Jim Davis, Special Agent in Charge of the Denver Division of the FBI, stands near the entrance to the new FBI building on 36th Avenue near Quebec Square. The building is secured for top secret information. Davis shared with the Front Porch some of his experiences as an FBI agent in Iraq and Afghanistan, which included talking to Saddam Hussein on the day he was captured. Davis also talked about the investigation of Denver-based terrorist Najibullah Zazi, saying, “Of all the things I’ve done in my career; that case is the thing I’m most proud of.”

One of Stapleton’s newest neighbors is the FBI, housed in a brand new architectural gem. Be sure to view it from the north (36th Ave.) since the south side is hidden behind a brick wall, the parking garage, and vehicle bays. The building has state-of-the-art security that requires a 100-foot setback from roads, making it “intentionally not pedestrian friendly,” says Jim Davis, Special Agent in Charge of the Denver Division. Davis, along with the Director of the FBI, Robert Mueller, Gov. Ritter, Mayor Hickenlooper and other dignitaries, spoke at the building’s dedication on June 30.

“The building is unique,” says Davis. “No other FBI office looks like it.” The entire building is a “classified” facility that is secured for top secret information.

Children’s Hospital NICU Helps Parents Too

Alondra Montoya pears out through the sign at Children’s Hospital’s Neonatal Intensive Care (NICU) annual reunion party.

By Nancy Burkart

Having a baby usually is a happy time for parents. When a baby is delivered prematurely or with extreme health problems, in Colorado they immediately go to Children’s Hospital’s Neonatal Intensive Care Unit (NICU). The stay can be stressful for both the baby and the parents.

Children’s Hospital NICU has ranked in the top 10 NICUs in the country since 2007, according to U.S. News & World Report, and, according to Dr. Theresa Grover, a neonatologist and NICU medical director, close to 1,000 babies less than a month old are cared for during an average stay of about three weeks in the NICU. “Some babies are here for prematurity,” she explained. “At Children’s all the babies are referred in from other Colorado hospitals for specific reasons. Many are related to birth defects and need surgical treatment, some need special care, some have respiratory failure with their lungs not working correctly and they need mechanical support for breathing. We have babies admitted for heart defects, and infections are another major reason for admission.

“We have a large team of providers for each patient,” Grover said. “Each baby will have their own primary

(continued on page 14)
JULY

Every Sunday (through Oct 17)
Stapleton Farmers Market, 8:30am–12:30pm
Founders’ Green

Every Sunday (through Aug 4)
City Park Jazz, 6pm.
www.cityparkjazz.org
704 - Denver Municipal Band Jazz Combo
711 - Chris Daniels and the Kings
718 - Rahsaan Ddal
725 - Cocktail Revolution
801 - La Candelita
808 - Tuedos Stapleton

Every Friday, July & Aug.
Northfield, Main Street Summerfest, 4–8pm
Northfield@stapletoncommunity.com

Every Wednesday & Saturday
The Bike Depot, Free Fix-a-Bike Program
Wednesday, 4–7pm and Saturday 11am to 3pm
(See page 15)

Saturday, July 3
*Concert Series - Haul Miller, 6–8pm

Saturday, July 3 and August 7
Denver Art Museum - SCFD Free Day
720-865-5000 www.denverartmuseum.org

Sunday, July 4
4th of July Pancake Breakfast & Parade, 9am–Noon
Central Park, Stapleton, 7:30pm (See page 18)

Tuesday, July 6
Stapleton 3 School Parents Meeting, 6:30pm
(See page 8 for more information)

Tuesday, July 6
Westerly Creek Cleanup, 4:30pm. Meet at Beeler Stapleton 3 School

Saturday, July 10
Children’s Museum, Target Tuesdays
1st Tuesday nights free, 4–8pm, cnmdenver.org

Friday, July 16
*Movie Night - “Julie & Julia” Starts at dark

Saturday, July 17
Stapleton Community-wide Garage Sale, 8am–1pm
(See page 17)
www.buildingstapleton.com/garagesale

Sat. & Sun., July 17 & 18
City of Aurora’s KidSpree festival, 10am to 5pm
Bicentennial Park, 13655 E. Alameda Ave
(See page 17)

Sunday, July 18
Colorado Symphony Orchestra Concert
Central Park, Stapleton, 7:30pm (See page 18)

Monday, July 19
Primary ballots mailed

Thursday, July 22 & Wed., Aug. 25
Denver Botanic Gardens - SCFD Free Day
720-865-3000 www.botanicgardens.org/

August

Friday, August 5
Bicycle Tour of Stapleton’s Public Art, 3–5pm
RSVP 720-865-4307 or rudi.cerri@denvergov.org
More info at events@stapletoncommunity.com

Saturday, July 24
Bicycle Tour of Stapleton’s Public Art, 3–5pm
RSVP 720-865-4307 or rudi.cerri@denvergov.org
More info at events@stapletoncommunity.com

Saturday, July 24
*Concert Series - Opie Gone Bad, 6–8pm

Saturday, July 24
Doe: 11th Annual Unity Eveny & Community Picnic
Free food & entertainment, 4–8pm (See p. 18)

Tuesday, July 27
Stapleton 3 School Parents Meeting, 6:30pm
(See page 8 for more information)

Thursday, July 29
Watson Creek Cleanup, 4:30pm. Meet at Beeler & south side of MLK. Bring gloves and bags
Sponsored by Blvd Ladies, Denver Parks & Rec
and Correctional Mgmt Inc. (CM). RSVP to lcorrell@dotnet.net

Thursday, July 29
Adults Activities Group Potluck (See p. 22)
Approx. 7pm (following the WC cleanup above)
Bring food! 303-388-0724 (no children)

Friday, July 30
*Movie Night - “Blind Side,” Starts at dark

Saturday, July 31
Sweet Williams Market, 9am–2pm
Founders’ Green www.sweetwilliamsmarket.com

August

Saturday, August 7
Chaos Daniels & The Kings, 6–8pm

Friday, August 13
*Movie Night - “Cloudy with a Chance of Meatballs” Starts at dark

Saturday, August 14
*Movie Night - “Cloudy with a Chance of Meatballs” Starts at dark

Sunday, August 22
Stapleton park-in-Rode Receptions
(If Projection date, see page 5)

Friday, August 27
*Movie Night - “UP” Starts at dark

The Front Porch welcomes submissions of Preparing for Fall events (See format on p. 21) and story ideas for future issues. Email frontporch@stapletonmca.com

<table>
<thead>
<tr>
<th>Event</th>
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<td>Various Locations</td>
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<tr>
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<td>6–8pm</td>
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<td>Regularly scheduled, free admission</td>
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<tr>
<td>Doe: 11th Annual Unity Event &amp; Community Picnic</td>
<td>July 24</td>
<td>4–8pm</td>
<td>Various Locations</td>
<td>Free food and entertainment, free admission</td>
</tr>
</tbody>
</table>

*At Founders Green, Sponsored by Stapleton MCA, events@stapletoncommunity.com, Movies start at dark. (See page 18 for recurring monthly events and meetings)
By Angela Williams

I am a candidate for state representative from House District 7 because we need to break the chain of lawyer-lobbyist-career politicians down at the Capitol with some fresh outside experience and perspectives. I am running because of my commitment to serve the people of District 7.

I am a successful business owner and single mom who has been inspired by the recent changes in the American political landscape to take the time at this point in my life to give back to the community that has given so much to me.

We are in tough economic times. Our district has seen many difficulties, many people are suffering. It is my professional, business, community background and personal experiences that make me the most qualified candidate to serve this district—and to find new solutions.

I care about the issues, I care about this district and I care about you. If you elect me as your next State Representative I will be accessible, a listener and a collaborator and I will fight for you.

Please visit www.Angela4C olo.com to learn more about me and my positions or call (720)283-3380 so we can visit about what is important to you.

By Mark Mehringer

I want to be our next State Representative because we need leaders focused on solving problems—not more politics-as-usual dominated by special interests. I am not taking money from lobbyists or special interest PACs. Instead, I have been talking with voters personally and putting together concrete plans to address the issues faced by our community, including expanding job training programs for today’s high-paying jobs, making them more accessible to current workers and students.

Leadership is about solving problems and sharing the credit with those who have helped find solutions. For example, on education, I have and will continue to work with representatives from DPS and other parents to resolve Stapleton’s school overcrowding issues. On the environment, I have worked with neighbors to organize two fundraisers for the Sund Creek Regional Greenway and have powered my home with 100% renewable energy for over four years.

As state representative, I will first focus on expanding job training opportunities across northeast Denver—in our schools and our community. Second, I will fight for a carbon tax that funds additional investments to make Colorado a world leader in renewable energy. Special interest politics-as-usual isn’t getting the job done. We need much more. For more information visit www.VoteMark2010.com or call 720-775-4040.

By Jon Goldin-Dubois

I am running for the House of Representatives because I believe we must set higher goals—for our communities, our schools, the protection of our environment and, our politicians. I will work to ensure that: Every student graduates from high school with quality teachers in every classroom. • Colorado leads the nation in clean energy development. • Every Coloradan has access to excellent, affordable healthcare. • Working people can do more than just make ends meet. • Our representatives are accountable and work for us all.

