In historic preservation we often talk about the reasons a building, or a place, is significant. These reasons usually include architectural excellence, cultural significance, or special history related to a person, group of persons, or meaningful events. Occasionally we even wax nostalgic about why a place matters on a personal level and the role buildings play in connecting us to our own stories. We can now add another reason buildings matter, the way they influence our brains, and in turn our health and well-being.

Emerging research is revealing a deep connection between architectural design and physiological and neurological responses. The work of the Academy of Neuroscience in Architecture is now dedicated to this connection, and Historic Denver hosted a panel on this topic, titled “This is Your Brain on Buildings,” on September 19 as part of the ongoing re:Denver series. The speakers included Don Ruggles, who has worked in the architecture industry for over 35 years, and Meredith Banasiak, a design researcher who focuses on the interactions between people and environments.

Particularly thought-provoking was Don Ruggle’s debunking of the age old adage, “beauty is in the eye of the beholder.” Instead, Don’s presentation charted a very specific set of criteria that can predict what our brains perceive as beautiful. He noted “humans, over millions of years, have developed sophisticated and automatic response mechanisms that tie our cellular biology to our surroundings.” For the purpose of the talk, Don broke subconscious responses into two categories, parasympathetic, which includes endorphin-led reactions, stress relief, beauty and interest, and sympathetic, adrenaline-led reactions associated with flight or fight. Parasympathetic responses were of particular interest to Don because they can be triggered by the environment. According to Ruggles, “Beauty is a physical and emotional reaction to a pattern that generates the feeling of pleasure.” The formula for beauty he presented is a positive feedback loop that connects curiosity, anticipation and pleasure.

Taking this concept a step further, Colin Ellard, a neuroscientist at the University of Waterloo, conducted a study in 2011 after observing the new addition of a so-called bland-looking Whole Foods in Manhattan. Ellard led a walking...
On November 1st Historic Denver will host its annual Dinner & Awards Program, and just before we begin the celebration, our board of trustees will officially welcome a new class of Trustees set to begin the first of two three-year terms. The class of 2017 is robust, representing expertise in many different neighborhoods across the City. We are excited to welcome them into the fold and look forward to their wise counsel in the coming years.

**Sarah Allen**
A native of Philadelphia, Sarah attended college in Colorado receiving an undergraduate degree from the University of Colorado and a masters from the University of Denver. Sarah began her career in the public sector working for Mayor Wellington Webb of Denver on multi-stakeholder redevelopment projects. After completing her MBA, she spent 12 years with United Healthcare. After a successful tenure at United Healthcare, Sarah spent 12 years with Mile High Banks. Her early career was spent on the title/due diligence side of real estate and in the public sector with the Governor’s Office of Economic Development and DIA Partnership. Doris graduated from University of Colorado, Boulder with honors and attended Daniels College of Business for Real Estate and Construction Management. Doris currently owns property in both Glendale and Sloan’s Lake.

As we welcome the new class of Trustees we want to offer our gratitude to the outgoing class of trustees who will complete their six years on the Board this fall. Paul Books, who will complete his second year as Board Chair, Jackie Noble, Bob Sarlo, and Bill Wenk have all faithfully served the organization, taken on numerous leadership positions, and initiated a period of growth and expansion for Historic Denver. Historic Denver also said goodbye to two trustees who moved out of state this year, Kirsten Pederson and Kaydee Myers, and we wish them luck in their new endeavors.

Historic Denver recruits for new board members over the summer each year, and often looks to those who have been involved in our programs in the past, as members, volunteers or advisors. If you would like to get involved with Historic Denver visit our website or contact our office at 303-534-5288 ext. 1.

**Anne Levinsky**
Executive Director
Historic Denver, Inc.

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**Anne Levinsky**
Executive Director
Historic Denver, Inc.
Packard's Hill Historic District – Approved!

A group of residents worked together to create a new historic district—one that joins Ghost, Wolff Place, Witter-Cofield and Potter Highlands in achieving historic district status in what has been traditionally known as the Northside, now often referred to as Northwest Denver. This approved district encompasses the west side of Lowell Boulevard to Osceola Street, and north of 32nd Avenue to 35th Avenue near Highlands Square.

