

Front Porch

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

DENVER, COLORADO

STAPLETON

NOVEMBER 2009



How safe are vaccines?

Local doctor says it's much safer to vaccinate than not

Viridiana Reyes gets a flu shot from John Ray, RN at The Children's Hospital as Dr. Chris Nyquist looks on. The Front Porch asked Dr. Nyquist, a new Stapleton resident and specialist in infectious diseases, to share her knowledge about the flu and vaccines.

By Nancy Burkhardt

Although the news media has made the H1N1 flu look like the dragon at the door, in reality it may be more like the big stray dog that just needs to be cared for.

That's the opinion of Dr. Chris Nyquist, a pediatrician and specialist in infectious diseases at Children's Hospital and a member of the faculty at the University of Colorado School of Medicine.

"It's a strain of influenza that the world's population hasn't seen before, so the large majority of people have no immunity to it," Nyquist explained. "The challenge was that this strain came at a time when it was too late for us to put it in a seasonal vaccine. Because no one had seen this virus before, we had to develop another vaccine."

However, this does not mean that the vaccine (continued on page 23)

A Scientific Approach to Weight Loss

By Nancy Burkhardt

Everyone knows that the first step to shaving off the added love handles on your body is to have a talk with your primary care physician about diet. After that conversation, however, it might be time to locate another professional, such as a nutritionist and an exercise professional, to counsel and direct you.

Dr. Adam Gilden Tsai, assistant professor of medicine at the University of Col-

orado Denver's School of Medicine, conducted a study to determine the amount and kind of weight-loss treatment delivered in primary care medical settings. Tsai and his colleague, Dr. Thomas Wadden at the University of Pennsylvania, looked at 10 previous weight-loss studies.

"Not much is offered in the health care system with the exception of

(continued on page 22)

Soccer Pros Work with Local Youth Players



Above: Colorado Rapids head coach Gary Smith works with participants in the new Colorado Rapids Youth Academy. In a story on page 4, the Front Porch interviews Paul Bravo, a Stapleton resident and the Rapids' all-time leading scorer, about the Rapids' new Youth Academy.



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Icicles begin to melt on the trees in Stapleton's Greenway Park as warm weather returned after an early-in-the-season snow.



CALENDAR

Events in or near Stapleton that are free and open to the public or are non-profit events.

NOVEMBER

Tuesday, Nov. 3

Election Day—Be sure your mail-in ballots have been returned (see page 19)

Tuesday, Nov. 3

Target Tuesday Night, free from 4-8pm
Children's Museum

Nov. 6 - Nov. 14

Denver Arts Week www.denver.org/what-to-do/museum-art/denver-arts-week (see page 16)

Saturday, Nov. 7

SCFD Free Day Denver Art Museum

Saturday, Nov. 7

Red Cross Classes at Stapleton
(CPR, First Aid, AED)
www.coloradoredcross.org (see p. 20)

Sunday, Nov. 8

Denver Zoo SCFD Free Day

Wednesday, Nov. 10

Stapleton Community meeting at Bill Roberts school hosted by DPS to announce their short-term recommendations to deal with school overcrowding. 6:30pm (see page 10)
Confirm date & time at <http://communications.dpsk12.org/announcements/the-stapleton-initiative> or www.StapletonUnitedNeighbors.com/education

Tuesday, Nov. 10

Active Minds—Afghanistan
Tattered Cover, 2526 E Colfax, 12:30-1:30 pm
ActiveMindsForLife.com

Wednesday, Nov. 11

Bluff Lake Wildlife Detectives, (DPS holiday, Veteran's Day) 9:30am-3:30pm.
Register at BluffLakeNatureCenter.org.
303-344-1649 (see page 15)

Wednesday, Nov. 11

Denver Zoo SCFD Free Day (Veterans Day)

NOVEMBER

Friday, Nov. 13

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

Saturday, Nov. 14

Home for the Holidays 5k & 1k run in Central Park sponsored by Colorado Coalition for the Homeless (page 17)

Saturday, Nov. 14

Dodgin' for Dollars Dodgeball Tournament at the Bladium (see page 21)

Friday, Nov. 20

Stapleton's Winter Welcome: "Light the Town and Holiday Open House"
29th Ave Town Center, 6-9pm (see page 20)

Friday, Nov. 20

Symphony In Lights, 6pm
The Shops at Northfield Stapleton
Runs nightly, 6pm - 9pm thru Dec. 31

Sunday, Nov. 22

SCFD Free Day, Denver Museum of Nature and Science

Tuesday, Nov. 24

Active Minds—Genghis Khan and the Mongolian Empire
Tattered Cover, 2526 E Colfax, 5:30-6:30pm
ActiveMindsForLife.com

Thursday, Nov. 30

DPS Board to vote on a short-term solution to Stapleton school overcrowding.

Tuesday, Dec. 1

Target Tuesday Night, free from 4-8pm
Children's Museum

DECEMBER

Thursday, Dec. 3

5th Annual Greater Stapleton Business Association Holiday Party, Radisson Hotel Denver
Stapleton Plaza 5:30-8:30pm.
RSVP: Loretta R. Sanchez 303-329-2778

(See page 19 for recurring monthly events and meetings)

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

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Pick up your **free** 2010 Dogs of Stapleton Calendar

To all of our furry friends
we'd like to say, take a bow-wow.

Who knew there were so many cute, cuddly K-9s in Stapleton?
(Must be something to do with the dog park and all the dog-friendly
trails.) In fact, there were so many oh-so-adorable contenders that ...
well, it's just too bad there are only twelve months in the year.

Get your free calendar at Stapleton's Winter Welcome celebration.
Friday, November 20, from 6 to 9 pm, 29th Avenue Town Center.
One per household, please.

If you can't make it to the Winter Welcome, check out the Stapleton
Denver Facebook page for other options.

Stapleton



Soccer Pro Guides Kids to Their Potential On and Off the Field

By Nancy Burkhart

Many children love to play soccer, but not all are solid in the technical aspects of the sport. Northeast Denver children are lucky to have the Colorado Rapids in their neighborhood because it gives them a professional soccer athlete to guide them in the sport.

Stapleton resident Paul Bravo played for the Rapids from 1997 to 2001. He was the first player in Rapids history to tally 100 points. The former Rapids forward still holds the team's all-time leading scorer title with 39 career goals with the Rapids.

Last January, Bravo left his post as the L.A. Galaxy's director of soccer to accept the Colorado Rapids' newly created technical director job. In this position, Bravo is the overseer of domestic and international scouting for the soccer club, supports the Rapids first team coaching staff and heads the Rapids Youth Academy.

The Youth Academy includes a junior academy for boys and girls five to nine years of age, who play soccer games on weekends and get one day of training during the week.

Boys, ages 11 to 18, are in the youth club in the academy. Although a program for girls of the same ages is being considered, there are other programs for the girls in the area that have alliances with the Rapids Youth Academy. Bravo's daughter, Maya, 11, plays with the Colorado Fusion. His nine-year-old son, Luca, plays on an under-10 junior academy team.

"We have a center of excellence with extended service for eight- and nine-year-olds that are looking for a bit more training," Bravo explained. "One day of the week we do a more focused technical training program for these players, giving them a little more sophisticated insight than from parent volunteers. We have a youth club on top of that, designed for 11- to 17-year-olds that play under the Colorado State Youth Soccer Association. The focus for us is servicing the communities that surround our stadium.

"The final piece is what is considered the most competitive youth league in the country—the United States Development Youth Category for 16- to 18-year-olds. Normal clubs in Colorado go from 11 to 19. We don't provide a program for 19-year-olds. We'll be putting together a more comprehensive program."

The Youth Academy is designed to develop youngsters to realize their full potential.

"The goal is to try and give kids an environment that they can grow and reach their potential in," Bravo said. "We want to try and identify and develop players into our senior team with the professional organization, the Rapids. The ultimate goal of our youth setup is finding professionals. We want to develop homegrown talent so that we can move them into our home team.

"We realize that not every player wants to be a professional," he said. "We are trying to design a program that can service everybody from the developmental player to the player who wants to be a pro. We provide the most competitive environment for them to grow. Not everybody's going to be a professional soccer player, but they want to grow and reach their potential both on and off the soccer field. Soccer provides an escape. It builds team support. It provides character. They can use soccer to get a college education and get it paid for. It provides a lot of life skills."

Bravo advises parents to let their children play soccer without pushing them into it.

"If parents push them too much, they wind up quitting," Bravo noted. "You need to allow the young player to develop a passion for the game by themselves and ex-



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Paul Bravo, Colorado Rapids Technical Director (right), and Omar Cummings (center back), a current player, give tips to local kids on shooting goals.










do that. It's designed to develop the individual player. A lot of these players, when they get to the appropriate age, are deficient because their clubs have been focused on winning, and that's not good for their growth.

For information about the Rapids Youth Academy, go to www.coloradorapids.com and click on "Academy." E-mail Paul Bravo at pbravo@dsdpark.com.

Stapleton is home to numerous members of the Rapids organization including:





Jeff Plush — Managing Director
Paul Bravo — Technical Director
Gary Smith — Head Coach
Steve Guppy — Assistant Coach
Bret Jacobs — Assistant Coach
Jacob Peterson — Player
Omar Cummings — Player
Kosuke Kimura — Player

pose them to the right environment. A lot of parents think that playing their son or daughter on the 'right' team is important. We would disagree as a club. We believe that developing the individual is the most important thing. We focus our curriculum and our approach to

		
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Local Artist Sculpts Unique Creations from Wire Clothes Hangers

By Wallace Tollette

James A. Dixon is an artist, illustrator and sculptor whose main medium now is wire clothes hangers. About the time he completed his B.A. in fine art and his M.F.A. in painting from Colorado State University, a colleague who had opened a bronze foundry studio in Fort Collins, offered James temporary employment making sculptures. There he would make bronze pieces for clients and he could dabble in his own work in the evenings.

He later moved to Denver and secured a temporary job working for renowned artist Ed Dwight. However, he realized early on that their styles differed—Ed Dwight was more classical, James says. That, coupled with a slow market, led him to seek employment elsewhere.