To me, these aren’t idle words. They are my commitment. I grew up in and attended public schools in NE Denver, and have spent my professional life fighting for just these things. • I’ve worked for clean energy and was part of an effort that will bring more than 23,000 jobs to Colorado. • I’ve fought to clean up our air and reduce childhood asthma. • I’ve lived in West Africa and worked in Haiti to train community organizers. • I’ve worked to strengthen and improve our schools. • I have written and advocated for laws to make our government accountable to the people.

I ask for your support in the Democratic primary election this summer. For more information visit www.goldindubois.com or email jon@goldindubois.com

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Stapleton Front Porch

July 2010
RTD’s Commuter Rail is Coming… and With It Comes TOD

By Carol Roberts

Picture yourself stepping onto a commuter train with a stop not far from your home in NE Denver. You can go to the airport, downtown, or anywhere in the Fastracks system, never once getting stuck in traffic, even at rush hour. With RTD’s June 15 announcement that a contractor has been selected for the next phase of Fastracks construction, what used to seem like a dream is now not so far from being a reality in NE Denver. Given that T-REX came in ahead of schedule and under budget, the contractor’s projected opening date of January 2016 for the East Corridor doesn’t seem so far away. So what is TOD? It stands for Transit Oriented Development. Denver’s TOD Strategic Plan describes it as “more than simply development near transit, successful TOD creates beautiful, vital, and walkable neighborhoods, provides housing, shopping, transportation choices...”

But, according to Angie Malpipe of Stapleton Transportation Management Authority, “It’s a fluid concept that changes with what the Federal Government is willing to fund.”

Patrick McLaughlin, who recently earned a graduate degree in planning, was just hired by RTD to work on TOD. He says the current federal administration is putting a focus on “sustainable communities”—combining the goals of three major agencies: DOT (providing transit for the greatest number of people possible and reducing congestion), HUD (providing affordable housing), and the EPA (having less pollution by getting people out of their cars). This trend is evident in the City of Denver’s policies on TOD. Steve Gordon, Denver’s Department of Community Planning, says the City of Denver’s policy is to have a diverse range of housing near transit, and they are encouraging RTD to make land available for such development. “The top two expenses for low and middle income people are housing and transportation. Affordable housing near transit reduces both of those expenses,” says Gordon, though he acknowledges the City has a limited amount of funding to build affordable housing. When a group of civic-minded NE Denver residents interested in TOD recently visited the Englewood Fastracks station, they saw the results of a vision that was developed during the 90’s (which did not have affordable housing at one of its goals). That development, which opened in 2000, houses the Englewood city offices and was built at the site of the old Cinderella City shopping center.

What were some of the lessons learned? According to Harold Stitt, Senior Planner for the City of Englewood, the biggest lesson is they shouldn’t have located the parking separate from the retail area. Parking should be located so commuters walk past the shops. And in hindsight they wish they had built bike lanes and more residential—the rental units that were built have been 95% occupied.

Stitt also says their focus on public art has been a resounding success, along with the free ART shuttle bus that runs through the main ART bus, so named because there is public art at almost every stop, runs a distance of about 1.5 miles, with 9-10 stops in each direction, and is funded by RTD and the City of Englewood. Suggestions from the Urban Land Institute for Englewood’s future development include having mixed-use development. South of the RTD-owned land is TOD that will be developed by Forest City.

Many of the community members who visited the Englewood development are members of Stapleton’s Citizen Advisory Board (CAB), a group with the goal of monitoring the development of Stapleton to be sure it is in alignment with the vision in the Green Book (Stapleton’s Development Plan). CAB’s Diversity Committee has expressed concern that Stapleton is becoming a “gentrified, traditional bedroom community devoid of significant economic diversity,” and they believe the highest density building options in the TOD offer an important

Public art has turned out to be a very important component of the Englewood TOD. The popular free shuttle bus that connects the Englewood business area to the light rail is called the ART bus because there is public art at most stops.

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Two Stapleton residents with backgrounds in exercise science have opened CrossFit Stapleton to work with people who enjoy highly intense workouts.

Emilio DiPretoro has a bachelor’s degree in exercise physiology and a master’s degree in exercise science and cardiac rehabilitation. He is a CrossFit Level One certified coach. His wife, Nicole, has a bachelor’s degree in exercise science. She worked in corporate wellness for Johnson & Johnson and Hewlett-Packard.

This summer, Stapleton residents might see the DiPretoros leading some 15 people in a workout regimen in Central Park.

“CrossFit is a workout regimen that by definition is constant, varied, functional movement at high intensity,” explained Emilio. “CrossFit is a movement across the country that a lot of people are engaged in. It’s an exercise and fitness program that combines a lot of different things from endurance training to swimming or biking. We focus on outdoor fitness. The workout’s different from day to day. We do things like box jumps, push-ups, sit-ups and hill runs.

“CrossFit started out as a Web-based fitness program that a lot of people started doing on their own,” he said. “I think initially it was a lot of athletes, police officers, firemen and military personnel. It sort of spilled over to the mainstream because it’s fun, fast and high intensity. For sure it’s hard work. It’s a very good, well-rounded exercise program.”

While CrossFit is highly intense and designed for athletes or former athletes, Emilio said that the routines can be adapted for people who are just getting back into exercise or who are working to come back after a physical problem. He said the people who do the best are men and women between the ages of 30 and 50 years of age who are physically fit. However, Emilio says he will modify the program for those who need it.

The CrossFit class meets for one hour at Central Park at 6am Monday through Friday and at 8:30am on Saturday. There are also classes at 4:30pm on Monday and Wednesday. Childcare is offered for the afternoon and Saturday classes. The cost is $99 per month for unlimited sessions.

For information about CrossFit Stapleton, call Emilio and Nicole DiPretoro at 303.902.3496 or go to www.crossfitstapleton.com. For more information about CrossFit exercises, go to www.crossfit.com.

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**Cross Fit—A High Intensity Workout**

By Nancy Burkhardt

Emilio and Nicole DiPretoro, owners of CrossFit Stapleton, conduct one of their classes in Central Park. The classes are based on the CrossFit regimen for those who enjoy highly intense workouts.
The Stapleton park-n-Ride is being relocated to the north as planned to permit development of a new DPS school and a residential neighborhood west of the former airport’s parking structure, which will be demolished later this year. The park-n-Ride will be temporarily located at 36th and Quebec until a new multi-modal facility is constructed on Smith Road along the FaTracks rail corridor that will link downtown with DIA.

The Central Park Boulevard commuter rail station is scheduled to open by January 2016, but it is expected that the RTD transfer station will move to that location before the commuter rail is completed. The Central Park Boulevard Station will be located adjacent to Smith Road between Ulster Street and Central Park Boulevard.

The interim facility will provide 1,400 park-n-Ride spaces under the same pay-for-parking policy observed at the current Stapleton park-n-Ride. Customers can access the parking lot from the intersection of 36th Avenue and Ulster Street or Central Park Boulevard and 36th Avenue. The change in site location affects the routes listed at right, with new routings shown on the map above.* Check the RTD website at www.RTD-Denver.com/ServiceChanges.shtml or the August issue of the Front Porch to confirm final changeover date.

Stapleton park-n-Ride Projected to Move on August 22*

**Routes Affected:**
- Route 28 – 28th Avenue Crosstown
- Route 38 – 38th Avenue Crosstown
- Route 40 – Colorado Blvd. Crosstown
- Route 43 – Martin Luther King Boulevard/Gateway
- Route 65 – Monaco Crosstown
- Route 73 – Quebec Crosstown
- Route 88 – Thornton/Commerce City/Stapleton
- Route 105 – Havana Crosstown
- Route AB – Boulder/Denver/DIA
- Route AS – Stapleton/DIA

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**Market Snap Shot**

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By Kathy Epperson

The process of selecting a principal for the new Stapleton 3 school located at 35th and Syracuse is underway. In April, DPS created a School Principal Selection Advisory Committee, comprised of Westerly Creek Principal Jill Corcoran, Bill Roberts Assistant Principal Ruth Buldava, two teachers from Stapleton 3, Brian Weber from the Stapleton Foundation, and five parents. The committee interviewed candidates at the end of April and hoped to have a hiring decision in May.

Though a couple of top prospects were identified during this round, those candidates were hired for other positions in the district. Sophia Briggleb, a member of this committee and of the SUN Education Committee, met with new DPS Instructional Superintendent Robert Woodson on June 15 to discuss the timing for another round of interviews. “DPS expressed hope that with another round of interviews in July, a principal could be hired by the start of the school year,” says Sophia. “While we’re very disappointed not to have a principal selected yet, DPS wants to make sure that the position isn’t filled hurriedly and that the right candidate is found.”

In the meantime, Westerly Creek Principal Jill Corcoran has taken on interim responsibilities for the new school, including hiring staff, ordering furniture and supplies, and managing the feeder classrooms for the new school that will be housed in the Westerly Creek building. Those feeder classrooms for the 2010-2011 school year include approximately 150 students in two EC E, three kindergarten and one first-grade classrooms. Stapleton 3, which will open its doors for the 2011-2012 school year, will add third grade by that time.

To help Jill Corcoran manage these Stapleton 3 students plus the additional 150 students Westerly Creek will enroll for the 2010-2011 school year, a new assistant principal for Westerly Creek is being hired. Space for these additional students is made possible by the temporary relocation of The Odyssey School, which is moving to the Philips elementary school building this summer but exploring opportunities to build their own facility in Stapleton in the future.

