00 to 2:30 p.m.) Join us under the big cottonwood for story time fun about animals that live at the Refuge. A different species will be highlighted every week. Recommended for families with young children, reservations not required.

8/01 Saturday - Hayride (8:00 to 10:00 a.m. and 6:00 to 8:00 p.m.) Escape the hustle and bustle of city life and renew your sense of wonder during this family-style hayride under the open sky. FREE.

8/04 Tuesday- "Tuesday Tots: Creepy Crawler" (10:00-11:00am) Discover the amazing world of insects! Take a bug hunt expedition with a Ranger and make a creepy crawling craft. Also Tuesday 8/25. FREE

8/08 Saturday- "Refuge Night Life" (8:00 to 10:00 p.m.) When we're in bed, many amazing creatures are just beginning their day on the Refuge. Discover nocturnal animals that soar overhead or walk stealthily on the ground. Be ready to test your night vision while we search for creatures of the night! FREE.

8/09 Sunday - Bike the Refuge (8:00 to 10:00 a.m.) Grab your helmet and water bottle for a leisurely bike ride that meanders through prairie dog towns, woodlands, and along lake edges. Also Tuesday 8/18. FREE.

8/12 Wednesday- Wildflower Walk (9:00 a.m. to 12:00 p.m.) Lace up your sneakers for a guided exploration of the Refuge in search of native flowering plants. Examine summer blooms and learn easy tricks to identify various plants. FREE.

8/15 Saturday- Tales of the Earth (6:30 to 8:30 p.m.) Join Renee Fajardo around the campfire for this evening of interactive and dynamic storytelling about the Rocky Mountains and Colorado. Take part in the stories and make a craft to take home as a souvenir. FREE

8/22 Saturday- Song Dogs (6:00 to 8:00 p.m.) Enjoy an evening under the stars while on a relaxing hayride. Learn some intriguing facts about coyotes and their life on the prairie. Keep your ears tuned for the sound of coyote howls rolling across the open fields. FREE

8/29 Saturday- 2nd Annual Fishing Frenzy (8:00 a.m. to 12:00 p.m.) Derby for all young anglers ages 13-15 years old with crafts, lots of fishing and prizes. Skill booths to learn about casting, knot tying, fish ethics, water safety, fish identification, and fly tying. Take a tour to see the bison. Lunch provided for a minimal charge. Register at 303-289-3789.

PARKS

8/13 Thursday- Bluff Lake Nature Center Fireside Chat. "Ode to Owls," Learn about the natural history of our nocturnal friends while enjoying a campfire and marshmallow roast. 6:00pm, \$1 per person for non members. Off of Havana by Sand Creek. www.blufflakenaturecenter.org

8/15 Saturday- Skunk O Roma! Get a look at the secret and sometimes stinky world of skunks. Ages 8 and up. FREE. The Morrison Nature Center is located at 16002 E Smith Road in Aurora. Call 303.739.2428 for time

8/21 Friday- "Nature at Night." 7:30pm. Explore nature after the sun goes down at the Morrison Nature Center. August's program looks at Beavers. FREE. The Morrison Nature Center is located at 16002 E Smith Road in Aurora. 303.739.2428 for additional info.

8/27 Thursday- Bluff Lake Nature Center Fireside Chat. Learn about conservation efforts around the state while enjoying a campfire and marshmallow roast. 6pm, \$1 per person for non members. Off of Havana by Sand Creek. www.blufflakenaturecenter.org

THEATRE

Starting 7/09 through August. "The Woman Show." An evening of laughter and a night out with the girls! Thursdays at 7:30pm and Saturdays at 6:00pm. 303.321.5925 or The Avenue Theater, 417 E. 17th Avenue, Denver. www.avenuetheater.com



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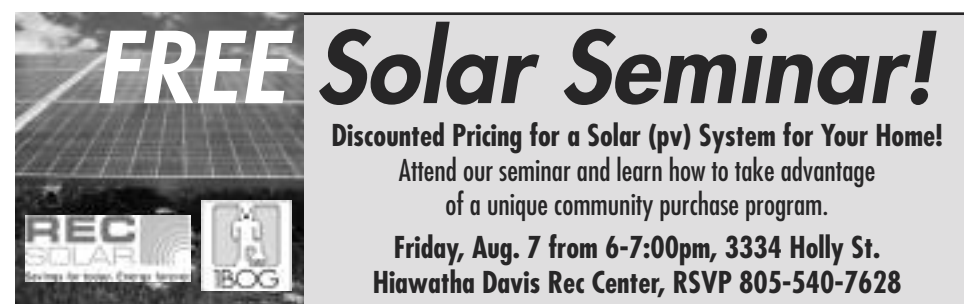
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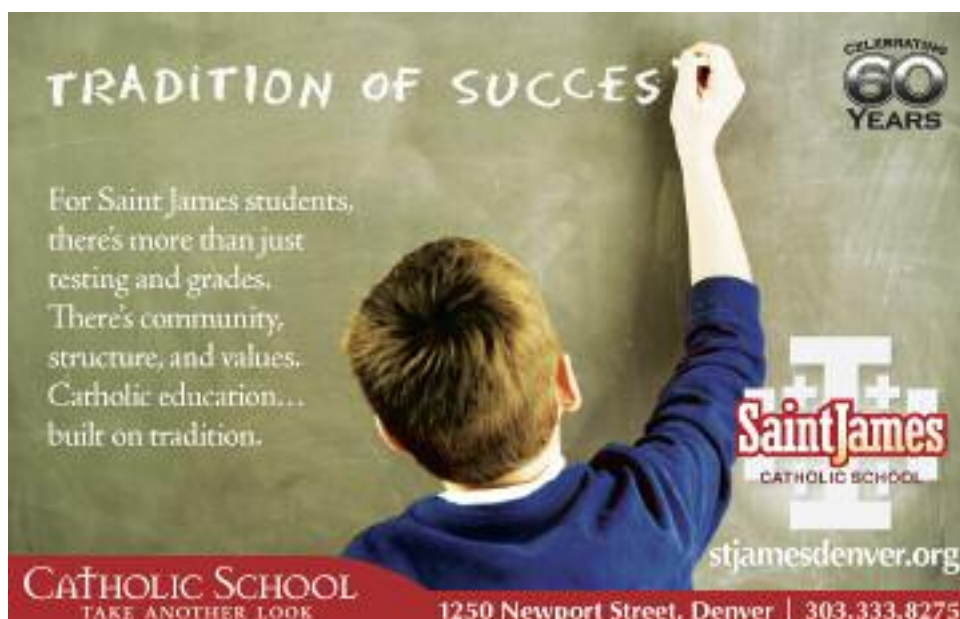