Through word of mouth, he secured commissions for a variety of venues such as fashion shows, award ceremonies and for guest speakers, creating one-of-a-kind pieces. He finally secured a permanent job at a local foundry making sculptures for other artists. The beauty of that, James says, was that he could use the equipment there.

He's not sure how or why he started using wire coat hangers. It just evolved and they were and are plentiful. With his imagination, he has been able to develop a myriad of sculptures, many of which are displayed in his backyard as stand-alone pieces, and along his backyard fence—one is a colossal piece that takes up a goodly portion of his backyard.

He credits his mother, Betty, who, he

says, first introduced him to the world of art, which has become his first love. However, he has aspirations of not doing art all the time. He would like to become more involved in the community to give something back. This revelation came as a result of the loss of his mother and two elder sisters.

People who do his type of art need people to champion their unique work. To do bronze and sculpture, he says, is very expensive, necessitating investors to finance his creations.

Sometimes his work has recognizable shapes. If it looks like a butterfly, it is. But sometimes his work is just representational—the viewer has to work at determining what it is and what it means.

His first works were abstract sculpture that targeted Black people, but now he sees it as more universal. He sees himself as a cultural ambassador and his work as an educational tool. When taken in that context, he feels that it makes one a better, smarter person and unlocks the door to broader thinking.

Additional pieces have evolved over the years and propelled other ideas, but his best is



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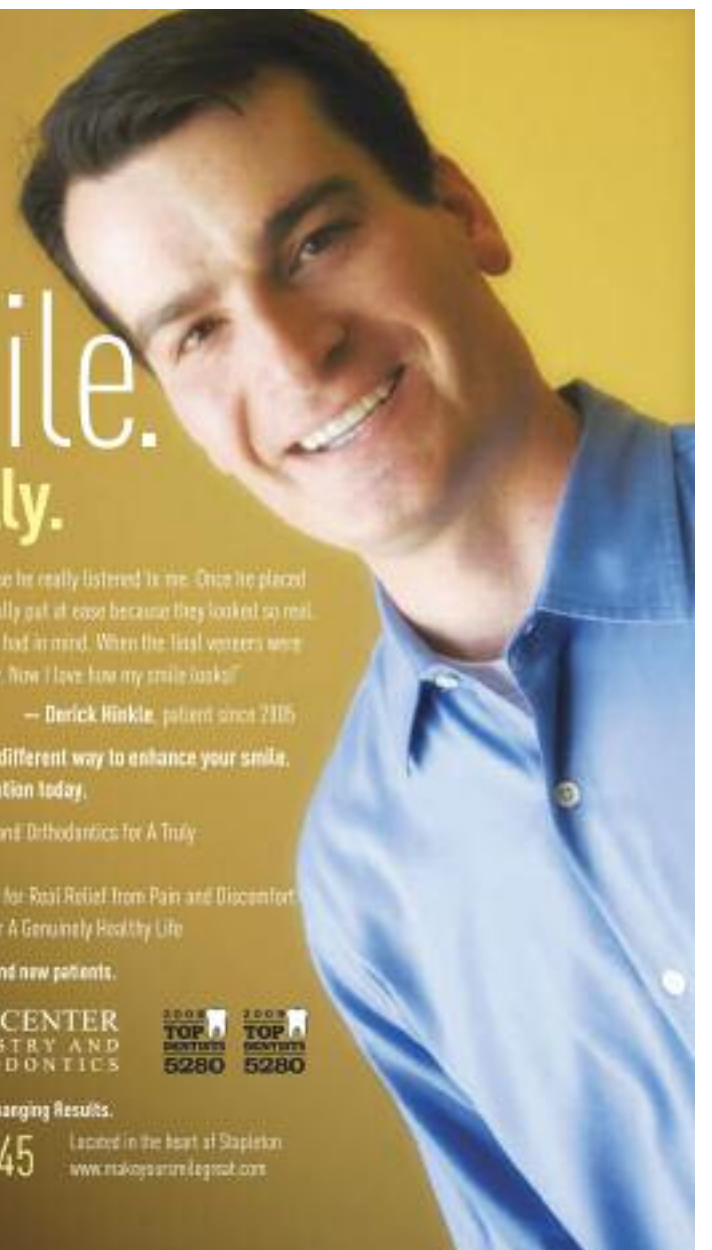
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Sculptor James Dixon surrounded by his work in his back yard.

yet to come, he says. He would like to transition to the next level and not have to keep a day job. He's leaning more toward being an entrepreneur than a worker and would like to stay in the private sector business arena, perhaps opening a gallery of his own one day to showcase his diverse line of fine art, bronze sculptures and illustrations. He is in the process of writing a self-published art history book that will focus solely on his bronze sculptures created over the past several years.

Currently employed by Raymond B. Fedde Bronze Works in Park Hill, Mr. Dixon doesn't hesitate to acknowledge Mr. Fedde "who has been very supportive in word and deed." Mr. Dixon can be reached at 303.344.4636.

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

Don't Be a Puffer

By Technician Loretta M. Beauvais, DPD

Now that the cold weather is approaching, it is time to remind drivers not to be "puffers" (puffer – n. an automobile left unattended and running in cold weather). Every year, hundreds of people have their vehicles stolen while they were left running unattended.

The Denver Police Department (DPD) is strongly encouraging the citizens of Denver not to become "Puffers." It does not matter if you lock your car doors while your vehicle warms-up; you are still a "Puffer." Many motorists believe that just because they lock their car doors while the vehicle is running means that they are not at risk of having their car stolen. That is not true. In the time that it takes to go in and out of your home or a store, a thief can break a car window and be gone with your vehicle. It only takes a matter of seconds, NOT minutes!

Remember that you can also be issued a ticket if your car is left running unattended.

In addition to not being a "Puffer", please remember not to leave items of value in your vehicle that may be visible to someone who is passing by which will minimize your chances of becoming a victim of Theft from Motor Vehicle.



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It's Schools AND Parks, Not Schools OR Parks!

By Glenn Fee

In September Forest City announced that “after consultation with the community, Councilman Michael Hancock, Denver Public Schools and the Stapleton Foundation, they had recommended to the City of Denver that the \$5.5 million contribution Forest City had intended to make to the development of a future park at Stapleton (Westerly Creek North Park) be used to help fund the development of Stapleton’s third school.”(Denver Post, September 24, 2009)

Construction of a third school at Stapleton is a very high community priority and needs to be built soon—no one disputes that. However, is it appropriate for Forest City to propose to fund a large portion of it by taking funds that have been dedicated to complete Westerly Creek Park North (WCN) without a thorough examination of the consequences of that decision and involvement from the community? It seems that in the rush to solve the “school” issue, the development and decision process has broken down and the community is not being given an opportunity to understand the resulting “park” issue.

The \$5.5 million was specifically allocated to Westerly Creek North Park by the City, DURA, Forest City, and Park Creek Metropolitan District in an Individual Facilities Development Agreement, to allow the completion of Westerly Creek Park. There is no promise that the \$5.5 million will ever be reimbursed to complete Westerly Creek Park. This proposed fund transfer was made before other options had been fully explored and shared with the community.

A rationale for proposing the transfer of the Park funds has been based on the assumption that WCN Park could not be constructed for years due to the presence of asbestos containing material within the site, and uncertainty of the extent of the contamination, uncertainty of insurance coverage, and therefore uncertainty in the cost and timing for clean-up. A short term goal should be to do a complete (environmental) site characterization to answer these questions.

Without the \$5.5 million, the park will be left as an unsafe brownfield eyesore rather than the restored riparian habitat and wetland park promised in the Green Book. A suggestion that this park need not be completed as *already designed*, but

simply covered with two feet of fill (to cover any possible contamination) and left as is problematic because:

1. Covering the site is impractical given the amount of rubble and trash on site and the deeply cut creek channel would continue to erode into the landfill.
2. It would be incompatible with the design intent for the park and the existing restored stream corridor it is intended to complete (the existing portions of Westerly Creek).
3. It would not follow the plans outlined in the Green Book and Stapleton Parks and Recreation Master Plan
4. It would not include the public participation in a significant change to the park plans impacting home values along a highly desired open space area.

Before final decisions are made, it is suggested that Park Creek Metropolitan District complete the environmental site

characterization and remediation plan for WCN as soon as possible so that we can all understand the extent of the asbestos contamination, need for remediation, calculation of costs, and timing for completion. If the remediation requirements are minimal and easily accomplished without significant modification of the current park design, the park may actually
(continued on p. 18)



The proposed park land near the confluence of Westerly Creek and Sand Creek is currently awaiting environmental remediation. The photo above shows debris from the old airport that has been left in the area. Westerly Creek is shown below.



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Stapleton Funding Schools and Open Space

By Tom Gleason

An article in this edition of The Front Porch written by Glenn Fee, chairman of the Parks and Advisory Group of the Stapleton Citizens Advisory Board, makes an undeniably valid point: the development of great parks and great schools are both essential to maintaining the quality of life at Stapleton.

Stapleton Parks

As Stapleton's master developer, Forest City shares the view that parks and schools are both important, and we have backed up our words with action. To date, Forest City has contributed more than \$23.8 million to the fund that has created over 400 acres of new parks and open space that Stapleton residents enjoy today, including Greenway Park, Central Park and the Westerly Creek Open Space south of MLK Boulevard to Montview Boulevard. By the time the redevelopment of Stapleton has been completed, Forest City projects we will have contributed an additional \$20 million into that parks and open space fund.

Stapleton Schools

Quality of life also depends on the quality of our schools, and Forest City has thrown our financial support behind Stapleton

schools as well. In our agreement with Denver Public Schools (DPS), we have committed to provide land at no cost to DPS for four elementary schools and one middle school. In order to bring the highly successful Denver School of Science and Technology (a DPS charter high school) to Stapleton, Forest City provided DSST with \$3 million in free land and put \$500,000 into its construction. We recently helped DSST add a Middle School by donating an additional \$450,000 to that addition. And, we have been consistent financial supporters of school activities at Westerly Creek Elementary, Bill Roberts Elementary and The Odyssey School, another highly successful DPS charter school here at Stapleton.