At the groundbreaking, Dr. Iris Bigelow, music teacher at Bill Roberts, conducts “Spirit of Stapleton Singers” who performed “Zum Gali Gali,” a traditional Hebrew work song and “Moving On,” a song that included “This School is Bound for Glory” and “When the Saints Go Marching In.”

Stapleton 3 Parents Meeting
Tuesday, July 27, 6:30pm
Location to be determined (Westerly Creek or Bill Roberts) - Check www.stapletonunitedneighbors.org/education or email SUNeducationCommittee@gmail.com

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July 2010 8

Stapleton Front Porch

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LEADING BY EXAMPLE
Moving Forward

While the principal selection committee had hoped to have a new principal in place by early summer, they’ve pleased DPS is doing another round of interviews starting in July with the goal of hiring by mid-August before the start of the new school year. “Stapleton is an outstanding community made up of dedicated parents who envision great neighborhood schools,” says Stapleton 3 PTA president Michelle Boley. “We’re excited to move forward, and we believe a dynamic principal will be selected to lead Stapleton 3.”

Eager to get the input of current and future Stapleton 3 parents regarding programming for the school and other topics, the SUN Education Committee and the Stapleton Foundation are planning meetings this summer that are open to neighborhood parents, starting with a meeting with DPS Instructional Superintendent Robert Woodson on Tuesday, July 27 at 6:30pm. Also joining in the effort are DPS school board members Mary Seawell and Nate Easley.

For more information or to enroll your child in the new Stapleton 3 school, please contact Norma Powers at DPS at 720.423.3326 or norma_powers@dpsk12.org. To stay up-to-date on Stapleton 3, please join the Stapleton 3 Parents Yahoo! Group at http://groups.yahoo.com/group/stapleton3parents Yahoo! Group on Stapleton 3, please join the Stapleton 3 Parents Yahoo! Group at http://groups.yahoo.com/group/stapleton3parents

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Sarah and Randy Eppers, who recently moved to the north Central Park area, came to the groundbreaking because their son will be in the first early education class at the new school and their unborn child will follow soon afterward. They both were marveling at the renderings that show the facilities their children will have access to. They also joked that it will be the safest school in Denver with the regional FBI office across the street.

Nicole Rodarte and Leslie Axvid, Stapleton 3 PTA board members, came with kids and strollers to look over the new site. Both were excited about the Denver Public Schools’ commitment to make diversity a major priority in the new facility.

The Bill Roberts school choir, along with some stand-ins from Denver School of the Arts, opened the program in song. Tom Boasberg, DPS Superintendent, followed with a few opening remarks that outlined just how far this project had come in such a short time period. Nate Easley, president of the DPS Board; Michael Hancock, District 11 City Council Representative; John Lehig, CEO Forest City Stapleton; Denise Burgess, chair of the Denver Urban Renewal Authority; and Mary Seawell, Stapleton resident and DPS Board member-at-large, all spoke summarizing the cooperative effort it took to get to this groundbreaking. Councilman Hancock perhaps best summed up the sentiment of all the speakers when he stated the project has been pushed because, “You do not say no to Mama if you want everyone to be happy.”

No moms or parents of any kind were up at the podium speaking, but their efforts were certainly recognized by all of the speakers at the new E-8 school groundbreaking on June 8. The resounding message was that if it had not been for the grassroots efforts of Stapleton families, the dirt moving would have been years off. As the economy has faltered, the expansion of Stapleton has slowed. The pace of development is not where it needed to be to support bonds being issued for another elementary school. However, the demand for classroom space has already caused overcrowding at Westerly Creek and Bill Roberts schools.

A well-organized grassroots effort led to a cooperative agreement by Forest City, Denver Public Schools and the Denver Urban Renewal Authority to provide financing to build the new school on the land donated by Forest City.

The school will open its doors in August of 2011. Names for the school are currently being considered and one will be chosen in August. The school will have a large playing field, a community garden and many outdoor learning environment amenities. There is a media center in the design that will double as a library and computer lab and serve as a performance center. There are plans to allow the greater community to use the media center. The building is currently being designed to outperform today’s energy code by 20 percent.

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The Bill Roberts school choir, along with some stand-ins from Denver School of the Arts, opened the program in song. Tom Boasberg, DPS Superintendent, followed with a few opening remarks that outlined just how far this project had come in such a short time period. Nate Easley, president of the DPS Board; Michael Hancock, District 11 City Council Representative; John Lehig, CEO Forest City Stapleton; Denise Burgess, chair of the Denver Urban Renewal Authority; and Mary Seawell, Stapleton resident and DPS Board member-at-large, all spoke summarizing the cooperative effort it took to get to this groundbreaking. Councilman Hancock perhaps best summed up the sentiment of all the speakers when he stated the project has been pushed because, “You do not say no to Mama if you want everyone to be happy.”

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Stapleton Moms Get Kudos for Early Groundbreaking

By Jon Meredith

No moms or parents of any kind were up at the podium speaking, but their efforts were certainly recognized by all of the speakers at the new E-8 school groundbreaking on June 8. The resounding message was that if it had not been for the grassroots efforts of Stapleton families, the dirt moving would have been years off. As the economy has faltered, the expansion of Stapleton has slowed. The pace of development is not where it needed to be to support bonds being issued for another elementary school. However, the demand for classroom space has already caused overcrowding at Westerly Creek and Bill Roberts schools.

A well-organized grassroots effort led to a cooperative agreement by Forest City, Denver Public Schools and the Denver Urban Renewal Authority to provide financing to build the new school on the land donated by Forest City.

The school will open its doors in August of 2011. Names for the school are currently being considered and one will be chosen in August. The school will have a large playing field, a community garden and many outdoor learning environment amenities. There is a media center in the design that will double as a library and computer lab and serve as a performance center. There are plans to allow the greater community to use the media center. The building is currently being designed to outperform today’s energy code by 20 percent.

Sarah and Randy Eppers, who recently moved to the north Central Park area, came to the groundbreaking because their son will be in the first early education class at the new school and their unborn child will follow soon afterward. They both were marveling at the renderings that show the facilities their children will have access to. They also joked that it will be the safest school in Denver with the regional FBI office across the street.

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Children from a lower socioeconomic environment often find themselves academically challenged. Many of their parents aren’t fluent in English and so are unable to help them.

This is where Summer Scholars comes in. The award-winning after-school, summer and family literacy programs are offered in 20 Denver Public Schools. The purpose is to aid elementary school students in their reading, math and/or English language levels, and to give them the confidence they need to be high achievers.

Summer Scholars board member and Stapleton resident Kyle Samuel, 40, grew up in the Stapleton housing projects in Globeville. He attended kindergarten at Garden Place Elementary and then moved to Wyman Elementary School.

“I was fortunate in the sense that I was considered gifted or had some academic talent,” Samuel said. “There were a number of kids in the neighborhood whose parents were immigrants. They would have benefited from the work that Summer Scholars does.”

A Family Education Program in Summer Scholars uses adult English-language classes and parent-child interaction to improve reading skills.

“There are studies that exist that show that kids have problems in a lower socioeconomic environment,” Samuel said. “They lose more from being in a lower reading comprehension bracket. I think that reading is fundamental to the success of any student, so when you look at the focus of Summer Scholars, getting kids’ reading levels higher, they will excel in all subjects.”

Summer Scholars offers a Summer Student Achievement program for six weeks in the summer. During that time, students receive three hours a day of reading intervention instruction. They participate in small-group activities that teach and reinforce reading skills. The object is to bring the students to their grade level in reading.

There also is an After School Student Achievement program at partner school sites during the school year. Children have tutors work with them in math or reading twice a week for two hours each session. Instruction is computer-based, and students receive three hours a day of reading intervention instruction. They participate in small-group activities that teach and reinforce reading skills. The object is to bring the students to their grade level in reading.

Kyle Samuel, who grew up in the Stapleton Projects, helps Olivia Mora and Johnnie Ford, 3rd graders at Park Hill Elementary School, with their reading exercises at a Summer Scholars class at the school.

“From my own experience, when a kid is exposed to more of what the world has to offer, it lifts them from a disadvantaged background with greater motivation,” Samuel said.

Summer Scholars works within selected Denver Public Schools. It needs funding to present the programs for elementary students.

The Colorado Childcare Contribution Credit applies to Summer Scholars donations. When a person contributes $1,000 to Summer Scholars, he or she may claim a $500 Colorado Childcare Donation Tax Credit on the state income tax return, decreasing the tax bill by $500. Thus, the $1,000 donation actually costs the donor only $500. However, it provides Summer Scholars with the full $1,000 benefit.

“My goal would be to have Summer Scholars expand so we could include more kids in the program,” Samuel said. “If we are able to reach more kids within the DPS and pull up the collective achievement level of students, it would benefit society. For every kid who doesn’t graduate from high school, it costs society $200,000. In addition to targeting individual kids, we owe it to these kids and society at large by investing in these children.

“The impact that you have on a child by giving them tools for confidence will make them better off long-term. I think that’s satisfying to any person,” he said. “Any time you can expose kids to the other side of the tracks and give them the tools to be successful, that’s just a huge boost.”

For more information on Summer Scholars, visit www.summerscholars.org or call 303.355.0290. For information on the Colorado Childcare Contribution Tax Credit, visit www.colorado.gov and search for Child Care Contribution Credit.
Karen Thies-McWilliams is a 15-year-old Stapleton resident who has two sons: Eric, 22, who will be a senior at Metropolitan State College next fall; and Yancey, 16, who will be a junior at East High School. She has taught psychology at Community College of Denver for the past 19 years, and has 20 years’ experience in social work. She enjoys gardening, walking and attending summer jazz concerts in her spare time.