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4th of July Crowd Filled Stapleton’s Central Park



The annual 4th of July pancake breakfast and parade were held at Central Park this year.

Disabled Parking Enforcement Program to Expand

Since the early 1990's, DPEP (formerly know as the Handicapped Parking Enforcement Program) and its volunteers have been responsible for helping to enforce disabled parking laws in Denver. Volunteers have the authority to write tickets for cars illegally parked in a disabled parking spot. Currently, the program has six volunteers, but city officials hope to increase that number to 30 by the end of 2009. Volunteers receive mileage reimbursement, hats and vests and training. For more information visit www.denver.gov/disabilities or call 720-913-8480.

ZOO

8/08 Saturday- Denver Zoo presents “Tails from Far and Far Away.” Magical up-close animal encounters in a fairy tale setting at the Denver Zoo. Come dressed as a fairytale character and win a prize! 6-9pm. \$15/members \$20/non members in advance, \$20/members \$24/non members at the gate. Price includes dinner and dessert. www.denverzoo.org for tickets

8/14 Friday- “Singles Safari at the Denver Zoo.” Come and shake your tail feathers with Denver’s swinging singles. Music, animal encounters and a menu of decadent appetizers sure to please every palate. 6:30-10pm. \$20/person. www.denverzoo.org for tickets and more info.

Park Hill Garden Walk August 15 - 9am - 2pm

The Park Hill Garden Walk, a fundraiser for the Greater Park Hill Community, will offer a wide variety of ideas for gardeners including water features, outdoor living spaces, and creative use of “found” items in addition to plants of every kind, from vegetables to exotic flowers. There will also be some handouts from knowledgeable gardeners. Tickets are \$15 for adults, \$10 for seniors (65+) and children under 15. Tickets will be sold at King Soopers, Wild Flowers and Spinelli’s Market.

Model Home Furnishings Sale Benefitted Children’s Hospital

Stapleton’s Parkwood Homes held a garage sale and fundraiser for Children’s Hospital on Saturday, June 27th. Extra model home furnishings were sold – and by the end of the day a single end table was all that remained. 25% of the profits was donated to Children’s Hospital!

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300 Smith Students Receive New School Clothes

On August 1st, Colorado Steppin' Out for Kids, a Denver non-profit agency dedicated to providing school age children in Denver with a brand new wardrobe for the school year, donated clothing to 300 students from Smith Renaissance School in Northeast Park Hill. The donation included: 2 pairs of pants, 1 shirt, 1 sweater, 1 winter coat, 1

pair of sneakers, 6 pairs of socks, and 6 pairs of underwear. Colorado Steppin' Out for Kids believes that by providing the new clothing they will be giving children, living at or below poverty, the opportunity to academically succeed by promoting confidence and pride. For more information on Colorado Steppin' Out for kids visit: www.costeppinoutforkids.org.



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Real Estate Corner

Information of interest from local real estate professionals

Get Your Home Sold

By Regina Jackson

This is a tough market to be a home seller in. I have looked at hundreds of homes with many different buyers. Using the feedback from my buyers, I have prepared the following suggestions to help you get your home "sold."



Regina Jackson

Make Your Home Sparkle!

Nine times out of ten, the "pristine" property gets the deal. Your home must stand out! When I take a Buyer out, we generally look for about six hours which may be more than twenty-four homes! Clean up your home including windows, carpets, closets, porches, balcony's, floors, garage, yard, and storage areas, it should sparkle! Put fresh linens on the beds and in the bathrooms, don't be afraid of color! Freshen up the paint throughout, if needed. Pay special attention to the "curb appeal." I can't tell you the number of times Buyer's have stopped at the curb and decided not to look at a home based solely on curb appeal.