Recession Reduces Revenues

In the current economic recession, development has slowed at Stapleton as it has throughout the nation. One impact of that slow-down is that the new revenues from "tax increment financing" that were planned to fund the construction of a third DPS elementary school will not be available to build that school anytime in the near future. To help DPS fund the construction of that school, which will be needed soon and is estimated to cost between \$13 million to \$16 million, Forest City has offered to redirect a \$5.5 million cash contribution we had planned to make in the future for a park in North Westerly Creek and contribute it instead to the cost of building the next Stapleton school.

Funding for N. Westerly Creek Park

If the City of Denver approves Forest City's proposal to redirect our cash contribution to the construction costs for the third school, the park in North Westerly Creek could become a candidate to receive replacement funding from the remaining \$20 million Forest City will be paying in the future for additional parks and open space, as well as future TIF dollars when the economy improves. The park would

(continued on p. 18)



Destination: Success



Meet Megan, a 2009 graduate of the College of Business. Megan earned her bachelor's degree in marketing and through our experiential education program, was hired as an intern with the Vail Valley Foundation. Working on substantial projects like the American Ski Classic and the Teva Mountain Games, Megan gained real world experience that other college students only dream about.

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Update on Stapleton School Overcrowding

On October 15, State Senator Michael Johnston, Community Education Coalition representative Lesley Bush, and City Councilman Michael Hancock spoke before the DPS school board to reiterate what they've learned working with the Stapleton community on the issue of school overcrowding: 1) Without question there is a proven need for another school. 2) There is strong community support for the educational goals stated in the Green Book—quality traditional neighborhood schools that reflect the diversity of the larger community (which means there needs to be space for other students to choice in). 3) The community will cooperate with DPS to implement short-term solutions as long as they know there is a plan to get another school built in the near future.

*Check websites for further information: <http://communications.dpsk12.org/announcements/the-stapleton-initiative> or www.StapletonUnitedNeighbors.com/education or www.stapletonunitedneighbors.com

- Upcoming Events***
- Nov. 9—District Staff to make a recommendation to the Board of Education to deal with the short-term overcrowding problem.
 - Nov. 10—Community meeting at Bill Roberts school hosted by the District to announce their short-term recommendations. 6:30pm
 - Nov. 30—D.P.S. Board to vote on a short-term solution to Stapleton school overcrowding.

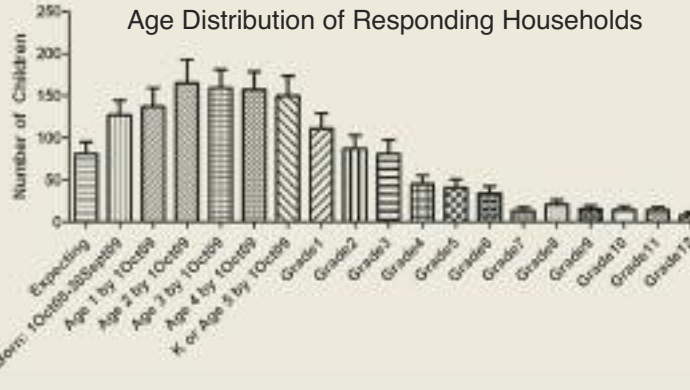


Left to right: State Senator Michael Johnston, Community Education Coalition representative Lesley Bush, and City Councilman Michael Hancock spoke at the October 15th DPS Board meeting.

Stapleton Community Child Count

The SUN Education Committee gave the results of the Stapleton community child count to DPS on October 22:

- Based on responding households in the child count survey, the measured number of children per household is 0.82.
- The total number of children currently in Stapleton single family homes, row homes, and condominiums is estimated to be ~2800. A total build-out in South Stapleton to 4900 homes should result in a total child population of 3700-4000 children.
- The 2009 kindergarten class is the front of a 4+ year bubble. The impact of these age groups on school enrollment in the 2010-2013 time period will be serious: 1000+ children will enter kindergarten in the 2010-2013 school years, followed by two more years of nearly 300 kindergarteners per year. The full report is posted at www.stapletonunitedneighbors.com/education



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4 Gorgeous Mansion Home. Main floor living. 3 Beds, 2 Full Baths. 1548 Sq. Ft. 8993 E. 24th Pl. Unit 103, \$259,900
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1 2471 Alton St. - \$879,900

2 New Price! 8705 E. 34th Pl. - \$725,000

3 2771 Clinton Way, - \$629,900

4 New Price! 8124 E. 28th Ave. - \$489,900

5 2307 Akron Ct. - \$489,900

6 2935 Willow St. - \$435,000

7 8993 E. 24th Pl. - \$259,900

8 2311 Xenia St. - \$229,900

■ 2009 Successful Transactions ■ Properties Under Contract

November 2009

10

Stapleton Front Porch

By Nancy Burkhardt

Park Hill resident Alicia Quinby was born in Mexico and lived there until she was four years old. Her parents were born in the United States—her father in Sun City, KS, and her mother in Sterling. The town they lived in, San Luis, was an international city, with people from all different parts of the world, so while Quinby’s father attended medical school in Mexico, her parents gave her the gift of bilingualism. She learned Spanish.

“We always felt that those of us that are bilingual understand what a gift it is. I want it for my children, and I want it for all children,” Quinby said. “All of a sudden you have the secret handshake to another culture.”

Today, Quinby is returning that gift to parents who would like their children to grow up with bilingual abilities. Along with her mother, Carole Quinby, and her husband, Craig Stephens, Quinby developed Baby International.

“Baby International is a program to teach children Spanish at home, even if you don’t personally speak Spanish, but want to give that to your kids,” Quinby explained. “It’s a DVD, CD and flash cards that work in concert to introduce and reinforce Spanish vocabulary and syntax.”

The tutorial program is for children ages three and up to around eight, or whenever they no longer need it, Quinby says. Her son, Harrison, is seven years old and in second grade, and he uses the program, as does her four-year-old daughter, Sophia.

Baby International Makes Kids Bilingual



Alicia Quinby’s children Sophia, 4, and Harrison, 7, use the Baby International CD and flash cards developed by their mother, father and grandmother to learn Spanish.

Baby International is especially good for children who took a Spanish camp this summer and need help to retain what they learned, or for children who might be joining their parents on a trip to Mexico.

“It gives them a better ear for Mexico,” Quinby said. “It’s a building block. It’s a beginning. You’re increasing your word bank. The more words you have, the more you can string together.”

“The CD can be used for the younger ages,” she said. “It’s really beautiful music.

It’s a teaching song. Lesson 1 teaches basic colors, numbers 1 through 10 and farm animals. The first song is “Red is Rojo.” I wrote the lyrics to it. It gets them used to what the colors are. The next song is “Colores,” a song that came over from Spain in the 1600s. Every child in Mexico knows it. It’s just really pretty music.”

A local musician, Kevin Packard made the CD, playing every instrument on it. Lesley Kernochan, a Boulder singer, did the vocals. Stephens works in the music

business and is a producer. He made the DVD.

Quinby teaches pre-school and kindergarten at Montview Community Preschool and Kindergarten. Her mother teaches at Ebert Elementary School. They used their teaching knowledge to create the package.

“I created a summer camp this summer, using this with the kids,” Quinby said. “We used the song list and did projects with it. The CD is good for young children. Music is a great way to introduce a language. The DVD I recommend for three and up. It’s slow and thoughtful. There’s a chance for a cerebral response. It’s only three minutes long. This is not a babysitter.

“The flashcards are great for pronunciation. Kids can sort them and test themselves. My son reads them on his own. He turns them over and checks to see if he’s right,” she added.

Quinby hopes to have Lesson 2 out after the holidays. Her goal is to have a series in the program, with each lesson more complex than the last. All the lessons will be highly visual, repetitive and tie into prior knowledge, she said.

Baby International sells for \$24.99 and is available at Bookies, 4315 E. Mississippi Ave., or Green Monkey Baby, 1511 S. Pearl St. It also can be ordered directly through Quinby.

For information or to order Baby International, call Alicia Quinby at 720-323-3278, e-mail her at:

Alicia@babyinternationalonline.com or go to: www.babyinternational.com



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Denver Language School Accepting Applications for 2010

By Brian Weber

Denver's first public language immersion school is now accepting requests to be included in the admissions lottery for the 2010-11 school year.

The Denver Language School is a total immersion Mandarin Chinese/Spanish K-8 charter school that was approved by Denver Public Schools in June. DLS will open with 200 students in grades K-2 (100 kindergarten, 50 Mandarin, 50 Spanish; 50 in first and second, classes of 25 in each target language.) DLS will add a grade a year.

DLS will serve students from all socioeconomic backgrounds. It will teach the core curriculum in a second language from kindergarten through second grade. Students will be taught English arts; progress on those skills will be

a priority. In second through fifth, 80 percent of instruction will be in the second language, 20 percent in English; 50 percent-50 percent in grades 6-8.

DLS plans to locate in central northeast Denver.

A decision on a location will come later this year.

Most charter schools conduct a lottery for admission because demand typically exceeds a school's capacity. DLS anticipates holding a lottery. Forms to be included in the lottery are available at: www.denverlanguageschool.org; or from dls@stapletonfoundation.org; or at www.school-choiceforkids.org. Other contact information: Dr. Danielle Carrigo, DLS Head of School, dcarrigo@stapletonfoundation.org; 303-468-3228; Brian Weber, DLS project director, bweber@stapletonfoundation.org; 303-468-3224.

Jon Goldin-Dubois Announces Candidacy for House District 7



The Front Porch will run announcements submitted by candidates representing NE Denver.

Jon Goldin-Dubois, Stapleton resident, former executive vice president of Common Cause and community activist, announced that he will run for the Colorado House of Representatives in District 7.

Goldin-Dubois said, "Our community and our state face profound challenges. We need a strong leader who understands the district, is committed to our communities and who will forcefully advocate on behalf of its residents. I will work for quality public education, health care and equal rights for all and for a clean-energy plan to boost our economy and protect our environment."

