

The Rosedale Harvard Gulch Neighborhood Association exists to connect our neighbors with each other, provide information that is of interest or importance, and to develop pride and ownership in our beautiful neighborhood. We create opportunities for community members to learn about issues that impact them, to be empowered to make decisions and take action as they choose.

Dear Rosedale Harvard Gulch Friends and Neighbors!

As we come close to saying goodbye to another year, we reflect on the many amazing experiences we have had as part of this wonderful community. Our Board Members have remained active and involved, pursuing their roles with commitment and passion for the neighborhood. They have connected our neighbors with information, with each other, and with opportunities to relate to the larger Denver community. They advocated for our neighborhood when mosquitoes invaded the park this summer, represented our community in the Denver Inter-Neighborhood Cooperation (see page 3) and gathered about 100 neighbors at our Annual Picnic (see page 6).

We enjoy strong relationships with Porter Hospital and area businesses, and also the Denver Police. We'll have a graffiti officer at our next meeting (below). If you have graffiti on your property, please send a photo and location to Wendy Girnt - wendy@coloradocornea.com or she will come take a photo for you.

Our active email listserv allows RHGNA - and members like you - to periodically communicate with about 600 neighbors (to join, see page 2). Our History Committee is connecting us with our past, and hoping to create a lasting memorial in the park for the Colorado State Children's Home (see page 5).

We have all been grateful for the chance to serve our community in this way, and have enjoyed meeting many fun and intriguing people we feel fortunate to call neighbors. As 2012 becomes 2013, we will be recruiting new Board Members. We hope you might consider joining us as we launch a whole new year of community projects. No matter your background, your ideas and skills would be a welcome addition! Contact any Board Member for details (page 2).

Best wishes to you all,

Bill Bloch
Co-President, RHGNA

Elissa Augello
Co-President, RHGNA

PLEASE JOIN US FOR OUR RHGNA NEIGHBORHOOD MEETING

Wednesday, November 14, 2012 6:30-8 pm

At the Harvard Gulch Recreation Center (Iliff & Logan)

Guest Speakers include:

Parks and Recreation re: Irrigation Work & Exercise Stations at HG Park
Denver Police Graffiti Specialist and Gang Unit
Safeway representative re: proposed fueling station

Our Neighborhood

RHGNA boundaries extend between South Downing, East Evans, South Broadway, and East Yale surrounding Harvard Gulch and Kunming parks in south central Denver, CO.

Membership Donations of \$15 may be mailed to RHGNA

P.O. Box 101512
Denver, CO 80250-1512
or visit www.rhgna.org

Harvard Gulch Recreation Center HOURS

Mon-Thurs: 9am-8pm
Fri: 9am-9pm Sat: 9am-1pm
Sun: Closed

"A community is created when its members accept that they are not going to achieve great things, that they are not going to be heroes, but simply live each day with new hope, like children, in wonderment as the sun rises and in thanksgiving as it sets."

Jean Vanier, *Community And Growth*



Thanks for reading the RHGNA newsletter. We hope you enjoy it.

MEMBERSHIP IS FREE! JOIN OUR EMAIL LIST FOR UP-TO-THE-MINUTE ALERTS AND INFORMATION.

YOU ARE A MEMBER - If you live, work or own property within our boundaries, you are automatically a member of the Association. **CONNECT VIA EMAIL** - If you choose to receive an electronic newsletter, you'd help RHGNA save paper, printing costs and delivery time! You'll also receive timely information such as special events, CRIME REPORTS and WILDLIFE SIGHTINGS. Please send your email address to Catherine_Wise@dpsk12.org. Include your full name and physical address and we'll get you on the e-list. **PARTICIPATE** - To learn more about how you could be involved, please contact our Co-Presidents, Elissa and Bill. **CONTRIBUTE** - Please consider contributing \$15 per year. These donations cover operating costs such as signs and flyers to promote meetings and events, hosting the annual picnic, and maintaining the RHGNA website. Donate at www.rhgna.org, by mail at RHGNA, P.O. Box 101512, Denver, CO 80250-1512, or at a meeting.