It sounds like Thies-McWilliams has plenty to do with her days. However, she wanted to accomplish something in the community. So, last July when she read a Front Porch story on the A+ Angels Mentor Program at East High School, she thought she had found a place to realize her goal.

Now in its sixth year, the A+ Angels Mentor Program has more than 70 adult mentors who work with students in grades 9–12 who are struggling with grades, attendance and social activities at East High School.

The mentoring process begins with the adult filling out a form that asks questions about the applicant. A teacher recommends the mentee for the program. Then, commonalities bring together a pair to be mentor and mentee. Thies-McWilliams was paired with 15-year-old Selena Murphy, who will be a sophomore at East High School next fall.

Thies-McWilliams was paired with 15-year-old Selena Murphy, who will be a sophomore next fall. Unlike most mentorships, Thies-McWilliams and Murphy already knew each other.

“When I got her information, her name sounded really familiar to me,” Thies-McWilliams said. “We’ve attended some family gatherings with our mutual friend. I knew her mom and her grandmother. It was OK that we knew each other. I’d always been impressed with her as a young lady. I had an impression that she would do very well.

“My first impression with the program was that I would be matched with someone who was really struggling and had learning problems or truancy problems and lacked support in the family system,” Thies-McWilliams said. “I knew Selena’s mom was really supportive. It was a really positive experience for me this year. She and I are going to meet at least once a month next year. She knows she can call me if she needs anything.”

Thies-McWilliams said her work with Selena has included such projects as editing one of her papers, helping with English literature and writing a résumé for her.

“The mentoring program did a whole support night for how to apply to college and apply for jobs,” Thies-McWilliams said. She set up a field trip for 15 of the mentees to tour Community College of Denver and sit in on one of her classes.

“A lot of the mentees think there are no options available for them,” Thies-McWilliams said. “Community college is good for kids who think they don’t have any options.”

With Selena, Thies-McWilliams talks about techniques and strategies.

“In the beginning, she was very academic-oriented,” Thies-McWilliams described Selena’s personality. “She worked extra hard to do well in her classes. But she was studying all the time. Last year I saw her after school and could feel her relaxing and socializing more often. I would like to think that not only was that an opportunity for her to make changes, but it happened because we discussed more options for her. Academics are important, but high school is for socializing too. I think she is much more rounded. At the end of the school year, she was happier and lighter, and she still maintained her grades.”

Thies-McWilliams speaks very highly of the A+ Angels Mentor Program. The group has a manual for mentors. Speakers and other mentors provide training. There are monthly support groups and ideas and information are emailed to mentors monthly.

“I know that some of the mentors struggled because the mentees struggled," Thies-McWilliams said. “In the future, I would like for Selena to say to me that I was a good support system for her. I don’t think I did anything uniquely different. But I think it’s just knowing that you’re coming that means something to the mentee, even if you feel like you aren’t making a difference.”

Mentors are asked to commit for at least one year. However, many mentors follow their mentees throughout their high school years and into college. The program says that research has proven that struggling students try harder in school when they have adult mentors.

For information or to apply for mentorship in the A+ Angels Mentor Program at East High School, contact Jessica Pearson at: jpear2071@msn.com.
By Marko and John Babia
Pablo Mastroeni holds the distinction of being the only Colorado resident and current Rapids player to be selected to two US World Cup soccer teams. He started playing soccer at a 5-year-old with the Phoenix Sunnyslope Cubs. Twenty years later, he earned his first spot on the US National Team that played in the 2002 World Cup games in Japan and Korea.

In 2006, he joined the Yanks again in the Germany World Cup games. Recently Nature Ranger Marko veered off a familiar short grass prairie trail at the Rocky Mountain Arsenal National Wildlife Refuge and made his way to the even more familiar green grass turf of Field 20, at the nearby Colorado Rapids stadium complex. There, he met with the Rapids team leader and had the privilege to interview him before the US played Algeria in Game Three. They talked about his World Cup experiences and more. Following are some excerpts from that conversation:

Pablo, did you ever dream of playing on a World Cup team?
Yes, I did, after I saw the 1986 World Cup games in Mexico. Being from Argentina, my father and I watched every game. When Argentina won the Cup, I told my dad that when I grow up, I want to play for the United States.

Tell me why you think you were selected to play on the 2002 and 2006 US World Cup teams.
I worked really hard and pushed the players in front of me. I was a fringe player and just came to practice every day, and wanted to get better. I believe that Coach Bruce Arena saw my hard work and valued a player like myself on his 23-player roster.

How did you learn that you were selected for the 2002-2006 teams?
I did not have a clue that I would make the 2002 team. Coach Arena called me and told me that.

Rapids’ Captain Pablo Mastroeni takes aim during a Rapids practice.
me that I made the team. He told me that I was selected because of my hard work and more importantly, that I could get along with all the other players in the locker room. I fit that bill.

In 2006, I earned my spot after four years of development with our National Team. I was pretty much a mainstay at the time. Coach Arena called me again and he said that he selected me to the 2006 team.

How did you celebrate?
I shared a nice dinner with my wife and we enjoyed a glass of wine!

How did you feel representing the US on the world stage?
One of my biggest dreams as a kid was to play in the World Cup. After all of the hard work of playing soccer in elementary and high school, college, and even professional soccer, I reached my dream. The moment that the national anthem plays you realize that you are at the World Cup representing not only your Club, but your family and the country that supported you along the way; it is truly one of the greatest feelings that one could have.

Share a special memory of playing in a World Cup game.
It was in 2002, two days before our first match against Portugal. I was not selected to play on the first team and I learned that Claudia Reyna went down with an injury. The night before the game, Coach Arena called me his room. He told me that I was going to be in the first 11 lineup. Portugal was heavily favored, ranked 4th in the world and we were ranked lowly 25-26 in the world. Somehow we put together a magical performance and beat the big bad Portuguese. That win set our momentum in motion and we went all the way into the quarter finals. That was my greatest moment.

Is it hard for a World Cup team to gel because the players come from so many different teams?
Yes it is. It is really hard for the players to gel, especially those that play the biggest clubs in the world. You have a lot of big egos involved. They all want the ball and everyone wants to play for the biggest clubs in the world. You have to find ways get far into the tourney and do it as a team.

How does the head coach bring the team together?
I think that it is a process. The coach goes through a long arduous elimination process that starts with the qualifier games. It takes a lot of travel, mixing and matching players, seeing which personalities work together, which ones don't. Sometimes you have to give up some talent to make sure that you have cohesiveness in the team. Teams like Brazil and Argentina have not only had great players on their squads, but also have had great team chemistry. I think that is the most important factor in the World Cup.

Which player are you especially looking forward to watch?
The obvious one is for me is Argentina’s Lionel Messi. I think that he is a player that can change the game at any minute. Everyone holds their breath when he gets the ball and waits to see what he will do next. He is the most exciting player in the Cup and the one that I enjoy watching.

Why is the US having trouble in their start?
That is a good question. I think that there are a lot of expectations for the U.S. Team this year. To be honest, the U.S. as a country and as a team in these events has always enjoyed the position of being the underdog. Psychologically, when you become one of the favorites in the group you are playing from a different perspective and are expected to come out, make the game, and hold off your opponents. I think we feel more comfortable playing a team like England, and even if we are down a goal, the American spirit overrides our bad play, and we find a way to get back into the game. Once we give up an early goal we become the underdog and become comfortable. Once we accept the role of a favorite in these tournaments or in group play, that is when we will really achieve the kind of goals that we want. We have a great team and I believe we will find ourselves deep in the Cup.

Marko Babia (9) is a Stapleton resident. He plays soccer for the Colorado Pioneers Soccer Club. He also trains in the Colorado Rapids Center of Excellence. Not surprisingly, he dreams of playing on a future US World Cup Team too. John Babia, his father, is his biggest fan. They can be reached at NatureRangerJohn@aol.com.

Pablo Histrion greats Marco before the interview.
team that consists of a neonatologist, nurse practitioner and nurses. The primary team will interact with the parents on a daily basis.

The baby’s parents are part of the team at Children’s Hospital’s NICU. “We provide a patient care model where we involve the family very much in the care of the patient,” Groover said. “They participate in daily rounds as a care team.”

Alisa and John Thomas are parents of twins Amelia and Ian, who will be four years old in August. The twins were born 12 weeks early. Ian weighed only 1 lb. 13 oz. and Amelia was 2 lbs. 5 oz. “Amelia basically just needed to learn how to eat and grow,” Alisa said. “Ian, however, was a lot sicker. He had pulmonary hypertension and chronic lung disease. He was in the NICU five months. He came home for two weeks and then went back into the Pediatric ICU. Amelia was in the NICU for three months.”

The time was especially stressful for Alisa and Jim. They coped by leaning on family, friends and co-workers. “We developed a very trusting relationship with the nurses and doctors in NICU,” Alisa explained. “We quickly learned to trust them and felt like they made us a part of the team. When the doctors came around every morning for rounds, they asked us how we thought the babies were doing. We were asked for our questions about the medical plan for that day and the terms of the next step.”

Parents of NICU patients can expect a roller-coaster ride, Alisa said. “The Thomases didn’t have much privacy in the NICU before Children’s Hospital moved. However, now that the hospital has moved to Aurora, most of the babies have private rooms and spaces with space for the parents to sleep. There also are rooms set up for twins.”