Goldin-Dubois grew up in Park Hill and attended the local public schools. His wife, Denise, is a public school teacher. His two children attend Denver Public Schools. Goldin-Dubois co-founded Confluence Strategies, which works to build capacity for nonprofit organizations. He previously led campaigns to clean up Denver's air, protect open space and for increased government accountability. For information, visit www.goldindubois.com.

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Annual Thanksgiving Basket Distribution Gets Underway

By Mary Holt

Sam's Club, Wal-Mart and the Epworth Foundation will team up once again to distribute thousands of Thanksgiving dinner baskets to Denver families in need. For the past six years, joined by Sam's Club and Wal-Mart in 2006, the Epworth Foundation has carried forward the spirit and generosity of former Denver restaurant owner Daddy Bruce Randolph, who began donating Thanksgiving meals during the late 1960s. More than 36,600 baskets, serving an estimated 292,800 meals, have been distributed since 2003.

As part of the "Feed a Family" Thanksgiving program, three city blocks near Epworth United Methodist Church (3401 High Street) will be blocked off on Saturday, November 21, and a giant assembly line will be set in place. Semitrailers full of food will be brought to the site by Sam's Club and Wal-Mart and unloaded onto a sophisticated conveyor belt system. Church members, associates from Sam's Club and Wal-Mart and other volunteers will line both sides of the conveyor belt to load the food into boxes. Each Thanksgiving basket, filled with a turkey, potatoes, yams, carrots, corn bread mix and other items, costs \$29 and feeds a family of eight. Families who have registered for Thanksgiving baskets and volunteers delivering baskets to the homebound receive the food as it comes off the assembly line. Metro Taxi, another project sponsor, delivers baskets to the homebound.

Volunteers interested in assisting with the program must sign up prior to the event at www.DenverFeedaFamily.org. Donations are needed and can be made at the Epworth Foundation, 1865 Bruce Randolph Avenue, Denver, or at www.DenverFeedaFamily.org. Checks should be made payable to the Epworth Foundation – Thanksgiving Baskets.

Due to the economy, the demand for Thanksgiving baskets this year is expected to be higher than 2008, when more than 8,000 meals were distributed during the holiday season.

"We will need to work much harder this year to accommodate all those in need as a result of today's slowed economy," said Pastor King H. Harris, the Epworth Foundation's executive director. "This year, families needing support may not have needed help in the past, and while we have several corporate partners, community assistance is critical if we are to be successful."

The Epworth Foundation and Epworth United Methodist Church of Denver have been fixtures in Colorado's spiritual community for more than 100 years. Under the leadership of Pastor Harris, Epworth serves Denver residents in the Five Points and Curtis Park neighborhoods.

Mary Holt is program coordinator for the Thanksgiving basket distribution. She has been a volunteer for the Epworth Foundation for six years. mholt@eumcdenver.org

Bluff Lake Nature Center Hosts International Delegation



By Glenn Fee
A group from the International Visitor Leadership Program at the Institute of International Education (IIE) stopped by Bluff Lake as part of their tour of the United States. This program, sponsored by the U.S. Department of State, brings international professionals to the U.S. to meet their American counterparts and to improve foreign relations.

The delegation that visited Bluff Lake consisted of professionals from 19 different nations. They're traveling around the United States examining the U.S. national park system, trends in conservation, environmental protection and tourism standards. Most of the visiting delegates work for their national governments. The delegation chose Bluff Lake Nature Center as one of their sites because of its unique position as a privately owned preserve in an urban area.

Glenn Fee (pictured leading the group), is executive director of the Bluff Lake Nature Center. He can be reached at 303.344.1249.



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To submit information for the Front Porch "Local Events" section:

Email information in the following format to frontporchevents@gmail.com:

Date in numerical format (mm/dd), day of week- Name of Event. A one- or two-sentence description. Time. List cost or if free. Location. Contact information.

Press releases for suggested stories may be sent separately to frontporch@fineprintco.com

HOLIDAY EVENTS

11/06 Friday through 11/8 Sunday- Fair Trade Gift Market. Shop with a conscience, gifts of every kind from around the world. Friday 3-7pm, Saturday 9-4pm, Sunday 11:30-3pm. Park Hill Congregational Church, 2600 Leyden St, Denver. 303.322.9122 or www.parkhillchurch.org.

11/14 Saturday and 11/15 Sunday- Gifts for Yule Holiday Gift Mart at the Historic Phipps Tennis Pavillion, 3400 Belcaro Drive in Denver. FREE admission. www.giftsforyule.com for more info.

11/20 Friday through 11/22 Sunday- L'Esprit de Noel Holiday Home Tour benefiting the Central City Opera House Assoc. will feature homes in Lowry. Tickets \$18 in advance at King Soopers or \$20 at 303.292.6700. Tickets also available at the door for \$20. www.centralcityopera.org.

11/20 Friday through 11/22 Sunday- L'Esprit Gift Boutique held at the Stanley British Gymnasium, 350 Quebec. More than 35 vendors. FREE admission and parking. 10am- 4:30pm Friday, Saturday and Sunday. www.centralcityopera.org.

11/20 Friday through 12/31- Symphony in Lights- The Shops at Northfield Stapleton show runs nightly, 6pm-9pm through December 31.

11/19 Through 12/20- The Christmas of the Angels by Michael R. Duran featuring the Aurora Symphony Orchestra directed by Keith L. Hatten. 720.857.8000 for tickets. 1468 Dayton St. in Aurora. www.shadowtheatre.com.

11/27 through 12/20- Fox Theatre Presents Leg Lamp, A Christmas Story. 303.739.1970 or www.aurorafox.org for tickets and info. 9900 E Colfax Ave, Aurora.

11/27 Friday- The Downtown Denver Grand Illumination Event will light up the city from Denver Union Station to the City & County Building. Festivities at Denver Union Station begin at 5:30pm and feature an evening of FREE holiday fun. Complimentary refreshments, special guest speakers and a countdown to "light the lights" live with 9NEWS at approximately 6:30pm. Lightings at Larimer Square, Skyline Park, the Tabor Center, D&F Tower, Denver Pavilions and all along the 16th Street Mall. www.denver.org for more info.

12/04 Friday and 12/05 Saturday- 9News Parade of Lights. Downtown Denver, Civic Center Park and City and County Building. Friday, 8pm, Saturday, 6pm. FREE. www.denverparadeoflights.com for addl info.

12/05 Saturday and 12/06 Saturday- Christmas with the Colorado Children's Chorale. 2pm Saturday and 7pm Sunday. The biggest caroling party in town complete with Santa and a tree. Boettcher Concert Hall, 1000 14th St in the Performing Arts Complex, downtown Denver. Tickets \$14-\$75 at www.ticketmaster.com. www.childrengorale.org for addl info.

12/05 Saturday- The Denver Waldorf School's 35th Annual Holiday Fair. 2009 9A- P 940 Fillmore St, Denver. Children's craft activities, puppet shows, holiday train and horse & carriage rides, huge book & toy sale, three stages of live music, unique and handcrafted gifts in our merchant shops, Christmas tree and wreath sale, cafe, grill and children's snack shop, family photographer, and more! FREE shopping, entertainment and puppet shows. \$7 for three or \$16 for unlimited children's activities and rides. www.denverwaldorf.org.

12/06 Sunday- Holiday in the Highlands- 1-3pm. Visit Santa Claus, horse and wagon rides, strolling holiday music. 32nd and Lowell. www.highlands-square.com.

BOTANIC GARDENS

11/14 Saturday and 11/15 Sunday- Botanic Gardens Holiday Sale. 9am-5pm both days. FREE admission to sale and gardens. 1005 York St in Denver. www.botanicgardens.org for addl. info.

12/04 Friday through 1/3/2010- Blossoms of Light. Embrace the holiday season! Over one million colorful lights draped in elegant designs highlight the gardens' paths. Nightly, 5:30-10pm. (last ticket sold at 9:30pm) Tickets \$4-\$9, available at www.botanicgardens.org, or The Shop at the Gardens. 1005 York St, Denver.

CONCERTS

11/05 Thursday- The Idan Raichel Project, a multicultural group of singers and musicians with a message of love, peace and tolerance, 8pm at Gates Hall, Newman Center for the Performing Arts, University of Denver, 2344 E Iliff Ave. Tickets \$25, \$30 or \$40 at the Box Office from 10am-4pm, M-F, 303.871.7720 x2, or www.ticketmaster.com. www.maccjcc.org

11/07 Saturday- Aurora Symphony performs Mighty Russia 7:30pm, Nov 7. Simchat Torah Beit Midrash (STBM) Jewish tabernacle at 19697 E Smoky Hill Road in SE Aurora. Tickets \$12 (\$9 students/seniors) available at www.aurorasymphony.org, by calling 303.873.6622 or at the door 45minutes prior to concert.

DENVER ARTS WEEK

11/06 through 11/14- Denver Arts Week. 3rd annual celebration of the city's vibrant, eclectic arts and cultural scene! www.denver.org/DenverArtsWeek.com for a complete listing of events.

11/06 Friday- Know Your Arts First Friday, Art District on Santa Fe, Cherry Creek North, Golden Triangle Museum District, Downtown Denver, RiNo (River North Art District), Tennyson Street Cultural District, Belmar Block 7. A supercharged version of the First Friday Art Walks that take place every month, with galleries open late, great food and drink, a festive atmosphere and amazing art. www.denver.org/DenverArtsWeek/FirstFriday for more info.

11/07 Saturday- Saturday Night at the Museums, from 5-10 p.m. 11 museums, including the Denver Art Museum, Denver Museum of Nature & Science, and Museum of Contemporary Art, are opening their doors for this once-a-year FREE event, from 5-10pm. Participants will be whisked from museum to museum via free shuttles. Shuttles start at 5pm at Cherry Creek Shopping Center and Denver Art Museum, and continue until 10pm. www.denver.org/DenverArtWeek/NightAtTheMuseum.