Less Is More

Nothing makes a home look small like too much stuff. Get rid of over-sized furniture and too much furniture. Rent a storage unit if necessary. De-clutter everywhere, if you can't store it away, throw it away. Put your personal items, photos and treasures away. Let the Buyer see the home and not your treasures. Think "Minimal."

Get The Maintenance Done

Hire an inspector before you put the house on the market. Fix the issues the Inspector recommends before you put your house on the market. If issues come up in one inspection, they will come up in the next.

Neutralize Pet Presence

You love your pets, but not everyone does. Evidence of pet odors, pet hair, ruined furniture, wrecked yards is unappealing to many, many buyers. Neutralize pet presence as well as other offensive odors to get your home sold!

Consider Staging

Have a professional Stager walk through with your realtor so that you have two pair of professional eyes looking at what changes are needed to get your home sold. A designer can also help if you need to get quick and easy updates done, e.g., light fixtures or hardware, and for any other interior changes.

Flexibility With Showings is the Key

Treat showings like the vehicle that they are to get your home sold. If a buyer can't see your home, they are not going to buy it. Be as flexible as possible with showings! Realtors may bypass your home if they can't conveniently show it to buyers.

Hire a Realtor

Hire a realtor that you trust, respect and like, then listen to their advice. You would not go to a doctor that you trust and then try to tell him or her how to do their job would you? If you disagree with a realtor's assessment of your property, get another opinion.

Remember, you are competing with every other Seller in the market!

Regina Jackson is a broker owner for Action Jackson Realty dba Metro Brokers Fitzsimons-Stapleton Corridor. She can be reached at 720-327-9050 or 303-331-6700 x 818.

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Gertie's Journey

Photo courtesy of the Earnest family



Stapleton resident Mark Earnest, his wife Julie, and their children Elliot, 8, and Olivia, 6, were surprised this spring to find a mother duck had made a nest in their back yard. They named her Gertie, and

watched with delight as the eggs hatched and the ducklings grew big enough to make the journey out of their back yard and down the street to a pond in Westerly Creek.

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The SUN Spot

The independent voice of Stapleton

Brought to you by Stapleton United Neighbors

SUN Meetings are held on the 4th Monday of every month at 7:30pm in the Stapleton Community Room, 2823 Roslyn Street. For information about SUN, visit www.stapletonunitedneighbors.com. To contact SUN or confirm meeting time, email stapletonunitedneighbors@gmail.com or call 720-840-8492.



6th Annual Stapleton Kickball Tournament

Partnering with the March of Dimes to help save babies!

By: Amanda Baldwin

The 6th annual Stapleton Kickball Tournament is just right around the corner. The tournament will be taking place in Central Park on Saturday, September 19th. Last year we had around 500 individuals compete for the 1st place trophy. This event is a great way for Stapleton residents to get some exercise while enjoying the company of their neighbors. We have players of all abilities sign up-it is all about having fun!

Ed Villacres, Stapleton resident and local DJ, will be there playing music to entertain people of all ages. Those of you who attended the Eastbridge Block Party will remember him! Knowledge Beginnings is once again sponsoring the jumpy castle and this year they will be face-painting as well. Many other local businesses/organizations are sponsoring this community event, including Stapleton United Neighbors (SUN), Stapleton MCA, Anthony's Pizza, Jim N Nick's Barbeque, Extra Space Storage, Bladium, Stapleton Impressions, Udi's, Noodles, and Stapleton All Sports.

I am so pleased to announce that for the first time, we will be partnering with the March of Dimes. This is an organization that is very near and dear to my family (see our story). The majority of the proceeds from registrations and food sales will directly benefit the mission of the March of Dimes.

You are welcome to sign up as teams or individuals. Teams can have up to 20 people, but 9-14 players will need to be on the field and there must be 4 males and 4 females playing at all times. There will be a team and individual registration this year. Teams are \$200 (that includes 9 tee shirts, each additional tee shirt is \$10) and individuals are \$30 per person (includes one tee shirt). Because SUN is a 501-C3, this will be tax deductible.

We only have room for 16 teams so don't wait...sign up today! You can go to www.stapletonunitedneighbors.com/SUNkickball to sign up your team or get more information. 1st, 2nd, and 3rd place teams will be taking home prize bags that include things such as two tickets to a Nuggets basketball game and many different goodies donated by our many sponsors.

This is a great community event whether you choose to play in the tournament or just want to bring the family out to watch and participate in the other festivities. Jim-n-Nick's barbeque will be firing up the grills-you don't want to miss that.

If you are interested in being a Stapleton Kickball sponsor or setting up a booth, it is not too late. Please contact Amanda Baldwin at 303-601-5591 or jabaldwin@comcast.net.

Amanda Baldwin is the SUN Outreach Chairperson.

Photo by Amanda Baldwin



New... SUN Sustainability Committee

By Sophia Briegleb

The new SUN Sustainability Committee, comprised of board members Amanda Allshouse, Caroline Batorowicz, and Sophia Briegleb, is committed to promoting sustainability among residents and local businesses. Please visit www.stapletonunitedneighbors.org/sustainability for all you need to know about Stapleton's two farmers markets, the new Denver Urban Gardens Stapleton Greenway Garden, recycling and composting information for new residents, and more.