Alisa is a licensed clinical social worker at Children’s Hospital, and Jim is a registered nurse in the Children’s Hospital Emergency Department. However, having medical knowledge wasn’t always stress-relieving. “The most difficult thing for me was knowing too much about what was going on,” Jim said. “I kept track of the meds. Ian was on several meds. There was a point when they were doing a procedure where his heart could stop. I got anxious. I was able to be aware of how significant things were getting better, but I just knew the rougher roads were ahead still.”

Jim advises parents with babies in NICU to “take care of themselves. It’s simple things like sleeping and eating,” he said. “I didn’t do them. It increases your stress levels and you get sick and won’t be there for your sick child.”

“Be involved with the medical team, asking questions and engaging yourself with that process,” Alisa advised. “Just being there with your baby as much as you can be is important. It’s very, very hard to sit there all day long, especially in the early days when you feel helpless, but I think it’s important for you and the baby.”

Today the twins are doing well, according to their parents. They have just finished their first year of pre-school. Ian has lingering health problems, using oxygen at night. He still has a feeding tube, but is learning to eat. Otherwise, no one would know the twins were preemies, their mother said.

Twins Amelia and Ian Thomas, almost 4, attend the annual NICU reunion where the staff can see how the sick babies have become healthy happy children. Alisa Thomas looks on as her husband John Thomas holds out his wedding ring. In the photo at left, the same ring illustrates the size of Amelia’s wrist when she was an infant.
By Nancy Burkhart

If your bike has taken on a noticeable limp, if it needs a part replacement, or if it just needs a tune-up to get it back in riding condition, then check out The Bike Depot at 2825 Fairfax St.

The Bike Depot is a nonprofit organization that was established four years ago to get people started riding bicycles to get into shape and improve their health.

Still operating on that premise, people can go to The Bike Depot and fix their own bikes for free, using the bike shop’s tools. If replacement parts are needed, The Bike Depot sells them.

“We have volunteers, several that are certified mechanics, along with the shop manager, Chandler Snyder,” said Mitch Plum, marketing chair of The Bike Depot’s executive board.

“Another option is that you can sign in at the shop and someone would work with you on the bike. So, people are working on their own bikes under supervision,” he said. “We do repairs on bikes for a fee. We also do tune-ups.

“We have expanded what we’re doing into a neighborhood bike shop,” Plum said. “That’s how we’d like to be seen by our neighbors in Park Hill and Stapleton. We’re starting to do more of the service and retail efforts to support the nonprofit mission. We refurbish used bicycles for resale. Recycling is one of the important things people should be aware of.”

Bicycle mechanics classes also are offered. Besides the Fix-a-Bike Program, The Bike Depot also has an Earn-a-Bike Program for people who may not be able to afford to get a bicycle otherwise.

“You earn a bike by volunteering or doing community service,” Plum explained. “With kids, we make sure they get some bicycle education, some training. They have to want a bike badly enough to expect to do something in return.”

People are asked to donate bicycles that will be refurbished and given away in the Earn-a-Bike Program.

“We take any bike,” Plum said. “We don’t care what condition bikes are in. Bring them in during open hours. We will refurbish them for resale to support the program. They also support the Earn-a-Bike Program. We recycle parts for people who can use the parts. If the bike or its parts aren’t usable, we recycle the metal. We’re pretty green. And, we’re tax-deductible.

“We have a full-service bike shop for all people’s biking needs,” he added. “We sell new bikes and can order what anyone wants. We also have bike carriers for kids. We do retail parts, too. We can advise on the kind of bike you might want to fill your needs. Our staff’s very knowledgeable.”

“Volunteers have all kinds of opportunities—in the shop to turn wrenches or to do outreach events like the People’s Fair and the MLK Ride,” Plum said. “Other events are coming up. We also have committees to serve on.”

The Bike Depot is open for retail from noon to 7pm on Tuesday and Thursday and from 11am to 5pm on Saturday. The Fix-a-Bike Program is open from 4–7pm Wednesday and from 11am to 5pm on Saturday.

For information about The Bike Depot, go to www.thebikedepot.org or call 303.393.1963. Potential volunteers can go to this website or to www.myvolunteerpage.com. Go to the area for volunteering in Denver and The Bike Depot will come up.
Volunteers are needed for the day of the parade. Email parkhillparade@gmail.com or call 303.918.6517 to be a volunteer. The event is being planned by a group of Park Hill neighbors and residents. Justin Bresler, a Park Hill resident for more than 10 years, initiated the event.

Free Walking Tours of the Denver Union Station Project, Jul. 15, Aug. 18, Sep. 16
The Denver Union Station Project Authority (DUSPA), Regional Transportation District (RTD) and Union Station Neighborhood Company (USNC) will be conducting free walking tours of the Denver Union Station redevelopmentsite this summer. The tours will be held at 4:30 p.m. on the third Thursday of the month—July 15, August 18 and September 16. The one-hour tour will depart from the main entrance of the historic station on Wynkoop Street.

The walking tour will include information on the storied history of Union Station from the late 1800s to the present day including early station buildings and famous travelers.

**Event subject to change**

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who visited Denver by train. Visitors will also learn about the new Union Station Neighborhood and its transformation of downtown, get an update on the expansion of RTD’s transit services coming to the area, and witness firsthand the construction of the largest transportation redevelopment project in North America. Participation is limited to 25 people per tour. To reserve your spot, call 303.592.5462.

Stapleton Community Garage Sale, July 17

The Fifth Annual Stapleton Community Garage Sale will be held on Saturday, July 17, from 8am to 1pm. A map of garage sale locations will be posted on the website. To be included on the map, register by July 10 by emailing GarageSale@BuildingStapleton.com and include: 1) contact name, phone number and email address (for use in communicating only and will not be shared); 2) street address; 3) where you will have your sale (alley or front); and 4) the two or three main things you will have for sale, e.g., “furniture and lawn equipment,” “baby clothes, toys, and computers.” Limit description to 10 words or less. For more info, see the FAQ page on the Garage Sale website (BuildingStapleton.com/garagesale) or email GarageSale@BuildingStapleton.com.

The Denver Children’s Advocacy Center (DCAC) will have a donation truck in Stapleton to collect unsold items (no appliances or mattresses) for donation. Collections will be at the CTEK Building (MLK Blvd, just west of fire station) on Saturday, July 17 from 12-3pm. DCAC is a 24-hour free trauma service to child victims of violent crimes and abuse. For more info on DCAC, go to http://www.denvercac.org/.

Have “A Mighty Kid Time” at 15th Annual KidSpree July 17 & 18

The city of Aurora’s KidSpree festival will be held from 10am to 5pm July 17 and 18 at the 35-acre Bicentennial Park, 13655 E. Alameda Ave. KidSpree, Colorado’s largest outdoor festival just for kids, features more than 50 hands-on activities and entertainers, and admission is free. The theme for the 15th annual event is “A Mighty Kid Time,” and many of the activities relate to discovering the superheroes in all of us. In addition to the numerous art activities, inflatable rides, giant maze, giant sandbox, Tin Town and life-size board games, this year’s festival will feature parkour demonstrations and workshops, party hat decorating, performances by the nationally acclaimed children’s entertainment duo Dana & Rowdy, and much more. Parking is free at the Town Center at Aurora’s southwest parking lot, with a free shuttle transporting visitors to the park located at East Alameda Ave. and Potomac St., just west of Interstate 225. For more info, call 303.326.8FUN or visit Auroragov.org/kidspree.

KidSpree is produced by the city of Aurora’s Cultural Services Division, and sponsored by the Scientific & Cultural Facilities District, The Children’s Hospital, Your Neighborhood Toyota, State Farm, Rural/Metro Ambulance, Old Chicago, MomsLikeMe.com, Radio Disney AM 1690, ColoradoKids.com, 92.5 The Wolf, Mix 100 and The Aurora Sentinel.

The Denver Children’s Advocacy Center

The name’s eGo CarShare, and it’s a name worth remembering. Because thanks to this membership service, Stapleton’s many RTD riders and other green-thinking residents are now eligible to borrow a sleek, two-efficient hybrid as affordable back-up transportation.

(Consider it good “commo” for being eco-conscious!)

Find out how to qualify for an eGo CarShare membership today: www.carshare.org

Hey, RTD riders, who’s your new little travel buddy?

The Sweet William Market is held on the Green the last Saturday of the month from May through September from 9am until 2pm.

Throughout July—Biennial Events to Celebrate Latin American Art & Culture

Latin American art and culture will be offered at the “Biennial of the Americas” to be held in the McNichols Building in Civic Center Park, 144 W. Colfax Ave., during the entire month of July. Works by Latin American artists will be displayed and Latin American musicians will have performances. Exhibits also will be at the Denver Botanic.

(continued on page 18)
Stapleton Front Porch July 2010 18

Gardens and the Denver Museum of Nature and Science. As part of the month-long celebration, The Americas Roundtable series will take place on July 6, 7, 8, 12 and 28 at the Ellie Caulkins Opera House in the Denver Performing Arts Complex. The series will offer sessions on trade, education, energy and climate change, philanthropy, poverty reduction, health and women in leadership, as well as a Summit of Former Heads of State and a Bilateral Summit of Ambassadors. Participants will include: U.S. Secretary of Labor Hilda Solis and U.S. Secretary of Transportation Ray LaHood, along with 14 former heads of state including Peru’s President Alejandro Toledo and Mexico’s President Vicente Fox.