CONTACT US!

RHGNA Board Members

Bill Bloch, *Co-President*
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Elissa Augello, *Co-President*
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Lucy Barnett, *Treasurer*
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Committee Chairs

Gregg Batchelder-Adams
Denver Parks & Recreation Chair
303/733-7943

Amy Beck, *At-Large*
303/726-9290

Wendy Girnt *Safety/Schools*
Chair 720/621-5787

Pam Hamilton, *At-Large*
303/744-9195

Lynne Scholfield,
Membership 303/722-4508

Jennifer Tomeny, *At-Large*
and *INC Liaison* 303/777-7514

Cathy Wise, *Newsletter*
303/912-9101

Craig Bouck, Block Captain
Coordinator 303/722-9676

RHGNA Address

P.O. Box 101512
Denver, CO 80250-1512
or visit www.rhguna.org

NEIGHBOR to NEIGHBOR is a feature on our emails that allows

anyone who lives, works or owns property in our neighborhood to promote their business to our listserv (600 neighbors). The cost is \$10 for five appearances. Young businesspeople under 18 can advertise for free! Contact catherine_wise@dpsk12.org for details. We would love to help you and your business connect with your neighbors!!

BLOCK CAPTAINS *by Craig Bouck, Block Captain Coordinator*

Once again, the Block Captains did a tremendous job distributing flyers in August. Block Captains are responsible for distributing newsletters to specific blocks and when they can't, Back Up Block Captains cover for them. We have been working on a method to ensure folks who have requested email flyers **only** do not also get a printed flyer. We make address lists available to Captains so they know which addresses to leave out of the distribution. After some transitions over recent months, there are a few openings in our Block Captain ranks.

Below is a list of blocks that currently need Block Captains and Back Up Captains. **Please let me know if you can join our team of block captains and flyer any of these blocks - email me at craigbouck@brsarch.com.** Placing flyers on your neighbors' doors takes only a few minutes and is a quick way to get a little exercise. Thanks again for your help and support.