The Sustainability Committee has organized a monthly sustainability seminar series for residents of Stapleton and nearby neighborhoods. Last month's seminar featured Mike Barney of Greenprint Denver, who informed the community of ways to reduce its carbon footprint. He encouraged participation in local programs including the Weatherization Assistance Program, Windsourse, subsidized home energy audits, free street trees from the city, and junk mail reduction. August's seminar topic is Green Parenting and will cover the importance of organic food, nontoxic body products, and nontoxic household, as well as provide information on greener options for diapering and toys. Future topics include xeriscaping, composting, and efficient home operation and energy consumption. Please join us on the third Tuesday of each month at 7350 E 29th Ave, suite 300. Doors open at 6:30 pm with the speaker presenting from 7:00 - 8:00 pm. For more information contact us at SUNsustainability@gmail.com.

Our Story

By Jason and Amanda Baldwin

Jason and I never thought that we would have a reason to be so personally invested in the mission of the March of Dimes. After undergoing months of fertility treatments, we found out that we were expecting a little girl to add to our family. When you have the number of fertility issues that we have had, you truly feel that it is a miracle when you conceive, not just one child, but become pregnant with your second. Our 2 year old son, Layne, was going to be a big brother.

On March 4, 2005, our daughter, Celia Rose, was stillborn. I was 7.5 months pregnant when we discovered that she had died. Immediately after the ultrasound that showed us that her heart had ceased to beat, labor was induced. Later that evening, she was born and initially we were told that a stricture in the umbilical cord had caused the horrific outcome. We were able to hold her-the grief was almost unbearable. Instead of taking her home to her nursery, we were planning her funeral. None of it made any sense and that time truly is just a blur. We opted not to have an autopsy so that we could bury Celia but did send off the placenta to the pathology to be tested. We knew that we had to go on for the sake of our son, Layne.

We were trying to pick up the pieces and talking

about returning to the fertility clinic when Celia's pathology report came in the mail. It said that the cause was determined to be Cytomegalovirus also known as CMV. I remember calling my husband in hysterics...what was wrong with me? Did I have something that could harm a future fetus if we were to become pregnant again. We immediately made an appointment with a specialist to find out more about CMV.

It was there that we learned CMV is the most common congenital (present at birth) infection in the United States. Each year about 1 percent of all newborns, or about 40,000 babies, are infected.

Not all cases of CMV end as tragically as ours. However, many babies that do survive develop other neurological abnormalities such as mental retardation, learning disabilities, or hearing or vision loss. Congenital CMV infection is the leading cause

of hearing loss in children.

The March of Dimes is currently funding research to develop a vaccine against CMV. We believe in the importance of supporting this cause. In addition to researching CMV, the March of Dimes also works towards improving the health of babies by preventing birth defects, premature birth, and infant mortality. We believe that the March of Dimes will be successful in the development of this vaccine that will protect babies against CMV but they need our help. Please help us support them by participating in this year's Kickball Tournament.



Share Your Story

I know that I am not the only one with a personal story to share related to having a premature baby. Please share your stories with us so that we can help raise awareness. Go to www.stapletonunitedneighbors.com/SUNkickball to find out how. Whether you had a healthy outcome or a tragic loss, sharing your experience, can make a difference. The March of Dimes will have a tent set up at the tournament to display the personal stories that Stapleton residents share.

Questions? Contact Amanda Baldwin at jabaldwin@comcast.net

EXERCISE RESEARCH STUDY

To participate in this study you must be...

- A woman or man in generally good health
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This study is funded by the National Institutes of Health. Monetary compensation provided.

Principal Investigator: Wendy Kohrt, PhD -- **COMIRB #06-0769**
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 or marsha.steirn@uchsc.edu
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July 4th Activities

were a terrific success!! We had over 450 people served for the pancake breakfast which benefited the Stapleton Swim Team. Kudos to the Stapleton Fellowship Church for providing the volunteers to cook, serve and clean up the event.

The annual community parade just keeps on growing. We estimate we had over 2000 people participate this year. Bicycles, tricycles, wagons, scooters and even dogs were decorated for the parade. DJ SayCal provided the marching music to lead the parade down the promenade at the Central Park and Schwann's delivered red, white and blue bomb pops to all.

Upcoming Events

I don't know about you, but it always seems that the 4th of July signals the halfway point of the summer. Well, we have all kinds of events still on the calendar and we hope you are able to join us!!

"Stapleton Rocks...A Concert for a Cause" is a new event this year featuring local bands. It is a full day event on Saturday, August 15th on The Green from 10am -10pm. It will be a day filled with music, food and fun. Stapleton Home Services will be sponsoring the trampoline bungee. Tickets will be sold and the proceeds will benefit Denver Kids, Inc. Little India and Jim and Nick's will be selling lunch and dinner items. The proceeds from the meals sold will benefit Denver Kids, Inc. For more information please visit our website at www.stapletoncommunity.com or call the MCA office at 303.388.0724.

The Community Art Space at Stapleton is a new venture between Extra Space Storage, Art & Framing at Stapleton, the Stapleton MCA, and Forest City which we are very excited about. Located in the retail space at MLK and N. Ulster, this site will showcase Colorado artists and be available for rent as a meeting or reception space.

The Community Art Space will open with the annual Stapleton Artists Showcase sponsored by Art & Framing at Stapleton. Please reserve the date of Saturday, September 26th to come out and see what the community has to offer in its new venue.