Free “Summerfest” activities are held every Friday from 4-8pm on Main Street at Northfield. One of the booths in a recent Friday night street fair showed off locally-raised alpacas.

6th Annual Dist. 11 Unity Event & Community Picnic, Saturday, July 24

Guy Councilman Michael Hancock and the Foundation for the Next Frontier present the 6th annual District 11 Unity Event & Community Picnic, Saturday, July 24, 4-8pm, at Central Park in Stapleton. The public is invited to this event, which offers free food and entertainment. The picnic is Councilman Hancock’s way of saying thank you to the residents of District 11, which includes Stapleton, North Park Hill, Green Valley Ranch, Montbello and Parkfield. The event is sponsored by Advance America cash advance, US Bank, Barclays, S.A. Mirto, Inc, Denver Fire Dept., Denver Police Dept., and Denver Sheriff’s Dept.

Orchestra to Perform in Central Park, July 18

The Colorado Symphony orchestra will give a free performance of the following music in Stapleton’s Central Park at 7:30pm on July 18.

Glinka Overture to Russian and Ludmilla

Berlioz Roman Carnival Overture

Bartók Hungarian Rhapsody No. 2

Brahms Hungarian Folk Dances

Dvořák Symphony No. 8, Mvt IV: Allegro ma non troppo

Stapleton’s First Beer Festival

Stapleton’s first Beer Festival, featuring local microbreweries, was held in the Green on June 26. An estimated 750-1000 people participated in the beer sampling, and the total crowd was estimated to be over 1,200 people. Deja Blu and Wendy Woo provided live music for the event.
DENVER AREA 4TH OF JULY CELEBRATIONS

7/3 Saturday- Civic Center SOUNDSCapes: Independence Eve. 8:30pm. FREE community concert featuring patriotic favorites by Colorado Symphony Orchestra, with light show and fireworks. Denver Civic Center Park. www.coloradosymphony.org

7/3 Saturday- Fireworks. Cherry Creek Arts Festi-
val; Fillmore Plaza, www.cherryarts.org

7/3 Saturday and 7/4 Sunday- Fireworks. Coors Field after the Rockies games. www.rockies.mlb.com

7/4 Sunday- City of Aurora’s 8th Annual Independ-
ence Day Celebration. 6pm, Aurora Municipal Center, 1513 I 2nd Avenue, Aurora 80012

7/4 Sunday- Olde Town Arvada Spirit of America 4th of July Festival. FREE family-friendly events, classic car show/vehicle display at dusk. www.arvadasfestival.com

7/4 Sunday- Old-fashioned 4th of July Celebration at Four Mile Park. www.fourmilepark.org

7/4 Sunday- Blues Traveler. Red Rocks Amphitheatre. 7:30pm. www.tickethorse.com


7/5 Monday- Symphony on the Rocks. 7:30pm. Red Rocks Amphitheatre. Celebrating patriotic favorites from Concerts in the Park. www.redrocksonline.com

CONCERTS

7/14 Wednesday- Carole King and James Taylor. Pepsi Center, 7:30pm. www.tickethorse.com

7/17 and 7/30. 7401 E 1st Ave in Lowry. Live Music at Soiled Dove-

DENVER EVENTS

7/1 Thursday to Sunday 7/3- Denver Biennial of the Americas. Various venues throughout Denver. Celebrates art, culture, ideas from 33 Western Hem-
sphere countries at one of biggest Denver cultural happenings over www.biennialoftheamericas.org for

7/2 Friday- First Friday Art Walk, Santa Fe Arts District. www.artsdistrictsanteafe.com

7/2 Friday to 7/31- Art Exhibition: Rob Williams and Siri Holland. Opening/artist present Thurs. 7/8, 5-8:30pm. FREE. 1740 Wazee St. www.translategallery.com, 303.629.0717

7/3 Saturday to 7/5 Monday- Cherry Creek Arts Festival. Cherry Creek Nordi, www.cherryarts.org

7/4 Sunday to 7/9 National Veterans Wheelchair Games. Various venues/times; largest such event in world; spectators needed! Venues/times: www.wheelchairgames.va.gov


7/10 Saturday- Drums Along the Rockies. In-

AUGUST EVENTS

7/10 Saturday - 4th Annual Blues and Brews

7/11 Sunday- Denver Civic Center Walking

7/17 and Spyro Gyra on 7/30. 7401 E 1st Ave in Lowry.

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DENVER EVENTS (continued from page 19)

HEALTH AND WELLNESS
7/10 and 7/24- Shabbat Meditation at Temple Emanuel - 9:30-10:15 am. For info on programs, check events calendar at info@TTWalks.com. RSVP: Lil Shaw, 303.316.6359.
10am. Jewish Community Center, 350 S Dahlia St.

7/6 Tuesday-Tibet. 10am. Jewish Community Center, 350 S Dahlia St. RSVP: Lil Shah 303.316.6359 or events calendar at info@TTWalks.com.

7/12 Monday- King Tut. 2:30-3:30pm. Springbrook, 6000 Eastdale Dr. RSVP: 303.331.9963.

7/5 Tuesday-South Africa: Journey from Apartheid. 12:30-1:30pm Tattered Cover, 2526 E Colfax.

7/2 Tuesday-The Pine Beetle Infestation. 11am-noon, registration 10:45am. Temple Emanuel, 315 S Grays St.

7/3 Tuesday-Native Americans of Colorado: Biography of a City. 5:30-6:30pm Tattered Cover, 2526 E Colfax.

WALKING CONVERSATIONS
FREE urban park Walking Conversation events. RSVP: Meetup.com/TTWalks, Fran Rew: 303.321.1064 or events calendar at info@TTWalks.com. Free, open to all.

2:30-3:30pm. Springbrook, 6000 Eastdale Dr. RSVP: 303.331.9963.

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7/2 Friday- New Release: Despicable Me
7/3 Saturday- Introduction to Fly Fishing (Every Sat. in July)
7/4 Saturday- Women’s Fishing Clinic.
7/6 Tuesday -Tuesday Tots: Fish-ology.
7/8 Thursday -Home on the Range.
7/9 Friday- Beginning Archery (Every Fri. in July)
7/10 Saturday- Basic Pistol Handgun Safety seminar.
7/11 Sunday -Bike the Refuge.
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7/12 Sunday -Bike the Refuge.
7/15 Thursday -Guided Refuge Hike.
7/16 Friday- New Release: The Last Airbender
7/17 Saturday -Guided Moonlite Stroll.
7/18 Sunday -Sunrise Nature Photography Tour. 6-9am.
7/19 Saturday -Fly Fishing in Denver.
7/20 Saturday -Wells Fargo Hike MS at Copper Mountain Resort.
7/21 Saturday -Guided Birding Hike, 8-11am. Bring binoculars and cameras.
7/22 Sunday -Fishing for Walleyes (Every Thurs. in July)
7/23 Friday- The Revenge
7/24 Saturday- Guided Moonlite Stroll, 700 to 8:30 p.m.
7/25 Sunday -Ranger Read-a-Long. Storytime under great eves kitchen. 11:30am-noon.
7/27 Tuesday- Tuesday Tots: Fish-ology. 10-11am.
7/28 Friday- Sunset Nature Photography Tour. 5:30-8:30p.m. FREE. UC Hospital Stapleton Physical Therapy, 3035 Rollain St. #10 Pre-registration required: 720.848.9010. Subsequent classes $40 for 4 classes.

Weeks of 7/12, 7/19, 7/26 and 8/2, Stapleton All Sports Summer Camp. Soccer/football/basketball/handball/harmonica (boys/girls ages 4-10). 9am-12pm. $150/week or $50/week w/ Gabe Hurley, stapletonallsports@gmail.com, 720.965.6642

7/24 Saturday- Wells Fargo Hike MS at Copper Mountain Resort. Colorado Chapter, National MS Society’s new Hike MS event at Copper Mountain Resort. Registration free, minimum fundraising commitment $50 per hiker. hikeMScolorado.org to register.

THEATER

Every other Wednesday- Wacky Wednesday Comedy, doors open 7pm. Show starts 8:30pm. Shadow Theatre Company. $5 advance/$10 door (seating not guaranteed).


7/10 Saturday- Annual Sunrise Tai Chi Camp. Colorado Chapter, National MS Society’s new Hike MS event at Copper Mountain Resort. Registration free, minimum fundraising commitment $50 per hiker. hikeMScolorado.org to register.

7/15 Thursday-Guided Refuge Hike. 8-10am.
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7/17 Saturday-Women’s Fishing Clinic. 8-11am.
7/19 Saturday- Flying Fishing in Denver. Kerry Garagan, Owat Fly Fishing Manager shares his knowledge. 7-8pm Adults.
7/20 Saturday- Sunrise Nature Photography Tour. 6-9am.
7/21 Saturday- Guided Birding Hike, 8-11am. Bring binoculars and cameras.
7/23 Friday- Bike the Refuge. 8:00 to 10:00am. 7/24 Saturday- Guided Moonlite Stroll, 700 to 8:30 p.m.
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I am determined not to fall into the whining-about-my-aches-and-pain crowd. I will not go on any cruises or bus tours. I will not take any senior citizens discounts (for a while at least). I won't play bingo or shuffleboard. I won't join any groups specifically for seniors. Finally, I will never open any mail from AARP no matter how much of a discount I get because I am old.