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11/08 Sunday- Sunday on Stage.At several theatres and performing arts centers throughout Denver. Drama, comedy, modern dance, music and more will be offered all daylong at downtown and neighborhood theatres, often for free or discounted prices. Look behind the scenes at how productions come together, and learn about actors' and dancers' crafts during workshops. www.denver.org/Denver-ArtsWeek/SundayOnStage for a listing of venues and performances.

11/13 Friday- East End Arts District Semiannual Art Walk Celebrating Denver Art Week. From 5 to 9pm take a self-guided tour of galleries and artist studios in Aurora's 16-block arts district. Refreshments, demonstrations and artists on site. Start at the Martin Luther King, Jr. Library/Municipal Services Center info stop, 9898 E Colfax Ave, and pick up a map and grab a free pedicab to guide you through the district. 720.333.2617 or visit www.eastendartsdistrict.org for more info.

DENVER EVENTS

11/01 Sunday through 11/16- 2nd Annual JAAMM Festival, a celebration of Jewish Arts, Authors, Music and Movies from Nov 1-16. For a complete JAAMM Fest schedule and tickets for related events, contact the Mizel Arts and Culture Center Box Office, 303.316.6360 or www.maccjcc.org.

Through 11/11- Abraham Lincoln Traveling Learning Station at Four Mile Historic Park. Features reproduction artifacts from the Abraham Lincoln Presidential Library and Museum. FREE. 715 S Forest St, Denver. Wed-Fri 12-4pm, Sat and Sun 10am-4pm. www.four-milehistoricpark.org or 720.865.0813.

11/02 Monday- Black Over White documentary film about the Idan Raichel Project's visit to Ethiopia, 7pm, Shwayder Theatre, Mizel Arts and Culture Center (MACC) at the Jewish Community Center, 350 S Dahlia St, www.maccjcc.org.

11/09 Drawing Room Opera with Opera Colorado- 2nd Monday Historical & Cultural Series at the Governor's Residence, 400 E 8th Ave, 5:30- 7pm. Registration required, 303.866.4686. Admission \$15.

11/29 Sunday- JCC Craft Fair to Benefit Senior Programming- FREE. 9am-4pm on lower level of the Robert E. Loup Jewish Community Center, 350 S Dahlia St.

KIDS AND/OR FAMILIES

Through February 7, 2010- Genghis Khan. Traveling exhibit at the Denver Museum of Nature & Science. Tickets \$20/\$11 includes museum admission and parking. www.dmns.org for more info.

Through February 18- IMAX movies Sea Monster and Wild Ocean. IMAX Theater at the Denver Museum of Nature & Science. www.dmns.org for ticket info and movie times.

11/07 Saturday and 11/08 Sunday- Westernaires Horsecapades. Saturday, 10am, 2pm & 7:00pm; Sunday, 2pm., Denver National Western Events Center, 47th and Humboldt, Denver. Tickets \$7 available at the door or from any Westernaires member. www.westernaires.org for more info.

11/07 Saturday- A Night in Little Italy 5K Run/Walk. 8am. Stapleton Central Park followed by dinner and children's games from 4-9pm at St. James Catholic School, 1250 Newport St.

11/09 through 12/16- Stapleton All Sports Wrestling: Skill and Technique Program, ages 4-10. Very limited live wrestling. Mondays and Wednesdays 5:45 to 6:45pm, 10 sessions at Bladium. \$145/child, limited to the first 20 signed up due to mat space. www.stapletonall-sports.com.

11/11 Wednesday- Bluff Lake Wildlife Detectives, (DPS Veteran's Day holiday). Participants will explore the wildlife refuge with our experienced naturalists by looking for signs of wildlife. 9:30am-3:30pm. \$50/ members, \$60/nonmembers. \$10 discount/additional child, same family. Register at BluffLakeNatureCenter.org. 303-344-1649

SCHOOL INFORMATION

11/04 Wednesday- School Options Night: 7pm at Montview Community Preschool-Fellowship Hall, 1980 Dahlia St. Over 25 kindergarten and elementary schools, public and private, will be on site to present information and answer questions about their programs. Gather information from several schools and hear brief presentations from their representatives. 303.322.7296.

11/12 Thursday- Montview Kindergarten Open House. 7pm. Teacher Lisi Quimby will discuss classroom philosophy and school readiness. Parents can tour the classroom and ask questions. Deadline for 2010 Kdg. is 12/11/09. 1980 Dahlia St, 303.322.7296.

LIBRARIES- For additional library programs, check the events calendar at denverlibrary.org.

DENVER CENTRAL
Saturdays- Super Saturdays at the Central Children's Library. FREE family shows every Saturday from 2-3pm.

www.denverlibrary.org or 720.865.1306, corner of 14th and Broadway, in downtown Denver.

PARK HILL LIBRARY

For additional information on programs at 4705 Montview Blvd. (at Dexter St.) call 720-865-0250.

11/07 Saturday- "Porkchop, Mudslinger and Digger" from Top Hogs. This trio of performing pigs will display a variety of tricks and talents! 10:30am.

11/14 Saturday- Jumpin' and Jammin' with Mr. Shine. Jump and jam along with Mr. Shine Lots of movement and puppet fun too! 10:30am.

11/21 Saturday- Puppets and Things on Strings with ventriloquist Mark Hellerstein. Enjoy a marionette version of Jack and the Beanstalk! 10:30am.

SCHLESSMAN LIBRARY

For additional info on programs at 1st and Quebec in Lowry. call 720.865.0000.

11/05 Thursday- Latitudes Book Group discussing Educating Alice by Alice Steinbach. 2-3pm.

11/09 Monday- Veterans Remembered. Learn about the rich military history at Fairmount Cemetery . Bring a new toiletry item to be donated to be distributed to Veterans in Need. Community room, 2nd floor. 6:30-7:30pm.

11/14 Saturday- Colorado Authors Series featuring Jennie Shortridge, author of *When She Flew* and three other novels. 10am.

11/18 Wednesday- Colorado Authors Series featuring Jennifer Olson, photographer of *Colorado Organic: Cooking Seasonally, Eating Locally*. 6:30pm

(continued on page 16)

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(continued from page 15)

LIBRARIES

11/21 Saturday- Colorado Authors Series featuring Marty Meitus, author of *Recipe Please: Favorite Recipes from Colorado Restaurants*. 10am.

PARKS AND NATURE

11/20 Friday- Nature at Night. Explore nature as the sun goes down. Deer are featured this month. 4:45pm. Morrison Nature Center. FREE. 16002 E Smith Rd, Aurora. 303.739.2428 for more info.

11/21 Saturday- Nature Talk on Coyotes. Morrison Nature Center. 10am. FREE. 16002 E Smith Rd, Aurora. 303.739.2428 for more info.

11/21 Saturday- Nature Talk on Coyotes, Morrison Nature Center. 10am. FREE. 16002 E Smith Rd in Aurora. 303.739.2428 for more info.

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

Reservations are required for these programs—call 303.289.0930. To get to the Refuge, take I-70 and exit north on Havana St. Enter at 56th and Havana.

11/01 Sunday- Autumn Hayride 1-3p.m. Take a step back in time and enjoy the fall colors, plentiful wildlife and crisp air on a family-style hayride. Remember your warm blankets and cameras!

11/03 Tuesday- Tuesday Tots: Oh Deer! 10-11:00 am. Learn about the deer that live on the Refuge and how they've adapted for survival and go on a search to find them; create a doe-eyed craft.

11/07 Saturday- Home on the Range. 1-3pm. Bring your family to see North America's largest land mammal right in Denver. Get a firsthand look at the American bison, majestic giants!

11/08 Sunday- Fall Photo Tour. 9am to noon. Calling all photographers! Come out for some stunning shots of the golden fall foliage and wildlife s

11/14 Saturday and 11/24 Tuesday- Magnificent Mul-lies. 1-3 pm. The mule deer bucks have once again grown massive antlers; learn some interesting facts and take a tour to look for these mighty bucks.

11/17 Tuesday- Friends of a Feather. 8-10am. Join a local birder for an early morning birding expedition during the peak of waterfowl viewing season. Don't forget your binoculars, and keep your eyes to the sky and water!

11/21 Saturday- Big Buck Photo Tour. 6:30-11:00am. Join photographer Dave Showalter in search of showy bucks in rut. Start before sunrise with a continental breakfast sponsored by the Friends of the Front Range Wildlife Refuges. Telephoto lens recommended.

11/25 Wednesday, 11/28 Saturday and 11/29 Sunday- Holiday Tour 9:30 am to noon. Free, guided tour of the Refuge! Bring binoculars to help spot deer, coyotes, raptors and bison, cider or hot chocolate afterwards. Kids can make a craft to bring home.

12/01 Tuesday- Tuesday Tots: Eagles in the Sky. 10-11 am. Learn all about our national bird, the bald

eagle. Enjoy a read-along about a young eaglet, fly with the eagles and make an eagle family photo album of your very own!

12/05 Saturday- White Flags. 1-3pm. Learn some fascinating facts about the graceful white-tailed deer's skittish behavior while searching the Refuge for these sleek and slender mammals.

12/06 Sunday- Frosty Photo Tour. 9am. to noon. Jack Frost is nipping your nose so now is the time for the perfect shot of amazing winter wildlife and majestic landscapes this time of year.

THEATRE

Through November 7- Haunted at the John Hand Theater, 7653 E 1st Place in Lowry. www.fire-housetheatercompany.com

Through 11/14- The Winterling, Thursdays, Fridays Saturdays at 7:30pm. Performed at The Crossroads Theater, 2590 Washington St. www.paragontheatre.org or 303.300.2210

Through 11/15- Wicked, The Untold Story of the Witches of Oz. Presented by Denver Center for the Performing Arts. \$35-\$135. Buell Theater, Speer and Arapahoe Sts, downtown Denver. www.denvercenter.org.

11/13 - 12/20- Fully Committed. A comedy about a day in the life of an out-of work actor who mans the phone line for Manhattan's premier restaurant. 303.739.1970 or www.aurorafox.org for tickets and info. 9900 E Colfax Ave, Aurora.