BLOCK CAPTAINS NEEDED

2100-2200 S. Lincoln & E. Side Broadway

2500-2600 S. Pearl

2500 S. Washington

2600 S. Pennsylvania
Martindale Drive

BACK UP CAPTAINS NEEDED

2100-2200 S. Grant

2600 S. Grant

2500 S. Pearl

2100 S. Emerson

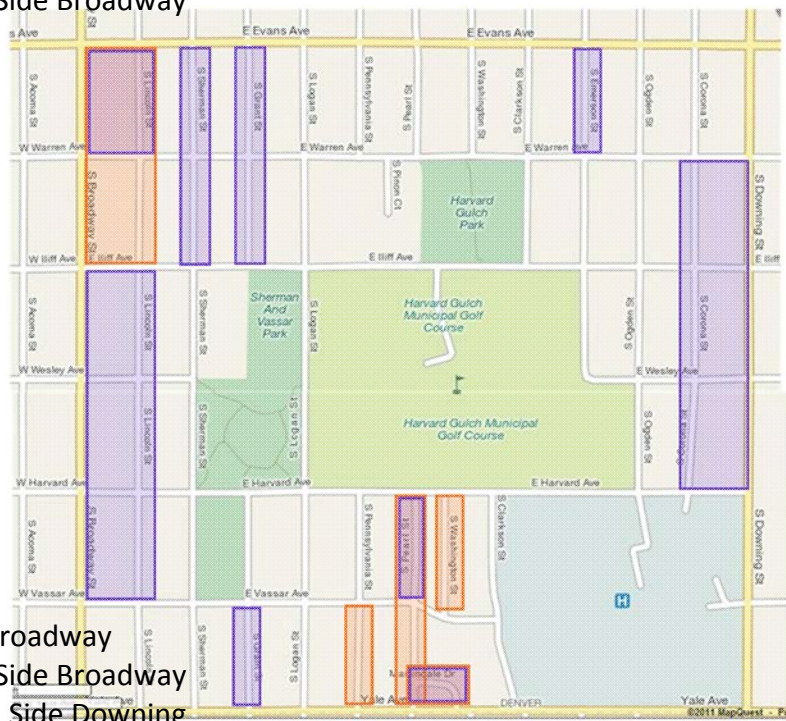
2100-2200 S. Sherman

Martindale Drive

2100 S. Lincoln & E. Side Broadway

2300-2500 S. Lincoln & E. Side Broadway

2200-2400 S. Corona & W. Side Downing





SAFeway GAS PUMP UPDATE

Safeway at Evans & Downing Planned Development – Kiosk & Gas Pumps

Safeway's proposal is for a 400 sf kiosk and (6) MPDs (multi-product dispensers). These would be located to the east of Morgan's Liquors on the west side of the Evans parking lot entrance, opposite 1stBank. Safeway is working with 1stBank to resolve a zoning issue the City brought up concerning 1stBank's property. Until resolution is reached Safeway is unable to proceed with the Planning Board meeting

which was originally slated to be on the City's October 17 agenda. This meeting is now tentatively set for November 7. Jeff Fergot from Safeway will update us should the date slip further. Public notice will be sent 15 days prior to the meeting. The Rosedale Harvard Gulch Neighborhood Association (RHGNA) has requested notification so this can be posted in our online neighborhood updates. Safeway is hopeful they will have all the necessary entitlement approvals in hand by the end of 2012, and may commence construction the first part of the second quarter of 2013. RHGNA hosted an informational meeting for our neighbors when this proposal was first publicized. Our community members voiced concerns, which were noted by the planners present. A representative from Safeway will be present at our November 14 Neighborhood Meeting. Please attend to learn more.

Inter Neighborhood Cooperation 2012 Conference a Big Success!

By Jennifer Tomeny, INC Representative for RHGNA

Cathy Wise, the RHGNA Communications Board member and **awesome** newsletter creator, was asked to speak at the October 13 Neighborhood Conference that was attended by Denver neighbors from all areas of the city at the Wellington Webb building. This year's program was about improving communication between neighborhoods and the government to take place earlier, more clearly and with respect for each other's views. T. Michael Smith gave an inspiring speech about the critical nature of this important partnership, suggesting we slow down and listen to each other in order to accomplish our goals. Cathy was on a panel that helped advise others on ways to present their information to their neighbors, with suggestions for reaching out to Latino populations as well as partnering with businesses to print a newsletter or selling advertisements to defray costs. Six separate breakout sessions offered a multitude of topics, from aging to transportation solutions.

I spoke with many as they were leaving and the consensus was that it was a valuable conference with pertinent information. We hope to see lots of RHGNA neighbors next year!



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A HAUNTED ATTIC IN OUR NEIGHBORHOOD?!?!

By Gregg Batchelder-Adams

We were excited about moving into a new neighborhood – the Rosedale Harvard Gulch Neighborhood to be exact. We moved into a new duplex – our first new house. A great park near us; a full recreation center and golf course within walking distance; great neighbors; it all seemed too good to be true – and maybe it was.

It started with some scratching sounds in the attic. We tried to ignore them, but they persisted for days, weeks and then months. A few of our interior ceiling lights on the second floor stopped working. Maybe our new house was haunted!! The noise seemed to be worse during the day and virtually stopped at night. We noticed lots of squirrel activity around our house, especially on the roof. We finally listened to our dog's verbal warnings and made the trip into the "haunted" attic.

A family of squirrels had made our new home their new home as well. We discovered several gaps along the eaves where our furry friends gained access into the attic. After clearing out the squirrels and closing up the access points, we discovered the reason why some of our lights didn't work; our uninvited "friends" had chewed through the wiring in the attic. In fact, about a foot-long section of wiring had been completely stripped, exposing the hot and neutral wires to be almost touching! Our electrician stated that we were lucky the house didn't burn down.

We were lucky – in fact we are all lucky to have the resources of the City and County of Denver available to us.