If you are interested in participating in

this or any future events, please contact Lin Clark for artwork submittal specifications at Lin@Artand-FramingStapleton.com or 303.534.1979.

Stapleton Farmers Market is going great.

This is the time of year the produce selection increases each week. Remember, this is our very own market and it is important to support it. Save your produce shopping for Sundays on The Green! The Market is every Sunday from 8:30-12:30 on The Green. Stop by and grab breakfast, stay for lunch, let the kids play on the lawn, or just catch up with your neighbors while you shop.

Yoga by the Pool at Stapleton - Come join in this August with the Yoga by the Pool series being offered at the F-15 pool at Stapleton. Bring a good dose of curiosity, and the intention to better yourself in any number of areas - flexibility, strength, reducing stress, being more open to life, yourself, your breath and reduce your chance for injuries.

Classes will start on August 1st and run through Labor Day weekend, September 5th, every Wednesday and Saturday from 7:45-8:45 a.m. (weather permitting). Classes will be suited for a beginning to intermediate level with ages (15) and older welcome to participate. Be sure to arrive 15 minutes in advance, sign a participant waiver and bring a yoga mat, sunscreen and plenty of water.

Anna Aldrete, a certified yoga instructor who will be guiding the Yoga by the Pool classes at Stapleton says, "Reflecting on the current economic recession and resulting hardship in our communities at the present time, I want to offer something that will help residents of Stapleton and neighboring communities not just "weather this storm" but also provide tools through yoga to keep us strong, flexible, clear and centered to be able to respond creatively to all these changes and continue on with renewed energy. Let's see these times as an opportunity for positive change."

The first two classes will be free; there will be a nominal charge for the remaining classes.

Diane Deeter
Director of Programming and Events
www.stapletoncommunity.com
303.388.0724



CLASSIFIED ADS

HELP WANTED

READING VOLUNTEERS NEEDED. The Odyssey Charter School is looking for volunteers to read with one child for 1/2 hour a week throughout the school year. Available times are 8:15 to 8:45 M-F. If interested call, Julie at 303-316-3944 ext. 43230 or email at julie@odysseydenver.org.

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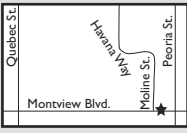
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Local Bands to Rock Stapleton

(continued from page 1) The concert is free, with food and additional activities to raise money for local charity Denver Kids, Inc., an organization serving Denver Public Schools students (K-12) that are in a higher risk environment. Denver Kids helps keep students in school, helps them complete high school, and assists them in post-secondary options.

Stapleton Home Services is sponsoring a bungee trampoline provided by Gravity Play, with ticket proceeds (\$2 for kids, \$4 for adults) going to Denver Kids. Also, Little India and Jim and Nicks will be selling food and donating proceeds to Denver Kids. Additional donations are welcome.

Sound technician Allen Scherrer will assist the bands, and downtime entertainment will be provided by DJ Ken Sakal.

Me and Meg

Type of music: Rock, folk

Band members: Megan Ruf – vocals; Chuck Montera - electric and acoustic guitar

Musical influence: REM, Sheryl Crow, Billy Joel, Radio Head

When formed: A couple of years ago

Big dream: What every Colorado band wants: to play Red Rocks, of course!

Note: Megan and Chuck are also part of a larger band called The Humbuckers, but because their bassist and drummer were out of town for the Stapleton Rocks! event, they are playing as a duet.

The Panic

Style of music: Indie rock

Band Members: Olivia Rudeen - vocals and guitar; Adam Estacio - guitar and vocals; Gabe Gutierrez – bass; Jenna Greenwood – drums and vocals

Musical Influences: The Strokes, Regina Spektor, Heartless Bastards, Mike Doughty, The Weepies

When formed: To play at friend's bat mitzvah party in 2004

Big dream: A Grammy and a lifetime supply of pineapple

The Mitch Lehn Trio

Style of music: Eclectic rock

Band members: Matt Azer – bass; Mitch Lehn - guitar; Jen England – guitar; Nadine Rasmussen – keys; Russ Perez – vocals; Katy Hoops – vocals; Jason Thomas – trumpet; Sara Thomas – flute; Randy Stevens – drums

When formed: 2006

Influences: Beautiful South, Prince, The Replacements and any other 3 chord



Bernard Douthit came up with the idea for Stapleton Rocks.

songs out there!

Big dream: Our big goal is to never make any money with the band.

Cinnamon Crunch

Style of music: Electric/ acoustic rock/Latin fusion

Band members: Steve Smith – guitar/vocals; Natasha Olson – guitar/bass; Chris Istas – drums

Musical influences: Classical, flamenco, classic rock, shredding guitars

When formed: 2009

Big dream: To keep writing and making music we all love

Eastbridge

Style of music: Acoustic fusion

Band members: JP Priecko – guitar/vocals; Cherie Monlezun – vocals; Billy Burch – guitar/vocals; Byron Lipkins – upright bass; Jon Blair – mandolin

When formed: About a year or so ago for the whole bunch of us...but Cherie and JP were in a band in Virginia, when they were just still friends! And JP and Billy played in a band together in high school!!! Those cats go way back!