The district includes 173 historic homes in three of the original West Highland subdivisions: Packard's Hill, Highland Place, and First Addition to Highland Place. The Packard's Hill subdivision was platted in 1887 by William C. Packard and Charles L. Hoffman.

In 2015, Historic Denver, in partnership with the West Highland Neighborhood Association, received a State Historical Fund grant to research and survey the neighborhood. Working with Front Range Research Associates, we discovered the people and places that make this part of Denver so unique, including the unusually high number of women activists and professionals who made the district their home in its early years, and the high rates of female homeownership and construction. The district was among the first specifically recognized for its relationship to women's history. Additionally, the architectural character of the neighborhood is remarkably intact, highlighting the development of the area from 1886 – 1940.

In response to support from more than 75 property owners in the district, the application was submitted to the City of Denver for historic status in early June. That application made its way through the City’s processes, and went before City Council for a Public Hearing on Monday, September 25th. After many hours of testimony from those who supported the designation and those who opposed it, the designation of Packard's Hill was approved by a vote of 8 to 5.

Packard's Hill Historic District is now among the important districts that tell our city’s story, enhance our City's unique identity, and contribute to our quality of life. The district is a fantastic opportunity to tell the story of pioneering families and places that make this part of Denver so unique, including the unusually high number of women activists and professionals who made the district their home in its early years, and the high rates of female homeownership and construction. The district was among the first specifically recognized for its relationship to women's history. Additionally, the architectural character of the neighborhood is remarkably intact, highlighting the development of the area from 1886 – 1940.

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Architects to undertake a Historic Structures Assessment (HSA) of the building. Based on the results of the HSA, in 2004, the congregation of St. Barnabas applied for, and received, a State Historical Fund grant to rehabilitate the brickwork, woodwork, and windows of the 1891 Chapel and 1897 Parish House. These earlier projects required extensive emotional and financial commitments and the Parish rose to the occasion, which they have done again. In 2015, St. Barnabas applied to the State Historical Fund to restore the steel casement windows as part of a project at Marshall House. The Marshall House is a Tudor Revival 13,500sf addition to the south of the original Sanctuary and Lukens Wing of St. Barnabas Parish.

The grant work on the windows of the Marshall House was predominantly completed this summer with the help of both Anderson Hallas Architects and Heritage Window Restoration, LLC. This was the culmination of a larger project which involved the expansion of the upper floor of Marshall House and the installation of an elevator, amongst other improvements. The rehabilitation of the steel casement windows has allowed for the preservation of the beautiful character defining aesthetic for the Tudor Revival window type while upgrading operability and energy efficiency through the addition of low profile interior storm windows.

Historic Denver looks forward to St. Barnabas Parish now having a solid home base to continue to welcome all to their community, as well as fulfilling the directive to feed the multitudes with loaves and fishes. Their small church community has really accomplished great things: from starting Sewall House in 1944 to serve those impacted by polio, cerebral palsy, and other physical disabilities; to opening their kitchen to Project Angel Heart, a program which delivers home-cooked meals to people living with HIV/AIDS; cooking soup to help support St. George's Clinic in Baghdad; and serving as a shelter for the Women's Homelessness Initiative. These will all be accomplished with a little more comfort and efficiency thanks to the recently completed and preservation friendly rehabilitation.

First Unitarian Building – Well on its way to another 100 years

The First Unitarian Society Church is one of Denver’s most recently-designated local landmarks, receiving unanimous City Council support in August 2016. The building is now home to its second local congregation over its 120 years. Its original builder and occupant was the Plymouth Congregational Church beginning in 1893. First Unitarian Society purchased the building in 1958. First Unitarian is the oldest Unitarian congregation in Colorado. It began in 1871 – five years before Colorado statehood. During its first two and a half years, the congregation used seven different assembly venues, largely due to the controversial social action work undertaken by its members. The Unitarians often made news for bold moves like utilizing female ushers, teaching vocational skills to girls, educating boys who worked during the day, and later advocating for reform against the imprisonment of children.