I will try my best not to let my age keep me from doing the things I want to do. I want to climb more 14ers and do as much of a discount I get because I am old.

When I think back on what my parents were like when they were my age, I remember thinking and still think "man, they are old." Back then, I really did not expect them to live much longer. I try to tell myself how much different I am than they were, which is simply a perception issue and not reality.

There are no longer any professional sports players my age. Where have you gone Castro Hower and Sachel Paige? A few short years ago, I would get canned when I ordered a beer; recently I was asked if I wanted a kid's drink! As the situations get more and more fantastic, no one ever realizes that Liam isn't just a kid—even when he is put in charge of a rocket to outer space! This book is exactly the fun stuff that you want in your library. We have created a special page on the Denver Public Library's website where you can submit your suggestions for the new library. You can find it at: kids.denverlibrary.org/mynewlibrary or denverlibrary.org/mynewlibrary. Kids who enter suggestions will also be entered to win a branch prize. The Stapleton branch library is expected to open in early 2012.

While you are thinking of your favorite books, here are some suggestions of more great books you can check out this summer from the Denver Public Library.

Meanwhile: Pick Any Path. 3,856 Story Possibilities by Jason Sjoa — for all ages
Choose your own adventure hybrid in this cool graphic novel that provides hours of entertainment as readers start with a simple decision—what flavor ice cream to eat—that leads them down all different paths to adventure or disaster. Cover: by Frank Cottrell-Boyle — for ages 10 and up

Twelve-year-old Liam is tall for his age; in fact, he often gets mistaken for a grown-up. So when Liam is mistaken for a dad and offered a top-secret trip to the best theme park ever, he immediately accepts! Now Liam just has to convince his parents that he's going on a really long field trip and convince his best friend to pretend to be his daughter. As the situations get more and more fantastic, no one ever realizes that Liam is just a kid—even when he is put in charge of a rocket to outer space! This book is laugh-out-loud funny. Finnikin of the Rock by Melina Marchetta — for ages 12 and up
Finnikin's people have been banished from their kingdom by a curse and are forced to wander as exiles, starving and sick, always looking for the prince who might come to save them. Joined by a royal guard, a mysterious girl and a growing number of exiles, Finnikin will attempt to lead his people back to break the curse. This fantasy novel is full of adventure, romance and battle scenes. The Enemy by Charlie Higson — for ages 15 and up
A plague has swept the world, changing adults into child-eating, zombie-like creatures. A group of kids in London has to make their way from their temporary shelter to a new kid-run society that has been set up in Buckingham Palace, all the while battling flesh-hungry adults. This one is not for the faint of heart, but is a fast and action-packed read. Gwen Vanderheide is the children's collection specialist at the Denver Central Library.
Vitamin D: What’s the Real Deal?

By Bridget Walsh, MD

I

If you’ve had your annual physical already this year, you probably had your vitamin D level checked for the first time in your life. The Vitamin D Council describes an “epidemic of vitamin D deficiency in the United States.” A recent study by Adit Ginde, MD, MPH, assistant professor at University of Colorado School of Medicine, showed that 7 out of 10 pregnant women are not getting enough vitamin D. Another study examining vitamin D deficiency and pregnancy found that deficient women were 4 times more likely to deliver by cesarean section.

Vitamin D is actually a hormone, not a vitamin, because the active form circulates in the blood and affects the activity of genes. It exists in three forms depending upon the level of processing. Cholecalciferol (D3) is the natural form, which is produced by human skin (dog hair and bird feathers too) when there is exposure to UVB sunlight. Calcitidol (25D3) is the second form of vitamin D, which is processed in the liver and becomes the storage form of the vitamin. Calcitriol (1,25D3) is the final active form of the vitamin, which is processed in the kidney.

Vitamin D functions in the maintenance of calcium and phosphorus levels in our bloodstream and supports strong bones and teeth. Appropriate vitamin D levels help prevent osteoporosis, high blood pressure, some autoimmune diseases, and possibly some cancers. The two classic vitamin D deficiency diseases include osteomalacia and rickets. Rickets causes skeletal deformities in children whereas osteomalacia manifests as muscle and bone weakness in adults. The populations who seem most at risk include the elderly, obese, those with limited sun exposure, cystic fibrosis and Crohn’s disease, which are associated with decreased vitamin D levels. A large number of pregnant women are also deficient in vitamin D. Many current research is being done, but preliminary findings suggest that vitamin D deficiency in pregnancy found that deficient women were 4 times more likely to deliver by cesarean section.

This may be the key to improving outcomes for the mothers and babies. Vitamin D is essential for bone development and calcium absorption. “Recent research has suggested that vitamin D deficiency in pregnancy may lead to placental insufficiency, which in turn may be associated with preterm delivery.” A 2008 study by Chandra et al. found that vitamin D insufficiency or deficiency was associated with a 4 times greater risk of preterm delivery.

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One month. The key principle to Canada thistle control is to apply herbicides generally makes sense. Some other weeds that are controlled include dandelions, Canada thistle can also be moved with soil disturbance. Seeds but seed is more responsible for long distance travel. Local spread within and between yards (even under privacy fences) is possible for long distance than seed but seed is more responsible for long distance travel. Local spread within and between yards (even under privacy fences) is important to look for signs of your doctor if you are considering higher doses of this vitamin. Although toxicity is rare for healthy people, certain conditions such as occult cancers, primary hyperparathyroidism and sarcoid can predispose you to vitamin D hypersensitivity. A moderate ingesting vitamin D (200 IU) of vitamin D. Much current research is looking into additional health benefits of vitamin D. Some areas of interest include prevention of incontinence and pelvic floor relaxation in women, prevention of preterm labor and delivery, and decreased risk of pregnancy-specific high blood pressure (preeclampsia). Clearly, more research needs to be done, but preliminary findings suggest that vitamin D plays very important roles in our overall health, and that since levels vary greatly from person to person, ask your doctor about having your levels checked.

Bridget Walsh, MD, is a partner at Rocky Mountain OB-GYN. She studied nutrition as an undergraduate and completed a fellowship in minimally invasive surgery. She runs every morning in Stapleton with her boyfriend Andy’s Dog Titan.

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Stapleton and Denver’s Neighborhoods

By Andrew M. Schurger

On a recent trip to New Orleans with some friends, I was struck by how much the idea of neighborhoods played into our plans. Our hotel was in the Central Business District. We took an endless walk through the French Quarter, spotting some celebrities in the French Quarter and finished up listening to music in Tremé, a lot to do in a day. Each neighborhood had its own specific feel. The streets of the French Quarter breathe with history and swell with the tourists who, for maybe just a weekend, try to be a part of it. Just as New Orleans has its districts and quarters, Denver has its less nationally famous neighborhoods like Stapleton, Lowry and Wash Park, to name a few.

One of my responsibilities as a SUN board member is to sit as a delegate on Denver’s Inter-Neighborhood Coopera-tion or INC. This group is made up of representa-tives from all of Denver’s registered neighborhood or-ganizations or RNOs. This group meets monthly, rotating throughout the city so delegates can all get ex-posure to what the city has to offer. Meetings are open and everyone is invited. The purpose of the organization is to provide a voice for our neighborhoods and keep everyone up-to-date about what is going on throughout Denver. Meetings are usually attended by approximately 60 people from both RNOs like SUN or business or-ganizations. Of course, the usual suspects are repre-sented such as LoDo and Capitol Hill, but there are dozens of other neighborhoods that make the papers far less often such as Elyria or Humboldt Street.

The issues that normally take up these meetings run the gamut. There is discussion of zoning ordinances, RTD changes or developments and upcoming events in the parks. Many of the problems I hear raised at these meetings are the same ones we find in our community, but on a much larger scale. Just as the issue of the mar-ijuana dispensary was heating up here, the same discus-sion was taking place around the city. INC brings together representatives from the city to provide a voice for the neighborhoods as a whole. It is one of the few citywide organizations that address all issues and not just a focused topic. Not only are the representatives present, but often representatives from the mayor’s office, RTD and the Parks and Recreation department are present to hear concerns and clarify any of the common misunderstandings that arise when dealing with public policy. The representatives may not always agree, but the organization serves its purpose and the people’s voices get heard.

Since Denver was established, the various neighbor-hoods have been slowly emerging as people settled and moved here. Some neighborhoods have annual events such as the Kickball Festival, block parties, the neighborhood garage sale and our summer movies and concerts. We are also al-ways trying new things like the first Stapleton Beer Festival this June and the Dog Daze event last Sep-tember. As a community grows and settles into its character, we slowly create well-established, city-recog-nized events and we will become part of our col-lective community.

Unlike most neighborhoods that have been es-tablished in Denver, we have something to guide our growth, the Green Book. Many of us moved here drawn by the principles advertised in the Stapleton Master Development Plan of educa-tion, employment, open space, housing, diversity and sustainable development. We wanted a good mixture of homes, parks and commercial areas. As a relatively new member of SUN, I have attended meetings where community members have raised concerns that what was set forth by the Green Book is not actually happening and as a commu-nity redirected our growth. To be a part of this process is something that is not found everywhere and makes our community unique.