11/26 - 11/29- Den of Thieves. Kleptomaniacs Maggie and Paul join forces with Puerto Rican wannabe Flaco and topless dancer Boochie in order to pull off the perfect crime to steal \$750,000 in drug money. www.vintagetheatre.com or 303.839.1361, 2119 E 17th Ave.

Get Half-Price Tickets to Denver Shows

DENVER 2 for 1 TIX is a free program that provides weekly 2 for 1 ticket and admission discounts for metro Denver arts and entertainment. DENVER 2 for 1 TIX is a joint program of DOCA (Denver Office of Cultural Affairs) and VISIT DENVER. To sign up for email alerts and view current offers visit www.denver.org/events/2for1tix.

Celebrate a Special Week of Denver's Vibrant Arts and Museums

From Friday, November 6 to Saturday, November 14, the Denver metro arts scene will be alive with mostly free, exciting cultural events that will showcase how lucky we are to live in such an exuberant and accessible arts community. Participate in Know Your Arts First Friday citywide art walks, see theater behind the scenes and live performances and visit more than 11 museums for free. Check our "Local Events" section and www.denver.org/what-to-do/museum-art/denver-arts-week for specific information.

Home Tour and Gift Boutique in Lowry Benefit Central City Opera

The 33rd annual L'Esprit de Noel Holiday Home Tour and Gift Boutique benefiting the Central City Opera House Association will feature homes in the Lowry neighborhood. Tour hours are from 10am to 4pm on Friday, November 20 to Sunday, November 22.

The tour showcases six homes decorated for the holiday season, with local floral designers and decorators participating in the event. Music will be performed by the professional singers of the Central City Opera Ensemble in the Eisenhower Chapel on Saturday and Sunday of the tour, November 21 and 22.

The L'Esprit Gift Boutique will be held at the Stanley British Gymnasium at 350 Quebec. More than 35 vendors will sell their wares with items including gourmet foods, hand-painted pottery, holiday silverware, unique handbags, children's clothing and even bath products. Admission and parking for the boutique are free. Hours are 10am to 4:30pm, Friday, Saturday and Sunday, Nov. 20-22.

Tickets for the home tour are available for \$18 in advance at local King Soopers or \$20 through the Central City Box Office at 303.292.6700, or at the door for \$20. Admission is free for the boutique, and parking also is free for all home tour and boutique guests. For more information, visit www.centralcityopera.org.

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November 12 - 22
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The 11-day Festival will feature nearly 200 films representing more than 40 countries. More than 100 filmmakers will be in attendance to introduce their works. Red carpet events, panel discussions, work-shops and filmmaker receptions round-out the 11 day event. The complete Festival schedule will be available October 26 at www.denverfilm.org and tickets go on sale Friday, October 30.

Check the website for details on kids' events on Saturday, November 21 including *Turtle: The Incredible Journey* at the King Center on the Auraria Campus and *Disney Pixar's, Up* (with Spanish subtitles) at the Ellie Theater at the Denver Center for the Performing Arts. Admission is free with the donation of a new toy or \$5 (which will be donated to the Salvation Army's Toy Drive).



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Nov. 14 Run at Central Park Will Help Fight Homelessness

By Dan Grossman

The Colorado Coalition for the Homeless is bringing the fight against homelessness to Stapleton. The first Home for the Holidays 5K and 1K Family Fun Run will be held in Central Park on Sat., Nov. 14 at 9am.

It will be a morning of live entertainment, costumes, goodie bags and an expo. Team and individual prizes are up for grabs. All proceeds benefit the Coalition's 30-plus programs that serve Colorado individuals and families faced with homelessness.

As a Stapleton resident, I believe this is a tremendous opportunity to raise awareness in our community about the issue of homelessness, its causes and effective solutions. In these tough economic times and government budget cuts to programs that serve the poor, engaged and compassionate communities such as Stapleton can help the Colorado Coalition for the Homeless make a significant difference in the lives of fellow citizens.

More than 16,000 Coloradans are homeless on any given night, 60 percent of whom are families with children. Connie Romero and her two children were one of those families. Connie had a family emergency and returned home in the middle of a winter storm to find her storage and rental home arrangements had fallen through. They had nowhere to go, no car and no possessions or warm clothing.

"The Coalition helped us get back on our feet," Connie said. The Coalition helped find an affordable apartment, and assisted with food, clothing and toiletries. Her daughter was having emotional and behavioral trouble in school, and the child advocacy program helped her cope with her feelings.

The Coalition focuses on three primary drivers of homelessness: Health care, childcare and affordable housing.

The Coalition's Stout St. Clinic is the medical safety net for Colorado's indigent families, providing health care at no charge. In 2008, the clinic reported over 23,000 visits, including over 1,200 visits by children 12 and under.

The Renaissance Children's Center provides a happy and safe place for children while their parents search for employment or housing. In 2008, the Center made a real difference for 218 children and their families.

The Coalition also operates 16 transitional and permanent affordable housing programs throughout the metropolitan area. The latest project, Riverfront Lofts, is a striking model of sustainability. The apartment complex now houses 100 people who otherwise might be on the street.

"As the holidays approach, we tend to think more about those who may not have the same advantages as our friends and family members," said John Parvensky, president and CEO of the Coalition. "We are so pleased that the Stapleton community has figured out a fun way to make a real difference."

For families such as Connie's who may be experiencing homelessness, she hopes they will stay strong through their darkest hours.

"Try to keep your head up and do what you have to do for your kids. I know that it's hard, but you have to keep fighting as hard as you can for your family."

To register an individual or a team, go to www.active.com and search "Home for the Holidays 5K." Same-day race registration will be available at 7:30am on November 14. Learn more at www.coloradocoalition.org.

Dan Grossman is chair of the Home for the Holidays 5K race committee. He lives in Stapleton with his wife, Robin Koenigsberg, daughter Leah and son Adin. A former state senator, Dan serves on the board of directors of the Colorado Coalition for the Homeless.



Connie Romero and her daughters.

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Stapleton's K-9s Strut Their Stuff in the 2010 Community Calendar

By Tasha Jones

Stapleton is often described as a family-friendly place, and for many residents, family includes some very near and dear four-legged friends. This became evident when the call for entries was sent out for the 2010 "Dogs of Stapleton" calendar – and over 100 dog lovers responded.

The contest was announced in September at the Stapleton Dog Daze pool party, through resident emails, and in postings on the Stapleton Denver Facebook page. The deadline came on October 2, and the response was so overwhelming that it was impossible to pick only 12 winners. Instead there are 29 winners, including a "cover girl" and runners-up for each month.

The result is a heartwarming tribute to Stapleton's furry friends and their human servants. The winners include everything from fully pedigreed to Heinz 57, and

from noble to downright goofy. They're bound to bring a big smile to your face each month of the year. Many thanks to all the families who participated and helped make this calendar a success.

And whether you're a dog lover or not, you'll find this calendar a handy way to keep track of Stapleton commu-

nity events in the coming year (standard holidays are listed, as well). Attendees at Stapleton's Winter Welcome celebration at the 29th Avenue Town Center on Friday, November 20 from 6 to 9pm are invited to pick up their free calendar. (One per household, please.) Stapleton's Facebook



Gretchen, cover girl of Stapleton's official 2010 "Dogs of Stapleton" Calendar.

page lists other options for getting a copy of the calendar.

Tasha Jones is the marketing director for Forest City Stapleton, Inc.

Parks and Schools (continued)

(Tom Gleason continued from page 9)

become eligible for those funds once the City of Denver's Department of Aviation reaches an agreement with its insurer to complete the environmental work in that area.

Tom Gleason is vice president-public relations for Forest City Stapleton, Inc. He may be reached at tgleason@stapletondenver.com

(Glenn Fee continued from page 8)

be constructed far sooner than suggested. Completion of this critical section of West-erly Creek Park and the Sand Creek Regional Greenway signature (wetlands) park has been delayed far too long already. This is the last significant park site left to be completed south of I-70.

Also, it is important for the decisions makers and community to meet and discuss options for replacing the \$5.5 million to complete WCN if the funds are used in the short run to build a needed third school. It is essential that Denver, DURA, Forest City, PCMD and the community respect the \$5.5 million budget for WCN and the project objectives, consistent with the Green Book and the Stapleton Parks and Recreation Master Plan, are honored at whatever date the park is built. Parks should not be pitted against schools. Both are valuable assets to the Stapleton community and are why Stapleton is a great place to live, work and play.

Editor's note: This article was prepared by the Parks Advisory Group, a sub-committee of the Stapleton Citizens Advisory Board with CAB approval. Mr. Fee may be reached at GFee@Blufflake.org

Premium Fishwrap*

by Jon Meredith



On Developing Stapleton's Soul

As a community, who are we Stapletonians going to be? What will develop as our legacy? Our soul is the deepest and truest nature of people or what gives us a distinctive character. Are we proud to live here or are we passing through until something better comes along?

Only a few years ago this area was an international airport and now it is a thriving community. I am not a sociologist, an urbanologist or a psychic but I do know that where someone lives says a lot about them. I wonder what living in Stapleton says about me.

If I may use broad strokes here, most residents of Cherry Hills are really wealthy and send their kids to private schools. If you live in Highlands or Baker you're most likely a young professional hipster, have a cool job or business and like to walk or ride bikes around town. Hilltop? Rich enough not to live in Park Hill but not wealthy enough to live in the Polo Club. Highlands Ranch, well, er, I don't know and I'm not really willing to find out.

I lived in Park Hill for more than twenty years and that neighborhood has quite a legacy. Two of the last four United States Secretaries of State grew up there. So did Bronco Daniel Graham and Nugget Chauncey Billups (he is the King of Park Hill). Earth, Wind and Fire rehearsed in a Park Hill basement. Don Cheadle went to East High and ran around Park Hill in his youth. I have never met anyone from Park Hill who wasn't a staunch advocate of the neighborhood. Stapleton has many vocal advocates who are presently shaping the neighborhood's future and it is from those voices that our true character will someday become known.