Go to their website:

<http://www.denvergov.org/parks/Wildlife/tabid/433132/Default.aspx>

to find valuable information about squirrels and other urban wildlife.

Or contact the Wildlife Hotline at 720.913.0630 or Doug Kelley at 720-865-4334. Next time you suspect ghosts in the attic, contact the Wildlife Hotline instead of Ghost Busters! We were glad we did.



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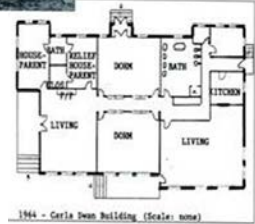
HISTORY SPOTLIGHT by Rusty Collins, CSU Extension

Recently I have had the pleasure to work with the Rosedale Harvard Gulch Neighborhood Association History Committee that is interested in the history of Harvard Gulch Park, the Colorado State Children's Home and the continued use and preservation of the park. Here are a few interesting facts I've learned about the land and Children's Home history, all thanks to Jim Lucero from **Historic Colorado State Children's Home, Inc.** - visit their website www.coloradostatechildrenshome.org for stories and more photos.

- ♦ The 40 acres now known as Harvard Gulch dates all the way back to 1851 when it was part of a government treaty to the Cheyenne and Arapahoe Indian Nations. A breach of the treaty occurred in 1861 when the Colorado Territory was officially opened to settlement. In 1865 Maribu Ball was granted 160 acres of the newly opened Colorado prairie as payment for her husband's service in the war of 1812. She promptly sold it and the property eventually was transferred to Thomas Moore Field for \$1,600, who subsequently constructed the Field house that burned down in 1987. The Fields sold the property to Colorado railroad pioneer David Moffat (Moffat Tunnel), who sold the land to the State of Colorado.
- ♦ The Colorado State Home for Dependent and Neglected Children was established by Colorado's Tenth General Assembly on April 10, 1895, to "...be a home for the children of sound mind and body under sixteen years of age who are dependent on the public for support."
- ♦ On the 40 acres of Harvard Gulch, during the first World War in 1918, the gardens on the property raised enough food for 300 people, 30,000 gallons of milk came from a herd of registered cows (enough to give each child more than a quart of milk per day), poultry supplied 2,400 dozen eggs, and pigs fed on waste from the gardens and kitchens, supplying 6,700 pounds of pork. A large orchard provided apples and cherries.
- ♦ The building that the CSU Extension office is located in is also known as the Carla Swan Building, and was built in 1923 to be the first nursery; later toddlers and younger girls used this building.
- ♦ In its heyday, there were 15 buildings on the Harvard Gulch property, including five dormitories for boys and girls, an infirmary, an administration building, a dining hall, and more!
- ♦ Over its 75 years in operation, the State Home served nearly 17,000 children! One of the most notable local orphans is Ray Martinez, a former Mayor of the City of Fort Collins, who references the property and his childhood home in his book, Baby Boy-R: A Memoir. (I am happy to lend out my signed copy of this book if you are interested in reading it).
- ♦ The State Home as an institution was closed in 1971 by an order of the governor. The City of Denver received the property in a transfer from the State of Colorado in 1978. Buildings were removed from the property starting in 1979 due to their deteriorating and poorly maintained status.
- ♦ Residents who were disturbed by the idea of the Field House being demolished had it declared a Denver Landmark and added to the National Register of Historic Places in 1979. Tragically, it later burned down in 1987.
- ♦ Some former residents of the State Home continue to communicate and hope to host another reunion in Harvard Gulch Park in the summer of 2013. Our office is working with them and RHGNA to create a memorial in the park. Neighborhood support will be crucial to our success - if you'd like to get involved and help out, let me know!



The first Nursery (later called the Carla Swan Building) was built in 1923. After 1948 when the second nursery was built the toddlers, and later the younger girls, used this building.



russell.collins@denvergov.org

I am fascinated by history and I love working for CSU here in Harvard Gulch Park. If you would like more info on the State Children's Home, I'd be happy to connect you with resources, information and people!