Musical influences: From traditional bluegrass and folk to classic rock to jazz, funk and everything in between. Eastbridge brings together these diverse influences to form their unique blend of acoustic offerings of affable instrumentalism (aka rippin' licks) and tight harmonies.

Big dream: Have you picked up our DVD 'Eastbridge: Live at Red Rocks???

The Midnight Kites

Style of music: Alternative rock/ indie/pop. We play catchy, electric/acoustic songs exploring wide range of emotions and experiences.

Band members: Jill McDougall – lead vocals; Bruce McDougall – electric & acoustic guitar; Connor DeFehr – electric & upright bass

Musical influences: Neko Case, Fleetwood Mac, The Cowboy Junkies, The Pixies, Pink Floyd, The Police, U2, Radiohead, Coldplay, Wilco, The Smiths

When formed: 2007

Big dream: We love playing music and also love to share it with others, and hopefully this continues!

Relapse

Style of music: Classic rock

Band members: Hugh Shaddox – lead vocals and acoustic guitar; Paul Kendall – lead guitar

Bill Kendall – lead/ rhythm guitar and vocals; Bob Perkins - bass and vocals; Mark

Speighalter – drums; Roy Mazzola – keyboards and vocals

Influences: Van Halen, Dream Theatre, Yes, Rush, Eric Clapton

When formed: 2001

Big dream: Not have a heart attack and die on stage.

3 Star Monday

Type of music: Rock and roll

Band members: Terry DeBell – Lead Vocals, Drums; Doug Dietel – Guitar; Michael Bond - Guitar; Vocals; Eric Morisset - Bass

When formed: The Early Days, originally started in 1995 and then recently got back together

Musical influences: Weezer, the Rolling Stones, The Who, The Beatles, Cheap Trick, The Cars, The Refreshments / Roger Clyne and the Peacemakers, and many others. The band's music not only rocks but also rolls along with a rhythmic bounce that drives one to move along to the music.

Big dream: To see a million faces, and to rock them all.

Joel and Bernard's Excellent Adventure

Band members: Bernard Douthit – vocals, acoustic guitar; Joel Noble – vocals, acoustic guitar, electric guitar, electric bass

Style of music: Acoustic versions of 80's and 90's tunes including Indigo Girls, Semisonic, New Order and The Cure + an occasional silly rap song

When formed: We've been playing together for 2+ years, but this will be our first gig that isn't at a neighborhood party

Influences: 80's New Romantic Rock, 90's grunge and acoustic, We both love U2 and have been influenced by them, but who hasn't?

Big dream: To not make any mistakes on Stapleton Rocks night

Additional comment: As I've thought about this type of event for a few years now, my dream would be for Stapleton residents to have a really enjoyable and memorable night of live music – performed by people in the neighborhood. I sometimes think that we've lost an appreciation of how everyday people around us can sometimes be great to listen to. My parents sang show tunes while my Mom played the piano as I was growing up – and my parents always talked about going to dinner parties and singing songs. I hope this will be one terrific party where the bands and the audience will both have a terrific time – while we also raise money for 2 great causes. Music is such a key ingredient to life.

The E Project Band

Type of music: Original pop rock/country/ blues/folk

Band members: Carla Weikel – vocals; Dayna Geiger – vocals; Ken Crow - rhythm guitar/songwriter; John Pattie - lead guitar; Dave Johnson - harmonica; Aaron Ainsbinder – bass; Cecil Lobato – drums

Musical influences: Anyone and everyone. Each member brings their own background and

personal style to the band which makes us a hodgepodge of influence.

When formed: Originally formed in 2003. Carla and Ken are the only remaining original members; since then we've undergone many changes to become the act we are today!

Big dream: We'd love to play out a lot more around Denver, gain a following of fun loyal fans, and eventually be able to quit our day jobs!

Control Tower

Style of music: Alternative Rock Classics Cover Band

Band members: John Rogers – Vocals, Guitar, Pete Geoly – Lead Guitar, Backing Vocals, Bruce Buck – Bass, Dean Rogers – Drums, with surprise guest vocalists.

When formed: Rogers and Geoly have been doing Alt Rock cover songs together for about 3 years. The present members of Control Tower were brought together specifically for Stapleton Rocks and have been together for about a month.

Influences: Rogers – All over the map, huge Rolling Stones fan, Pixies, Weezer, Jesus and Mary Chain, Alternative Rock, 80's New Wave. Geoly – Classic and blues rock like Hendrix, Led Zeppelin and SRV. I'm really into almost all genres of music but mostly play rock and roll.

Big Dream: Rogers – Seeing Geoly stage dive. Geoly – Seeing my kids rock it on the big stage some day.

Cadillac Grip

Type of music: Funk/Rock/Blues

Band members: Maurice - Bass/ vocals; Russ - guitar/lead vocals; Dan - guitar/lead vocals; Mike – Guitar; Tom – percussion; Matt – Drums; Rob – horns; Clark – horns; Charlie - keyboards

Influences: The Meters, Parliament/ Funkadelic, Earth, Wind & Fire

Big dream: To play The Fox Theatre

Youth In Conflict

Type of music: Piano rock/alternative

Band members: Ethan Griggs – Vocals, piano, guitar

When formed: Ethan has been playing piano for almost three years, and writing songs for about a year and a half.

Influences: The Fray, Coldplay, Death Cab for Cutie, Foo Fighters.