First Unitarian achieved landmark status, in part, as a statement that they are committed to maintaining their presence at this historic location as an “urban sanctuary in the heart of Denver.” Just as in the past, today First Unitarian is active and influential in social justice, issues of race, gay and lesbian rights, marriage equality, women’s rights, and immigration justice. Since occupying the building in 1958, First Unitarian has made few alterations to the building, only making changes to improve accessibility and interior functionality (especially following a 1985 fire which destroyed much of the original interior). This year First Unitarian with the help of Historic Denver as grant administrator, obtained a State Historical Fund grant to address the much needed rehabilitation of the building’s exterior stone masonry on all four building facades.

The Church is an outstanding example of buildings that incorporate vernacular rhyolite stone crafted in the Richardsonian Romanesque Revival style. Also, the First Unitarian Society Church contains a unique and historic example of the work of Watkins Stained Glass Studio, a family-owned business from England which began in 1761 in stained glass craftsmanship, and made their way to Denver in 1881. The First Unitarian building is worth preserving for many reasons and the congregation is celebrated for making a long-term commitment, not just to the Denver community, but one of its important buildings as well.
**MOLLY BROWN HOUSE MUSEUM**

**WE ARE HISTORY IN ACTION**

Andrea Malcomb, Museum Director

With the help of the State Historical Fund, Historic Denver recently had 128 years of dirt and pollution removed from the façade of the Molly Brown House Museum. Undertaken by Building Restoration Specialties, this three-step process involved a pressurized water rinse, the application of a restoration masonry cleaner, followed by a final pressurized water rinse. Within minutes, whole sections of the house's stone and sandstone were once again as clean as the day the stone was quarried.

A seemingly miraculous erasure of a century of “dirt” seems an appropriate moment to reflect upon what has happened in America's history as these environmental pollutants built up. We know it to be a rich and complicated history with difficult parts that should not be ignored or erased regardless of our individual experiences. This moment of reflection was also inspired by a recent trip to Austin, Texas for the American Association of State and Local History conference. AASLH's annual meeting is a great opportunity to network with others in the public history field, especially as it collectively grapples with maintaining relevance and becoming more inclusive and diverse. The foremost topic of sessions, workshops, and discussions centered on how public institutions should respond to the history-making events happening in America today.

Conference keynote speaker Darren Walker, in discussion with a moderator, responded to the conference theme I Am History by noting that each of us needs “to help people understand who we are as a nation by telling deeper stories.” Walker currently serves as President of the Ford Foundation where he led the committee that helped resolve the city of Detroit’s historic bankruptcy and chairs the U.S. Impact Investing Alliance. Prior to joining Ford, he was Vice President at the Rockefeller Foundation, where he managed the Rebuilding New Orleans initiative after Hurricane Katrina, and in 2016 Walker was named by Time magazine as one of the “100 Most Influential People in the World.”

As the discussion moved to the topic of dismantling Confederate monuments and the events at Charlottesville, Walker went on to say that, “We need to embrace the uncomfortable narratives counter to the privileges imbedded in history by engaging audiences and stakeholders with courage. History is complicated... we now have a responsibility to disrupt the fear by being institutions that don’t remain neutral.” Throughout the remainder of the conference his words were seen in action as sessions tackled narratives such as slavery, changing views on monuments, and the forced relocation of indigenous populations. Museums and historic sites on the whole are finding their place within the national narrative as sites for dialogue and as sites of conscience.

At the Molly Brown House Museum we are charged by our community through civic cultural plans, by our field through the History Relevance Campaign, and by our funders both private and public to be engaged, collaborative, inclusive of all narratives, and relevant to today’s audiences and issues. We are fortunate to have at the center of our narrative a civically engaged woman who believed in equality and that it was her duty to be a voice for all those marginalized and disenfranchised. Through multiple grants from the National Endowment for the Humanities (NEH) and the Institute for Museum and Library Services (IMLS) as well as other public and private funders, we have been able to apply Margaret's story to a deeper national narrative. Telling the story of such historical events as Ludlow in 1914 and the passage of women's suffrage in 1920, in exhibits and programs, we have moved beyond the mythic “Molly Brown” and the accumulation of material wealth in America's Gilded Age.

Another way we can facilitate conversation is by activating new interpretive spaces at the museum. As we complete two years of restoration and reinterpretation, we have added a servant’s bedroom to the daily tour. By opening this space, visitors are exposed to the daily lives of the home’s diverse and less visible inhabitants. They see what it took to earn a living in 1890, the minimum wages, costs of living, fair labor practices, and evolving views on quality of life.