*If you have history to share, or would like to contribute to the memorial plan or our many other projects, please join us! Our **NEXT RHGNA HISTORY COMMITTEE MEETING** will occur soon - watch for dates in our RHGNA emails or contact Elissa Augello at 303/698-2468.*

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The Rosedale Harvard Gulch Annual NEIGHBORHOOD PICNIC was a huge success – with record-breaking turnout!!



Over 95 people enjoyed a stunning afternoon in the park, with live music from Jeff Smith and Checkered Past, good food, door prizes and swimming. Colorado Senator Irene Aguilar visited, and we had a Voter Registration booth, and lots and lots of great people. Special thanks to the board members and other volunteers who worked to make the event so spectacular – with donations from Colore Restaurant, Einstein's, The Garden Patch, Phil Goodstein, Harvard Park Optical, Harvard Park Recreation Center, Kaladi Brothers, Morgan's Liquors, Porter Hospital, SOL Lingerie, and Venoco. Neighbors brought enough food to feed the crowd with pork sandwiches, pop, snacks, and a rabbit-shaped cake!



It truly takes a village to throw a rockin' picnic!

See a lot more fun photos at the following link . . .
<http://albums.phanfare.com/isolated/zgA81Pkk/1/5708786>



Vegetable Demonstration Garden *By Merrill Kingsbury, CSU Denver Extension*

Now that fall has set in, we are putting the vegetable demonstration garden, located at the corner of Iliff and Emerson in Harvard Gulch Park, to bed for the season. 750 pounds of produce was harvested this season and donated to feed the homeless at St. Francis Center in downtown Denver. The vegetable garden is sponsored by CSU Extension, Denver Parks and Recreation and Grow Local and maintained by Colorado Master Gardener volunteers. Have gardening questions? The CSU Extension office located on the northeast corner of Harvard Gulch Park at Iliff and Emerson has all of the answers to your lawn and garden questions! Stop by anytime Monday-Friday 8am-5pm to have your questions answered by a Colorado Master Gardener. We can also be reached by phone at 720-913-5278 or by email denvermg@colostate.edu

Porter to Publish New Community Newsletter

Porter Adventist Hospital is excited to announce that in the coming months we will be publishing a brand new magazine newsletter featuring intriguing stories, everyday health tips as well as news and events about the hospital for our friends in the Harvard Gulch and Rosedale community. Given that Porter and the Harvard Gulch and Rosedale neighborhoods are so closely intertwined, it is our goal to foster a vibrant and healthy community while connecting everyone who lives here to the healthcare resources they need to pursue full and active lives. For more than 80 years, Porter has been one of Denver's premier hospitals treating those in need of compassionate clinical care. Today, Porter is a world-class hospital, home to some of the top minds in medicine thanks to the continued support and patronage of our friends in Rosedale and Harvard Gulch. We hope that our new community newsletter is not only engaging but is also a way to extend our great appreciation to valued friends and neighbors.

Sleep disorders in adults

Bret Svoboda, BS, LPN, RPSGT, RST

We tend to take sleep for granted until we can't sleep, or do something dangerous while asleep. Sleep is an active process needed for mental and physical rejuvenation. Did you know the majority of growth hormone production happens during the first several hours of sleep? People sleeping less than 5 hours a night have 2.5 times the risk of cardiovascular disease, and tend to eat 300 more calories a day than people who sleep 7-8 hours a night.

Missing one night's worth of sleep leads to poor performance, memory loss, and increased risk of driving accidents. Sleep deprivation was implicated in the following historical mishaps: Three Mile Island, Chernobyl, Exxon Valdez and the Challenger shuttle disaster. While there are over 80 distinct sleep disorders, they can be broken down into several groups.