Park Hillians are very proud that their neighborhood is one of the only truly integrated neighborhoods in the country. It is beautiful with tree-lined streets, stately mansions, Colfax just

blocks away and very close to downtown. Therefore, my old neighbors think I am wacky for moving to Stapleton. My Park Hill friends are hesitant to visit me "all the way out there" and rarely make it past Einstein's or King Soopers.

Well, I think the open space and the pools are marvelous and I certainly don't miss all those plumbing problems. We are close to downtown as well and have many more shops and restaurants. I know the Park Hillians like the pools as well, because, um, they don't have any.

More significant are the gradual changes you notice-like the trees getting bigger and the open space growing out, the people here are becoming increasingly more comfortable with the neighborhood and supporting it. I noticed increased numbers of Stapletonians at the concerts and the farmers market this summer. More people attending community meetings and there is real support for our local schools. People are beginning to see Stapleton's promise fulfilled. That feeling doesn't come from a fine-looking brochure or a picture of a happy family; it comes from being here for years. We do not have that time spent so far.

As for our soul, it will take some time and some history to develop a distinctive character. I can imagine the children who grow up here looking back years from now and being proud to say they grew up in Stapleton. It is at that time our soul will be revealed and our legacy will come from a young Oscar or Tony winner, a senator, Supreme Court Justice or more likely kids who want to move back here and raise their own families.

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

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

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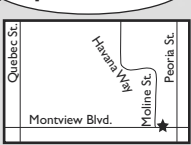
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RECURRING EVENTS

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 Na-
ture Center 9am-12pm,
303-945-6717

1st Wednesday

"1st Wednesdays" Home-based
businesses, 11:30am-1pm tbrisl
@gmail.com, www.StapletonLife.com

2nd Wed. (Odd-numbered mos.)
SUN Transportation Committee
6:30pm MCA 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 Develop-
ment 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

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Real Estate Corner

Information of interest from local real estate professionals

Price Your Home Right the First Time

By Regina Jackson

If you've heard the latest market details, then you know that home sales are up for the third consecutive month. We know that buyers are buying, so the question then becomes, who is buying and what are they buying?

Well, there are plenty of "first time buyers" in the market trying to take advantage of the \$8000 tax credit. Properties priced under \$250K are flying right off the market. I have personally seen properties that are priced right, well-maintained or renovated sell in a few days. Added to this scenario is the willingness of those buyers to offer more than the asking price. Many of these properties have multiple offers resulting in the infamous bidding wars.

What are not selling are overpriced properties. Some sellers have gotten the message that their homes are not worth what they may have been worth two years ago, or even 12 months ago. Smart sellers are listing their properties based on today's market to get them sold.

- The first sign that your home is overpriced is when a seasoned broker tells you that your price is too high, and only reluctantly agrees to take an overpriced listing.
- The second sign is lack of showings. What makes

an overpriced listing so detrimental for the broker and the seller is that you lose the valuable first two or three weeks on the market when listings get the most attention.

- The third sign is when you finally get an offer well below your asking price.

Not only have you wasted your time and your broker's time and money, you now have to drop the price anyway, and your home becomes a "stale listing." As brokers search for properties meeting the requirements of their buyers, they will often look at newer listings. Why? Because logic tells us that an old listing that has not sold, has not sold for a reason. Why waste time looking at a property that's been on the market a lengthy time and still not sold—especially when buyers need to close by November 30 to qualify for the tax credit offered by Congress?

As a seller, price your home right the first time. If you have to re-price, do it quickly and understand that the market represents what your home is worth. You, your broker, your mom, your interior designer or your accountant do not get to make that decision. It is based solely on what a buyer is willing to pay today.

Regina Jackson is broker owner of Action Jackson Realty located at 7489 E. 29th Place in Stapleton. She can be reached at 720.327.9050 or regina.jackson26@gmail.com, or visit www.metrobrokersonline.com/agents/Regina.Jackson.



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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.



Upcoming Events

Holiday Open House and Lighting of the Town Center

The annual lighting of the community and retail open house will be held Friday, Nov. 20, 6-9pm. Festivities will include a "s'more station, fire pits to warm your hands, hot chocolate station, a cookie station and entertainment. Retail stores will be offering specials so you can shop prior to the holiday rush!

The Town Center will be hosting the annual "Door Decorating Contest" with designs by students at the Denver School of the Arts. Vote for your favorite door and be entered into a drawing for all prizes, including a cruiser bicycle and gift certificates.

The MCA selects a non-profit organization to benefit from each of their events. SAME (So All May Eat) Café (2023 East Colfax Avenue) has been selected to benefit from the holiday lighting event.

The SAME Café provides food to anyone who walks through the door. A donation box is available and customers pay according what they felt their meal was worth, or a little more to help out someone less fortunate. If a customer does not have sufficient money to leave, they may donate an hour of service. For more information, please visit their website at www.Soallmayeat.org.

American Red Cross Classes Now in Stapleton

Anyone who would like to overcome reluctance to act in emergency situations, recognize and care for life-threatening respiratory or cardiac emergencies and help minimize the consequences of injury or sudden illness until professional medical help arrives should sign up today...

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Nov. 7th or Dec. 12th—8am—3pm
Register online at www.coloradoredcross.org

Coming to the MCA January 2010—American Red Cross Babysitting, Pet First Aid, and Lifeguard Training. Check website for class postings www.stapletoncommunity.com/Training or contact Paula Deorio at pools@stapletoncommunity.com.

Event Ideas—If you have an idea for an event or program for the community, please contact me at events@stapletoncommunity.com or call 303.388.0724. *Diane Deeter, Director of Programming*

10 Ways to Save Energy and Enhance Your Comfort

You are living in Stapleton, the new premier "sustainable" community of Denver. Owning a new home in a well-planned community you might ask: What more can I do to save energy and make my home more comfortable?

Paul Kriescher, Stapleton resident and principal of Lightly Treading, Inc., an energy consulting company that services the state of Colorado, is a resident of Stapleton and has a few simple suggestions:

1. Turn Down and Insulate Your Water Heater—If your water scalds, it is too hot, dangerous and wasting energy. Insulate your water heater tank and the pipes extending from it. This will cost you about \$25 and pay for itself in a year or less.
2. Use Your Programmable Thermostat—Program it to your lifestyle, setting it to be turned down when you are not home and at night.
3. Capture the Sun—During the heating seasons, opening your blinds and use the sun's energy to heat your home to cut heating costs. Conversely, on the hot summer days, close high sun exposure blinds to keep the heat out.
4. Use Window Coverings that Insulate—Insulated window quilts, honeycomb blinds, or other insulating window coverings are a cost-effective improvement to new windows and can save \$50-\$100 a year on heating and cooling costs.
5. Clean your Furnace Filter—Once a month take out your filter and vacuum or replace it. A dirty filter reduces furnace efficiency. Replace filters about every three months.
6. Use Surge Protectors and Unplug or Turn Off Appliances not in use—Many appliances still draw energy when they are off, known as ghost loading. If you plug them into a surge protector and turn the strip off or unplug appliances, you can eliminate this wasteful energy draw. Consider an electricity monitoring device such as a TED or a Watts-Up meter to determine where you are using the most energy. They can be found on-line or for rent at the Denver Public Library.
7. Low-Flow Water Fixtures—Not only will they save water, but also the energy needed to heat that water.
8. Weather-Stripping and Air-Sealing- Caulking and/or foaming around windows, doors, recessed lighting, bath fans, around your attic hatch and electric outlets will help stop drafts, make you more comfortable, and increase the effectiveness of your insulation.
9. Attic Insulation—Ensure that your attic has at least an R-30 up to an R-50 throughout the *entire* attic space. Adequate attic insulation is like a blanket for your home and will significantly reduce heat loss in the winter and heat gain in the summer.
10. Have an Energy Audit—An energy audit can target the specific problem areas in your home and provide you with solutions.

If you are interested in learning more about energy efficiency, whether that is a new career in the green industry, or an energy audit for your home, contact Lightly Treading for more information at www.lightlytreading.com or 303-733-3078. Low-cost energy audits are available through Lightly Treading's partnership with Xcel Energy.

CANstruction Canned Food Drive!

The Bill Roberts Middle School students are participating in an event called CANstruction. They are teaming up with an architect to create a structure out of cans. The great part about this event is that it is actually a canned food drive run by Salvation Army. This event takes place every year but this is the first year that our very own school is participating in it. Before the cans are distributed to the needy, the students will build structures out of them during a competition with other schools. The competition takes place in December at Colorado Mills Mall; all are invited to vote for their favorite structure. More details to follow. To help out the kids, please donate cans of food (must have labels) and put in boxes located in all classrooms, or bring to the office. Cans must be donated by the Tuesday before Thanksgiving. No soda cans, please. For more info on CANstruction, visit www.canstruction.org.

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Nov. 14—Dodgin’ for Dollars at the Bladium

Dodgeball Tournament Proceeds to Help Grieving Children

By Meighan Meeker

I recently was touched by a speech given by a teenage girl who lost her best friend in a tragic accident in January. The girl talked about how she found solace and healing at Judi’s House. Judi’s House is a community in which no child has to feel alone in grief. It offers an environment of acceptance and understanding where children and adults in peer support groups can share the experience of loss with others. Having recently moved to Stapleton from New York City, where I knew 29 people who died on September 11, most of whom had small children, it reminded me of how many children are affected by the loss of a loved one.

A fundraiser to benefit Judi’s House will be held at the Bladium the evening of November 14—the Dodgin’ for Dollars Dodgeball Tournament. Teams of eight must have a minimum of two female players and the cost is \$600 per team. Individuals can participate for \$75 per person. The deadline to enter is November 6.

Denver Broncos player Brian Griese founded the charity in memory of his mother who died when he was 12 years old. Since opening their doors in 2002, more than 2,600 children, ages 3–24, and their adult caregivers from the metro area have participated in programs that provide

help for people grieving the death of a loved one and allow them the freedom to grieve in their own way, at their own pace, and ultimately to learn that hope and healing are possible. Judi’s House also helps increase awareness and knowledge of grieving children’s needs by extending grief support services to schools, faith-based groups, hospices and other caregivers in the community.