My wife and I moved here two and a half years ago because, like many others, we liked the look of the neighborhood, the idea of a sustainable community and we felt it would be a good place to start a family. We have seen Stapleton grow in the short time we’ve been here and hope to be here long enough to watch the babies in jogging strollers move to Big Wheels to bikes and then to used Priuses. We may never have the antebellum history or the national recognition that some neighbor-hoods have, but we have a goal and as a commu-nity we can stick to it, stay involved and guide our neighborhood into being one of Denver’s great neighborhood institutions.
To the residents of Stapleton, S.U.N. and Joan Cymotte, 
Joan Cymotte’s salient Letter to the Ed-
tor, “Speeders on 26th Ave...”, is right on! This narrow, ugly and badly planned strip of asphalt on the southeast end of Sta-
pleton just begs drivers to maximize their speed. The two parallel roads north and south of E. 26th (E. 25th & E. 28th) on the more affluent interior of Stapleton have stop signs on every other intersection. E. 26th has one stop sign between Iola and Fulton Streets. That’s the only stop sign in six blocks followed by another eight unim-
peded blocks to Beeler Street. E. 26th is the road from hell in an otherwise coher-
ently designed residential plan. Small won-
der there’s more than half a dozen homes for sale on this street.

In March, I contacted the Denver Traffic Engineering Department. Their agent came out to monitor the volume and speed of the traffic on E. 26th. Ms. Sawakoed of the Traffic Department summed up the situation with a specious email stating that the “traffic vol-
umefluctuated an all way stop.” Then she stated that there was no need to discontinue the stop or to install a traffic camera -”...so they too could follow another, ambivalent, scripted response.

Joan Cymotte is right. E. 26th is a dan-
gerous street. However, this apocryphic piece of asphalt won’t be safer with the addition of more stop signs. Proper street design was not implemented on this street. The street is too straight. There’s no shoulder. Intelligent streets in neighborhoods that value people above cars have curves that discourage speed and other features that calm traffic.

I have worked at The Children’s Hospital in the Intensive Care Unit for 20 years. I have cared for many hundreds of children with brain and spinal injuries who were victims of “Car Accidents.” Bad street design is not an accident. My preference would be to “De-
pave” the street and replace the asphalt with an unpaved, tree-lined park. This space would gain value as a peaceful retreat from the noise and hazards the present situation presents to children, pets, walkers and cyclists and homeowners. The expense of this ex-
declaration would certainly be less than the cost of a three-month ordeal in an I.C.U.

Sincerely, Jim McDonough, R.N., R.R.T.

POLICE REPORTS

By Amy Eaton

A number of you may have already heard we had a Theft from Motor Vehicle crime spree during the early morning hours of June 21, 2010 in Staple-
ton. At this time detectives are working on 20 plus cases of Theft from Motor Vehicles and one instance of a Stolen Motor Vehicle. The suspects broke out the windows of ve-
cicles and grabbed what they could out of the vehicles parked on the street and in driveways. There was also an instance of Felony Menacing where a home owner con-
fected the suspects as they were committing theft from a motor vehicle and what is described as a shotgun was pointed at the home owner. This is still an ongoing investi-
gation so suspect information is limited. The suspect information at this time is un-
known age or race males. We have been given two descriptions by witnesses of the suspects, one description was of a 16-17-year-old black male and unknown age white male, and an-
other description was of two unknown age Hispanic males. The suspects were seen in a midsize silver pickup truck, unknown license plate.

Again, we remind homeowners to keep their vehicles locked and remove any items of value from plain sight. This includes garage door openers. If you do see criminal activity or something suspicious please call the police and do not confront the suspects. If you have any information on these inci-
dents or suspect information please call Dis-
tic Two at 720-913-1000. 

Technician A.E. Eaton is the District Two Community Resource Officer.
Human Resource Services for Small Businesses

By Nancy Burnhart

Human resources departments are known to handle a great many personnel situations, as well as legal requirements for businesses. However, small businesses often are unable to manage the costs of an HR department in their budgets.

Thus, Karolyn St-Pierre, owner of Symmetry Consulting at Lowry, works to manage the difficult duties of an HR department for her small-business clients.

She targets employers with 2 to 30 employees. She understands that a small business doesn’t have the means or capabilities to do this and they are the ones most at risk,” St-Pierre explained. “Often small-business owners have taken second mortgage on homes and are doing business on credit cards, so they are most at risk. My business model is to see that they don’t lose.”

St-Pierre has worked for Kelly Services and Hewitt and Associates, and has consulted with General Electric.

“Small businesses are different from the standpoint that large corporations are looking out for their bottom line,” St-Pierre said. “Small businesses are looking out for the customer. They are really good at what they do and they don’t want to worry about the human resources piece.”

“When I interview a client, once we decide what their needs are, I have about 75 questions that they answer,” she said. “Then I make a handbook that is unique specifically for them. All of my materials have been vetted by an attorney. If you went to an attorney, it would cost between $10,000 and $15,000.”

St-Pierre’s starter kit costs $500. She offers both gold and platinum subscriptions that include an HR audit to ensure that the firm would be covered if an auditor were to come in and say, “This is what’s going on.”

A weekly human resources email newsletter is offered on Symmetry Consulting’s website. Topics in it include everything from six pay raise alternatives to 1099 forms and misclassified employees.

For Symmetry Consulting information, go to www.symmetryconsult.com or email Karolyn St-Pierre at information@symmetryconsult.com. She can be reached at 303.704.5099.

Karolyn Humble St-Pierre owner of Symmetry Consulting talks with prospective client Dr. Andrew Lieber of Rose Pediatrics about his Human Resource needs as he considers expanding his practice.
bases, for the most part for U.S. military. If they were hiding a cave complex or a village we would accompany them if it was an Al Qaeda mission. We were pretty much limited to Al Qaeda. We weren't really advancing the war in that we weren't going after the Taliban, unless it was a Taliban group that we thought had some interest outside of Afghanistan. We're looking at this from a terrorist standpoint. We're identifying groups that are involved in terrorism against the U.S. Our mission was to gather any intelligence we could from the battlefield that told us about their activities or their plans.

What is the role of the FBI? "We have such a large and important mission that we have to be sure that we are applying resources to adequately address threats. Right now our number one priority is to protect the U.S. from terrorism. If we have a significant terrorism investigation or terrorism lead, that takes priority over everything else that goes on."

"For example the Zazi investigation. Everybody in this division plus literally hundreds of others who were brought in on a temporary basis to help us, were focused on that investigation.

"The thing about the Zazi case is that it was unique in the Bureau. We have not had another case like that ever, where we were inside an Al Qaeda cell that was operational and entirely self-contained. So we have had cases where we've had people who want to participate in an act of terror and just don't have everything they need to do it. So we put an undercover agent in there and give them what they need to do it. Then we arrest them because clearly they've got that mind set and we don't want to wait until they're in a position to do it. That's how those cases generally work.

"This was entirely self-contained. These guys were capable of it. They had all the resources they needed to do it. They were ready to go. We stopped them. We stopped them. Of all the things I've done in my career, that case is the thing I'm most proud of." (Edwards note—A Department of Justice press release describing the Zazi case can be found at: http://newyork.fbi.gov/press.htm — 02/22/10 Najibullah Zazi (Pakistani Guilty...)

The FBI also focuses on counterintelligence activities—foreign espionage that threatens our national security. And they get involved in crimes that cross state lines, such as mortgage fraud, kidnapping, and cyber crimes such as internet fraud or online sexual predators. Another function performed in the Stapleton office is translating tapes and sharing them with other offices. The FBI's secure teleconferencing system allows agents to go. And we stopped them. We stopped them. Of all the things I've done in my career, that case is the thing I'm most proud of." (Edwards note—A Department of Justice press release describing the Zazi case can be found at: http://newyork.fbi.gov/press.htm — 02/22/10 Najibullah Zazi (Pakistani Guilty...)

The FBI builds on cases that they think are significant. They were ready to go. And we stopped them. We stopped them. Of all the things I've done in my career, that case is the thing I'm most proud of." (Edwards note—A Department of Justice press release describing the Zazi case can be found at: http://newyork.fbi.gov/press.htm — 02/22/10 Najibullah Zazi (Pakistani Guilty...)

"We are continually recruiting, but we have 700,000 applications in the process and we hire about 2,000, so we aren't having any trouble recruiting, but we are focused on trying to recruit some specific skills that are necessary to us, for example people fluent in certain foreign languages," says Davis. The backgrounds of agents today are very diverse, including accountants, lawyers, police, military, teachers and scientists. Every FBI employee has top secret clearance, so background checks are a tedious process, sometimes taking years.

The FBI, I was 14 years old, and I asked the recruiter there what I needed to do to get in the Bureau. He told me, then, that I needed to be an accountant or a lawyer. So I went to school and got my accounting degree and came to the Bureau.

"Today, the average age of an incoming FBI agent is 30 years old, the youngest is 23 and the oldest is 37. "We are continually recruiting, but we have 700,000 applications in the process and we hire about 2,000, so we aren't having any trouble recruiting, but we are focused on trying to recruit some specific skills that are necessary to us, for example people fluent in certain foreign languages," says Davis. The backgrounds of agents today are very diverse, including accountants, lawyers, police, military, teachers and scientists. Every FBI employee has top secret clearance, so background checks are a tedious process, sometimes taking years.

Come Take a Peek Sunday August 1, 2010
Community Open House & Block Party at Hangar 61

July 30 for a pre-construction party at the historic Hangar 61. Come celebrate with FREE BBQ, Bounce, & a fair. See for yourself our plans for the future & what makes this place special.

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