Insomnia. The inability to fall asleep or stay asleep affects 37% of the U.S. population and is growing. While you could take one or more medications each night, there are other methods to address the problem. Several brief sessions with a trained sleep psychologist have been shown to be as effective as medications, with lifelong benefit. Cognitive Behavioral Therapy for Insomnia (CBTI) allows you to re-learn how to relax and fall asleep easily. Ever notice that small children sleep well and adults have problems? Changing the bad habits we developed as adults is key! Reinforcing sleep hygiene, sleep restriction, light-therapy, and various relaxation methods are used. *For assistance with Insomnia, contact Dr. Emily Roby, Psy.D. at the Porter Centre for Behavioral Health.*

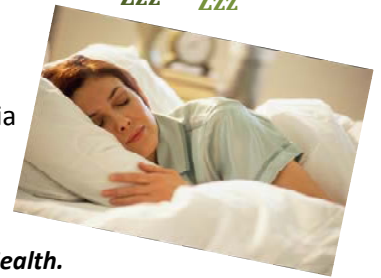
Parasomnia is the term for any abnormal sleep behavior including sleep talking, tooth grinding (bruxism) and even exploding head syndrome - which sounds ominous, but is simply a loud sharp bang heard from within the head when falling asleep. This is related to the sudden jerking awake that many people experience as they fall asleep. Nightmares and night-terrors are more common in children. More dangerous is REM sleep behavior disorder when people act out their dreams, often becoming injured. Sleep-walking patients have backed cars through a garage door, eaten pet food, wandered barefoot in sub-zero temperatures, or climbed down apartment balconies while asleep. These conditions can be managed with medications.

Sleep-related breathing disorders. Snoring may be funny, but it can be a sign of serious issues. Typical snoring is simply air turbulence and vibration of the tissues in the back of the throat and is not dangerous. Loud snoring interrupted by pauses, gasps, and snorts can indicate sleep apnea. The pauses in breathing happen more than 50 to 100 times a night causing brief awakenings that prevent restorative sleep and lead to inflammatory changes in the blood vessels over time. Sleep disruption leads to daytime fatigue, sleepiness, memory problems, and depression. The stress hormone release and drops in oxygen lead to hypertension, erectile dysfunction in males, and increased risk of heart attack and stroke if untreated. Sleep apnea affects 20% of middle-aged men, and 9% of women. 83% of individuals taking three or more blood pressure medications have been shown to have a severe degree of sleep apnea. Nearly 30% of people with type II diabetes have sleep apnea. Multiple studies have demonstrated that 60% of people who refused treatment after being diagnosed with moderate to severe sleep apnea developed a heart attack or stroke within 10 years. Central Sleep Apnea, caused by interruption in the impulse to breathe, is also seen at our altitude. There is no snoring, just silence and gasping. Central Apnea is also common in patients taking narcotic pain medications and those with congestive heart failure and cardiac rhythm disorders. Treating both types of sleep apnea has been shown to reduce mortality to normal levels, improve blood pressure and glucose control, and restore daytime functioning. Treatment options consist of nasal continuous positive airway pressure (CPAP), surgeries on the nose and/or throat, or the use of a custom fitted dental appliances (that are now covered by most insurance plans).

Disorders of excessive sleepiness may be caused by inadequate sleep, sleep apnea or even neurological conditions such as narcolepsy or idiopathic hypersomnia which lead to uncontrollable sleep attacks. The only way to diagnose and treat these conditions is with evaluation by a sleep specialist followed by a diagnostic sleep study.

Circadian Rhythm Disorders: People with jet lag, shift-workers, and night-owls all understand that inability to sleep due to travel, changing work or social schedules is a challenge. These issues do not require a sleep study, but evaluation by a sleep specialist can provide coping strategies and techniques. Use of melatonin, light therapy, and individualized sleep schedules can maximize alertness. Certain medications can also be used if necessary.

Appointments with a Board Certified Sleep Physician are available weekly. Porter Hospital has consultants in a full range of specialties including pulmonary medicine, neurology, otolaryngology, sleep dentistry and behavioral sleep medicine. Sleep testing is covered by most insurance plans when medically necessary. Testing for restless legs or insomnia is not usually needed and treatment can be initiated in the office setting.



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Porter Adventist Hospital



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