We will also expand upon the complex story of the history of mining in Colorado with a permanent exhibit in the museum’s soon to be opened education center. Using the Progressive Era humanities themes in the history of natural resource extraction in Colorado, the goal is to enrich visitor knowledge on how mineral extraction, including gold mining and related industries, shaped Colorado’s people, and environment, and how that has shaped the communities and the landscape.

This exhibit will incorporate areas for visitor feedback, interaction, or reflection, and allow for a two-way dialogue between today’s natural resource issues and end-users. A multi-sensory STEM learning area in this space can spark conversations that come the extraction practices of a century ago and the environmentally-sensitive dialogues happening today in Colorado and across the United States. Components will also address such topics as the evolution of the technology and engineering of mining, the uses for natural resource materials in our daily lives, and women in mining.

Lastly, we are creating a series of public forums that invite the community into the museum to connect Margaret Brown’s story directly to today’s headlines. Compelling speakers will guide conversations designed to break down barriers, allow participants to share their experiences, and learn from one another in a safe and welcoming space. Future topics include the evolution of voting rights, gender inequality in the workforce, and changing perceptions of indigenous populations and immigration.

The museum recently welcomed Dr. James Walsh, who spoke on the history of Irish immigrant miners in Leadville who contributed to the workforce at J J Brown’s Little Johnny Mine and the confluence of indigenous cultures and the global social change movement. Along with a newly immigrated domestic worker, this conversation centered on the struggles of Colorado’s labor force and became a moment of reflection on what it is to work in America today.

Just as with domestic workers and miners, the museum can, as Walker said, take a risk by telling these deeper stories to create meaning for our lives today. The house’s façade now clean, the house looks as it did when the Brown family lived here over 100 years ago. Those layers of our past hide conflict and struggle, but the truth of history is under there. With the masonry clean, new spaces activated, and conversations started, we can “find the why” by exploring the connections between past and present. History is complicated but history provides us with researched facts that become tools for shaping those conversations, understanding how far we’ve come, and revealing the work that still needs to be accomplished. We welcome the community to see the restoration, view the spaces and participate in these conversations!
Charleszine “Terry” Nelson is the special collection and community resource manager for the Blair-Caldwell African American Research Library. With 30 years of experience, Nelson has been a bookmobile librarian with 30 years of experience, Nelson has been a bookmobile librarian.

2017

Historic Denver Annual Dinner and Awards Program

Brown Palace Hotel and Spa
Wednesday, November 1

THE 47TH HISTORIC DENVER ANNUAL DINNER AND AWARDS PROGRAM will take place at the Brown Palace Hotel and Spa on Wednesday, November 1st. The Falkenberg/Nelson family, including Ruth Falkenberg and the late Larry Nelson, and Bill Falkenberg and the late Janis Falkenberg, will be honored with the Keystone Award for lifetime achievement in historic preservation; Terry Nelson will be honored with the Molly Brown Award, created to honor a woman who demonstrates Margaret Brown’s commitment to community; and Susan Powers will receive the Ann Love Award, which honors those who embody the spirit of one of Historic Denver’s founders, Colorado First Lady Ann Love. Community Preservation Awards will be given to the historic Goddard School at Steele Gymnasium; the Bosler House; the Stanley Marketplace; and the neighbors of Krisana Park. For the second year, Historic Denver will also offer the Remix Award for a project that successfully blends a historic building with a new development, which will go to Shift Workspaces-Bannock for their work on the old Fistell’s Electric Building in the Golden Triangle.

Keystone Award

The Keystone Award honors people who have made significant contributions over their lifetime to historic preservation in Denver. Ruth Falkenberg and her late husband Larry Nelson are long-time leaders in the preservation and development community and co-owned 620 Corp., Inc. Their most beloved adaptive reuse projects include Hangar 61, Rocky Mountain Bank Note Building, now home to Galvanize Denver, several buildings in lower downtown including the Hardware Block Lofts, and the Epworth Building in Curtis Park. The Award also honors Ruth’s parents, William (Bill) S. Falkenberg and his late wife, Janis Falkenberg, who were also active in the historic preservation and architecture community over many decades. Bill earned his Bachelor of Science in Architectural Engineering at the University of Colorado in 1949. He was a development consultant in Denver and President of Falkenberg Construction Company from the 1950s through the 1980s. He was active in the preservation of 9th Street Historic District, the Molly Brown House and Four Mile Historic Park. Janis was a graduate of Stanford, and had a curious mind that made her an avid reader. She served on the Board of Directors of the Colorado Historical Society and was the first woman to Chair that board. She also undertook numerous research projects, including cataloguing the collection of Denver landscape architect S.R. Deliener.