Big dream: I want to go the distance as a musician. I want to make it as far as I can in the industry, not for the money or the fame, but for the music itself. I hope to play at Red Rocks one day.

Slap Monkey

Type of music: Light rock

Band members: Caleb Schwing – guitar, vocal; Jeffrey Schwing – drums; Trevor Wilson – guitar, vocal; Ryan Wilson – bass

Influences: Many

Big dream: Hmmm....To be famous!

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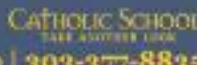
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(continued from page 11)

three months as the result of a health issue, your employer doesn't have to cover you anymore, and is unlikely to. And the distance you have to fall to get caught by the safety net is huge. Anybody who lives in Stapleton right now is unlikely to ever qualify for Medicaid because they won't be poor enough. To qualify for Medicare you have to be deemed disabled and you have to wait two years. If you're not covered by an employer group, you're "uninsurable." This is not an uncommon scenario. You can go to the community health centers around Denver and find people waiting in the lobbies who are attorneys and small business owners who are in the situation where they have a health condition that renders them uninsurable and they're not a part of an employer group that can get them insured, and they can't become a part of one. It's an incredibly common story. Most people who've not lived it, have no sense of it. They think that somehow people who are uninsured have done something to deserve their fate. Most people don't realize how close they themselves could be to that situation.

Reining in costs

Dr. Federico: The big question is, how do we rein in the cost of the whole system or decrease the level of inflation of the system, so the same amount of money could be used for more people? The concept that matters here is getting everybody in, which may ultimately pay dividends in multiple ways. Right now if you're not insured, the way that you get health services is you get really sick and go to the emergency room, then we pick up the tab. But in terms of trying to keep you from getting sick, we've been unwilling to pay for that portion. That probably ends up costing us more money in the long run. The private insurance model in this country was set up for sick-care coverage. It was not set up for preventive check-ups by primary care doctors.

Dr. Earnest: Largely the system now pays people to do things. And if you're not doing things you're not getting paid. Often times the better choice for someone's health is to NOT do procedures, but to talk to them. If you create a financial incentive for doing something, people will do more of it. There is now talk about restructuring primary care, so payment would be made to keep people healthy, which would be a separate payment formula than that used for specialty services.

Dr. Federico: Integrative care models, like Denver Health where I work, give doctors a portion of the population and pay the doctor based on their ability to care for them. That decreases the incentive to do more procedures, but it does not make a less healthy population. People think if you do less you'll have a sicker population, but that's not necessarily true.

Dr. Earnest: There is evidence that doing less is better. People say they are more satisfied with their care if they're getting more treatment, but we know by evidence that too much treatment leads to worse outcomes. The great example of that is MRIs for low back pain. Those with routine low back pain get imaged and it's fairly likely to find an abnormality. But you're fairly likely to find same the same abnormality from someone off the street without symptoms. It turns out that if you know you have an abnormality in your back you're more likely to have chronic back pain than if you don't have that information. So people who get an MRI rate their care higher, but in the long run their outcomes are going to be worse.

Dr. Earnest: The Mayo Clinic has one of the lowest cost structures. They do that by having an integrated system. Providers are evaluated based on the care they provide and they hold themselves to the standards of evidence. It's a magic combination. People go to the Mayo because they know it's good. If the



Stapleton residents Dr. Mark Earnest (left) and Dr. Steve Federico discuss some of the complex issues associated with health care reform.

doc says no, the patient believes it. The docs are on salary so they don't have the incentive to do more than is necessary. But if people go to their primary care doctor in Denver and the doctor says the same thing, the patient will probably say, "I should go to Mayo."

Government involvement in health care

Dr. Federico: I don't think people realize how much the government already contributes.

Dr. Earnest: You hear concerns about the government taking on another \$3 trillion in spending for health care, but currently in the country as a whole, if you count Medicare, Medicaid, the VA and the current tax subsidy (health insurance being tax deductible), 60 percent of all the money spent in health care is by the government, and the remaining 40 percent is split in half between what employers pay and what individuals pay out of pocket.

Dr. Federico: This idea that creating some kind of public option would be a huge fundamental shift of ideology and financing is not exactly right. There will be huge shifts, but government already is a huge part of this.

The high cost of having multiple plans

Dr. Earnest: There's a huge cost to having multiple plans. If the goal is to maintain Medicare, Medicaid, private insurance, and create a new public option, every single one of those administrative structures has intrinsic costs. But if you put everyone into Medicare, or if you do just the opposite and put everyone in a private insurance market that's heavily regulated, there's a tremendous amount of sav-

ings to be had by creating one single system with a minimum amount of overhead costs. Maintaining all those separate administrative structures is the most expensive option.

I have a friend who was a visiting professor from Massachusetts General giving a presentation at the largest hospital in Canada. He asked to see their billing department. It took them about 45 minutes to find it and it was two desks in a tiny room in the basement. At Mass General they have a separate building with hundreds of employees. You have an army of people across the country at fax machines dealing with denials and appeals, trying to decide if something is going to be paid for. If you just do away with that there's a huge amount of savings in doctors offices and on the insurers' side.