I recently read a post on the Stapleton Moms Yahoo group from a parent seeking to learn if there was anyone else in our community whose child had suffered the loss of a parent, like her child had. Again, it reinforced the need for such an important resource for children who are grieving. I hope Front Porch readers will take the opportunity to have an evening of fun “Dodgin’ for Dollars” to help a very good cause.

For more information on Judi’s House, including how to volunteer, make a donation, or participate in the upcoming Dodgin’ for Dollars Dodgeball Tournament, visit www.judishouse.org, or call 720.941.0331. Judi’s House is located at 1741 Gaylord St. in Denver. The Bladium Sports and Fitness Club is located at 2400 Central Park Blvd. in Stapleton.

Holiday Toy Drive at State Farm in Quebec Square

By Jessika Aerni

From November 1 through December 30, State Farm in Quebec Square is sponsoring a toy drive to make a difference in the lives of disadvantaged children. The toys will be delivered to organizations such as the Denver Children’s Home, Children’s Hospital, and homeless and low-income children at St. Cajetan’s Church on January 6, 2010, a date known in the Hispanic world as “El Dia de los Reyes Magos” (the Day of the Three Kings) when the Magi (the wise men) came and gave gifts to the baby Jesus.

As we celebrate our 5th anniversary and the many spiritual and joyous reasons for Christmas gift-giving, we hope you will stop by our office and donate an unwrapped, non-battery-operated toy for a disadvantaged child to bring joy to their lives.

Toy Drop-off Information
Jessika Aerni State Farm Agency Inc.
7505 E. 35th Ave., Ste. 302
Nov. 1 – Dec. 30, 9am – 5pm
For more information call 303.377.5433

A Brief History of Holiday Gift Giving

The most famous gift giver is Father Christmas (Santa Claus or Sinterklaas), based on the character of St. Nicholas, the patron saint of children. But there have been many other gift givers. In communist Russia, St. Nicholas became Grandfather Frost, dressed in blue instead of the traditional Christmas red. In parts of Russia, gifts were distributed by Babouschka, a grandmotherly figure. Italy had a female Santa, called La Befana. In Germany, the Christkind, an angelic messenger from Jesus, a beautiful fair-haired girl with a shining crown of candles, delivered gifts. In some countries, the baby Jesus delivers the gifts; in others, the three wise men.

The custom of the Magi following the star is still celebrated. In Bavaria and Austria, from New Year’s to January 6, children dressed as kings hold up a large star and go door to door singing a Three Kings song, and receive money or sweets. The Festival of the Star is held in Poland. After the Christmas Eve meal, the village priest acts as the "Star Man" and tests the children's knowledge of religion. In Alaska, boys and girls carry a star-shaped figure from house to house, singing carols. In Hungary, a star-shaped pattern carved in an apple half is supposed to bring good luck.

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The Front Porch will publish letters to the editor as space allows. Please e-mail Carol Roberts, editor, The Front Porch at carol@fineprintco.com.

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Inigo San Millan, PhD, stands by the equipment he uses to determine a patient's fitness. He is the director of the Exercise Physiology and Human Performance Laboratory at the University of Colorado Sports Medicine and Physical Therapy Clinic in the University of Colorado Hospital.

(continued from page 1) bariatric surgery,” Tsai said. “We were looking at nonsurgical weight loss treatment, including intensive dietary counseling and lifestyle modification, as well as the use of meal replacements and weight-loss medication. We were interested to see how effective these treatments were when they were delivered in primary care settings.

“We found that in studies where either a primary care physician or some sort of provider was seeing patients

every few months, that didn't have much effect on weight loss,” he said.

“In more intensive treatment programs, where a patient might be seeing a counselor or a provider every couple of weeks, it tended to be more effective, and when that sort of counseling was combined with meal replacements or weight-loss medication, that tended to be fairly effective in producing a weight loss of 5 percent or more.”

“The bottom line is for patients who want their primary

Losing Weight is Hard—Coaching Helps

care physicians' help with weight loss, they need to get into a program where they're meeting with someone regularly,” he said. “In addition to regular meetings, it can help to use meal replacements or weight loss medication.”

People considering weight loss should first consult their doctor about the kind of program to use, Tsai said. He added that regular physical activity is important to maintain weight loss.

Inigo San Millan, PhD, is director of the Exercise Physiology and Human Performance Laboratory at the University of Colorado Sports Medicine and Physical Therapy Clinic in the University of Colorado Hospital. He is an exercise physiologist.

San Millan works with people in a cardiac environment—people who have undergone chemotherapy for cancer, people in weight-loss programs, and he also works with athletes to determine what would give them their best performance.

“They may come for testing and find out that they could be exercising too much,” San Millan said. “At a certain intensity, you are burning glucose, not burning fat. Usually the intensity needs to be lower, especially with people who aren't very fit and want to lose weight. Many people start to ‘beat themselves up.’ They think they should sweat and then go home and have a big dinner.

“We think that when we see 600 calories burned, it should be fat, but I can assure you that most individuals burn carbohydrates. They need to burn at least 350–400 calories from fat. Then we can be successful. But as exercise intensity increases, the desire for glucose increases,” he said.

For this reason, it is important to be working out at the correct intensity that will allow an individual to burn fat and lose weight, San Millan explained. His team tests a person to determine what that intensity is, since it differs for each person.

San Millan's team is the first in the United States to apply this concept, he said. He credits methodology as the key to making it work.

The team works with people on their own or who come in with their trainers or coaches. Usually, they are given a recommended program that will help them burn fat, and then they return in two or three months to have their progress judged.

San Millan said the team often counsels people who were competitive in their 20s, but now are in their 40s, as well as people who never have done exercise, but who want to lose weight and have healthy lives.

“I give them information about where they are and how to improve, but we need a follow-up to see how to continue,” he said. “Usually they come two or three times in a year so that we can monitor their progress and see how they're improving. Their training parameters change. We have to reset them. If they want to lose weight, the fat zone where they're going to be losing the most fat changes.

“We measure many parameters in the blood that indicate fatigue and correct their training programs. If you don't do this monitoring, people can get fatigued. We can tell before a person's performance deteriorates, which prevents overtraining so a person doesn't get discouraged.

“Weight loss is about having an approach about diet and exercise. We recommend people to go to a nutritionist so they can get help with their diet,” San Millan said.

For information about Inigo San Millan's program, call 720.848.8208 or go to www.cusportsmed.org or www.uch.edu/sportsmedicine.



Adam Gilden Tsai, MD



Open House
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“As soon as the vaccine comes out, you should get it because we should have another wave in the spring.”

Dr. Chris Nyquist

(Vaccines—continued from page 1) for H1N1 is experimental, Nyquist added. “It was tested exactly the same way as all flu vaccines,” she said. “But the timing was off. Having to add another vaccine made people think it’s an experimental vaccine, and that’s not true.”

The H1N1 virus will bring many kinds of different symptoms, but not those of a common cold, according to Nyquist. There is a sudden onset of the illness. There may or may not be a fever, but there will be muscle aches and diarrhea. “You suddenly get very ill,” she said. “Adults all of a sudden get very sick. They have muscle aches. They just don’t feel well. They should stay home and drink lots of liquids.”

“Kids will get over this within a few days on their own. They don’t need to see a health care provider unless they are having difficulty breathing and are getting dehydrated. Then they need to access medical care,” Nyquist explained. “Patients who use Tylenol, ibuprofen and drink liquids will get better within a few days.”

“For normal, healthy kids, we don’t even do lab tests or give them anti-virus medication,” she said. “But the kids who get hospitalized really need to be watched closely and need medication.”

Nyquist advised H1N1 sufferers to just see how they are doing before seeking medical aid. If the fever lasts three days or longer, they might need to see a physician. Likewise, if it seems a person is getting better, but then the fever returns, they might need to be looked at. “That’s the time to worry about getting pneumonia or something else,” Nyquist said.

This is the time to use “common sense,” she said. “Right now, it’s all H1N1 that’s circulating. As soon as the vaccine comes out, you should get it because we should have another wave in the spring. And, you should get the seasonal vaccine in December or January.”

The victims that H1N1 knocks down are mostly children and young adults, but preg-

nant women are a target. These people are recommended to get the H1N1 vaccine as well as the seasonal flu vaccine, Nyquist advised.

“The people who have some immunity are those folks in their late 50s and older because they have been exposed to some kind of virus in their life. It’s a different population. It’s good to be older,” she explained.

Today, about 30 percent of the nation’s parents have decided not to get the vaccine for their children. Nyquist advises the parents who still are hesitant to have their children vaccinated against H1N1 to rethink their decision.

“If you get influenza, there are more kinds of problems than anything you might get from the vaccine,” she said. “The disease, itself, might be very serious. I think that parents who don’t vaccinate their children potentially spread the disease in the community. We know that happens with parents who don’t vaccinate against measles. They’re often the point of outbreaks.”

The state and federal governments are distributing the vaccine free of charge, Nyquist said. The only charge that may exist would be a fee for giving the vaccine, depending on the healthcare provider.

The H1N1 vaccine comes in both a nose spray and an inoculation. “The nose spray is limited to healthy people ages 2 to 49 years of age,” Nyquist said. “Children under five who have asthma shouldn’t get it because it can cause asthma issues. Talk to your healthcare provider and ask which one is right for you. Both are equally effective and both are safe.”

“Any vaccine that’s available, adults should get. There’s a tiered process that the federal government puts out. Healthy adults probably would be the last group to receive it.”

Nyquist advises parents with vaccination questions to go to the Colorado Children’s Immunization Coalition website. The web-



Dr. Chris Nyquist

site advises that anyone feeling sick should stay home and prevent spreading the disease to others. It also recommends hand washing and covering your nose or mouth with a tissue when you cough or sneeze, then throw the tissue in the trash, or cough or sneeze into your upper sleeve, not your hands.

For information about the H1N1 flu and vaccine, go to www.childrensimmunization.org/flu.

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