Molly Brown Award

The Molly Brown Award was created to honor women who live in Margaret “Molly” Brown’s spirit by devoting many years to civic life in all its forms, actively engaging themselves in politics, philanthropy, arts and cultural endeavors and historic preservation as Mrs. Brown did. Each year this award honors a woman who demonstrates the same level of passion about the world and who is willing to take the lead, speak her mind and make Denver a stronger community for everyone.

Susan Powers is the President of Urban Ventures LLC, a real estate development company in Denver which she created in 1998. Urban Ventures focuses its efforts in urban neighborhoods, close to the core of downtown. In each development, there is a strong emphasis on community building in the context of social, environmental and economic viability. This is reflected in developments that have included historic renovation, affordable housing, TOD, Brownfields redevelopment, student housing, modular housing and mixed use projects in non-traditional neighborhoods. Urban Ventures, in partnership with Perry Rose, acquired a 17.5 acre former convent property known as Marycrest in northwest Denver, and developed it into a model mixed income co-housing development called Aria Denver. Urban Ventures and White Construction also recently partnered to purchase the site that will open as STEAM on the Platte this year. Prior to forming this company, Susan was the Executive Director of the Denver Urban Renewal Authority (DURA) for 11 years where she helped lead the adaptive reuse of the Denver Dry Building.
COMMUNITY PRESERVATION AWARDS

The Community Preservation Awards are given annually to a handful of projects, institutions and individuals that have made an exceptional contribution to the preservation of Denver’s heritage. These projects exemplify high quality restoration, the careful consideration of the city’s historic fabric and a commitment to community. The winners of these awards are essential to Historic Denver’s mission and the organization takes great pride in recognizing those who assist us in enhancing Denver’s built environment.

THE BOSLER HOUSE

Steven and Jan Davis are the new owners and stewards of the Bosler House, one of Denver’s oldest homes, which they have restored to its former glory after several years of serious neglect and vacancy. The Bosler House is a Territorial House built in 1876 before Colorado received statehood. It was constructed in the same year that the Town of Highlands was incorporated by one of the Town’s founding fathers, Ambrose Bosler. The Italianate style home was designed by a notable Denver architect John G. Weller. The Davises have completely restored the home, which included all new systems, a new roof structure and roof, rebuilding of the original tower, brick-restoration, window replacement with historically appropriate wood windows, and the beautification of the yard.

KRISANA PARK CONSERVATION OVERLAY DISTRICT

The neighborhood of nearly 150 homes is almost entirely intact. In 2014 Historic Denver helped the neighborhood develop a Pattern Book to highlight the unique attributes of the mid-century homes, and in 2016 a group of passionate and organized neighbors rallied around the conservation district effort that uses customized zoning to maintain the unique low-slung, mid-century character of this pocket neighborhood for another generation. The conservation district was approved unanimously by Denver City Council and is a great example for the city’s other mid-century enclaves.

STANLEY MARKETPLACE

After the completion of Stapleton Airport, the doors of the event center open onto what was once a smaller runway used exclusively by Stanley to test planes and equipment. Using historic preservation tax credits, the building has been converted into a modern marketplace and is home to 50 local businesses offering food, boutiques and more.

THE GODDARD SCHOOL AT STEELE GYMNASIUM

In 1975 before Colorado received statehood. It was constructed in the same year that the Town of Highlands was incorporated by one of the Town’s founding fathers, Ambrose Bosler. The Italianate style home was designed by a notable Denver architect John G. Weller. The Davises have completely restored the home, which included all new systems, a new roof structure and roof, rebuilding of the original tower, brick-restoration, window replacement with historically appropriate wood windows, and the beautification of the yard.