If you want to be able to walk into your doctor's office and demand an MRI and know you will get it, a public plan may not be appealing. You don't want somebody to say you can't have the MRI when you ask for it. But if you want your premiums to be sustainable over time, and you want to know care is available when you really need it, then somebody needs to tell you that you can't have the MRI when medical evidence doesn't support it. That's what we call managed care (and some call it rationing). The bottom line is we need a process to identify what's worth paying for and what's not. It's different than the consumer model, which is that if you want something you should be able to get it.

Dr. Federico: If we are going to have a public option, choice within that system is going to

be important. Medicare is an example of that. Medicare is a public option that offers patients significant choices in selecting their health care providers.

Dr. Earnest: There are international models for this approach to care – by stepping up the regulations for insurance companies and functionally converting them into utilities, you can do the same thing. It's what Germany and Switzerland do. Every company has to offer the same basic package and they have to offer it to everybody. Then you provide some subsidies to those who can't afford the premiums and you've created a single risk pool that's administered by a number of different insurers.

Implications of change

Dr. Earnest: It's hard for me to see negative impacts from health reform. And there's not just the moral side of it. Historically, every time that we have guaranteed coverage for a sector of the population, providers have benefited financially. I don't believe in the doomsday scenarios for health care providers as a result of reform.

I think research and development, the enterprise of discovery, are a very separate thing than health care reform. As a society we place a high value on exploration and discovery, and I don't see that going away.

Dr. Federico: Even if you change the formula, as long as you change it for the benefit of the population, institutions like the Fitzsimons/Anschutz complex will thrive.

Dr. Earnest: Dan Callahan, who writes about health care, says our current system is predicated on having unlimited resources. Even though we don't have unlimited resources, it's still perceived that way. We've been willing to throw people off the boat in order to sustain that illusion. The number of people who are uninsured goes up every year because we've been unwilling to confront that myth.

People don't run forward to say give me less, but this is an incredibly historic moment because there's widespread consensus that something radical has to be done. What we really have to do is sell people on a system that gives them security and gives them the care they need, but it's a system in which important decisions can be made in ways that are thoughtful, medically sound, and evidence driven. Ultimately what's available and how we do business will change. How many people get a hip replacement is not going to be written into this legislation, but the process by which we decide who gets what will need be written in it.



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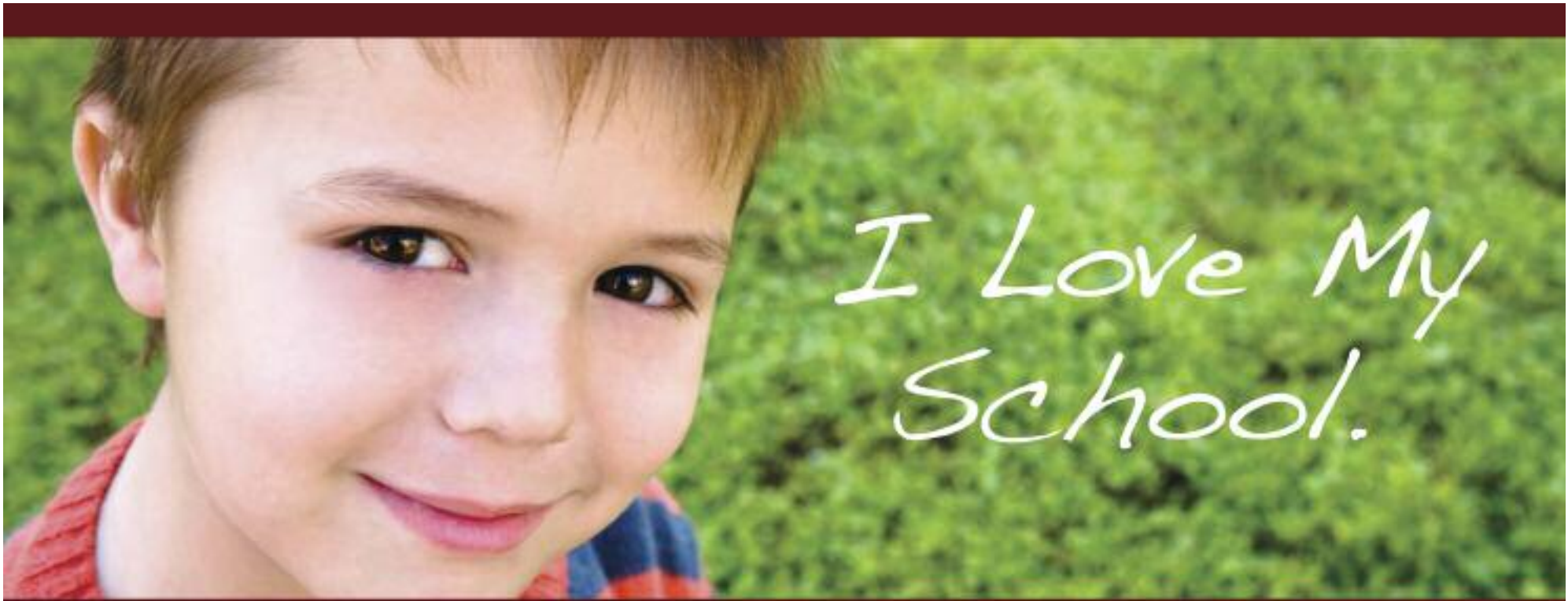
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