REMIX Award – Shift Workspaces-Bannock

For the second time, Historic Denver will present the Remix Award to a development that successfully blends an existing, undesignated building with a new development, a strategy Historic Denver encourages. This year the award goes to Shift Workspaces for its transformation of the old Fistell’s Electronics Building in the Golden Triangle into a co-work- ing space. Fistell’s was a mainstay in the city for nearly fifty years, and was the go-to place for TV tubes and other electronic equipment from the early days of home technology. Filled to the rafters with its stock of electronics, Shift Workspaces removed tons of old equipment before beginning the renovation, but retained numerous examples of classic electronics in the building’s décor. The 1936 building’s original timber ceilings and brick walls now mix with a transparent addition, glassed-in offices and modern art. The soul of the building remains, but it has been given a new life for a new era of Denver business.
Fourth Successful Year of Historic Denver Walking Tours!

Historic Denver’s Walking Tours are almost at the end of their 4th consecutive season. We have had a wonderful year, which included adding a new tour of 16th Street, hosting many groups, and engaging both locals and tourists in the history and architecture of our built environment. The statistics are impressive: so far this tour season we have offered over 150 public tours to nearly 900 guests. Group tours added an additional 22 tours with 338 people, bringing our total for the season to 176 tours with nearly 1,200 guests. And we still have a month to go. Come experience a walking tour for yourself by purchasing a ticket on our website.

Call for Walking Tour Volunteers

All of our tours are led by expert volunteer docents who dedicate themselves to giving informative and engaging tours to groups from all over. We begin our rigorous training process in January. Are you interested in learning more about Denver, and sharing your passion for history and architecture with guests? You are in luck! We are collecting volunteer interest forms now. If you are interested, please fill out the volunteer interest form on Historic Denver’s website: www.historicdenver.org.
Your brain on buildings – continued from page 1

Tour through the neighborhood and measured participants’ skin conductance, a response to emotional excitement. Arousal and mood charted at low levels when viewing the Whole Foods building, and participants even hastened their pace. Their responses were the opposite when viewing more typical New York-style shop buildings one block away, which were visually diverse. This study further illustrates that curiosity, anticipation, and pleasure contribute to the designs that make us feel good.

Don’s work, and Ellard’s study, also illustrate the value in preserving many of the structures we innately love or consider “beautiful,” including those with classical elements, symmetrical design, and vernacular diversity. The historic built environment can be case study #1 for how these elements support healthy communities and happy people.

Our second speaker, Meredith Banasiak, built on Don’s discussion of beauty to explore the role of other senses and how that can extend beyond the building to a larger context such as the neighborhood context and city scale.

Meredith recounted a study in neuroscience with rats. In the study, rats were moved from normal cages to enriched environments (environments that included toys and play things for environmental stimulation). This environmental change was evidenced structurally in the brain after just a few days. The rats in the enriched environment had greater neuron densities and were performing better on their behavioral tasks; they were getting smarter. The results of this study are similar to a study of brain density in London taxi drivers. After two years of taxi driver school, they found higher neuron densities in areas responsible for navigation, which is the same area where learning occurs. Brains of individuals that are way finding were showing spikes of activity. They did not see these same spikes when using handheld GPS navigation. Engagement and interaction shapes brain structure for both the short and long term.

That leaves architects with the difficult task of designing buildings that have a balance of stimulation. In his article “How Neuroscience Can Generate a Healthier Architecture,” architectural theorist Nikos A. Salingaros advocates for a convergence of psychology, neuroscience and architecture so that buildings can be designed for humans’ well-being. The key to a healthy city appears to be found in nature. Salingaros argues that nature is built by stable mathematics, thus humans seek out similar environments. He advocates for environments built with the concepts of biophilia—humans’ desire to seek out connections to other people and nature—as well as fractals—infinitive patterns found in nature, such as the Golden Ratio.

To further expand on this concept of design rooted in natural environments, Don began to look for patterns in many of the buildings that are renowned for their beauty. The Taj Mahal, Pantheon, Forbidden City, even the work of modern architects like Mies Van Der Rohe’s follow a top:center/bottom, left/middle/right pattern that Ruggles refers to as the nine-square. Don explained one reason humans may be attracted to the nine-square, our early association as infants of a blurry human face. Symmetry also plays a large role in the health influence of a building or neighborhood.

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Many studies have come to the same conclusion as Salingaros’ pairing of architecture and nature—buildings that follow the elements of design found in nature and structures close in proximity to nature improve people’s health. According to an article by the BBC, a virtual reality study published this year found that people prefer rooms with curved edges and rounded contours. Additionally, Robert Ulrich, a professor of architecture, found that a natural view from hospital room windows improved the healing of patients.

Meredith also explained that while we tend to think of our experience of architecture as highly visual, recent studies have revealed that we do not have five discrete senses working in the conventional way, instead we have multiple sense systems and yet to be discovered senses. We engage with our environment with all our senses in a way that is cross modal, information received by one sense can be identified by another sense, for example seeing a door may trigger a motor neuron response in the brain because it implies entering and exiting. “Our brain can infer meaning with very limited information because of these underlying connections between our senses.” Meredith pointed to the Anchor Center for the Blind in Stapleton as a great example of new architecture that seeks to intentionally engage more senses.

Conversely when sensory information is not aligned in an environment, or there is dissonance in the environment caused either by architecture or overstimulation, it can lead to feelings of vertigo as different senses are processing information that seems to be conflicting. This may in part be an explanation for the research that demonstrates the adverse effects cities can have on a psychological level. Meredith pointed out some startling statistics about urban stress and its impact on individual health. According to several studies, individuals living in cities are 40% more likely to develop psychiatric disorders and 20% more likely to have higher anxiety. On top of that, living in an urban area can lead to reduced gray matter in areas of the brain associated with stressful experiences early in life. She was also quick to note that being aware of how our environments impact our well-being can help us preserve and create healthier places. In response to the same concern Don quoted Renzo Piano saying, “beauty can save the world, one person at a time.”

Charles Montgomery, author of “Happy City: Transforming Our Lives Through Urban Design,” is now taking this thread into urban design as well, as he too found that in areas of high visual interest, people were five times more likely to offer help to lost pedestrians than areas of low visual interest.

At the end of the forum, both Meredith and Don stressed that the time to promote the concept of healthy architecture and urban design is now. An easy way to start is to preserve the historic buildings, neighborhoods and civic spaces that we already consider “beautiful,” and which already incorporate the natural patterns humans crave. We can also work to design new buildings that, rather than creating dissonance, help our brains thrive.

Historic Denver is grateful to Don and Meredith for taking the time to share their work, and to the Althea Center at 1400 Williams for opening its beautiful doors to host this thoughtful conversation on why our work matters from an entirely new perspective.

Content contributed by Alison Salutz, Director of Community Programs and Katie Schmidt, Intern

A Georgian house designed by Ruggles Mabe Studio, exhibiting the nine-square pattern. Photo: Peter Vitale

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NOTABLE HOMES FOR SALE

930 Washington Street, Denver

The 1891 eclectic home has a fascinating historic past and is now for sale! It was originally constructed by Archibald Brownlee, mining engineer who shortly after sold it to Edwin B. Hendrie. Hendrie was one of the partners in the Colorado Company of Hendrie & Bolthoff Manufacturing & Supply. In 1903 the home was sold to John W. Springer and his wife Isabel. Isabel Springer was infamous from her paramours fighting over her in a shootout at the Brown Palace in 1911. The home was then sold and converted into a tea room and boarding house and then sold to a railroad businessman, B. Abbott Frye. The property has been in the same family for the last 90 years and was converted into apartments in the late 1920s known as the Frye Apartments.

This home is an incredible opportunity to own a piece of Denver history, now 13 rental units in the Quality Hill Historic District, and it is a contributing property within the district. The home's character remains intact, with much of the original wood work still present in the home. The property also retains its original and very large 1904 carriage house and porte cochere constructed by the Springer family. The carriage house even retains the original cobble stone floors! The main structure also still has at least four of the original fireplaces with unique details. This is a rare opportunity to own a unique historic property with a deep rooted history in the city of Denver.

Listing Price: $2,250,000
Listing Agent Contact: Casey Miller at LIV Sotheby's International Realty
720-201-2755
casey.miller@sothebysrealty.com
CaseyMillerProperties.com

2187 S. Adams Street, Denver

The opportunity to own one of the most recognizable homes in University Park comes along once in a lifetime. This 1912 incomparable three-story Georgian Revival sits on four well-manicured lots on a prominent corner near Observatory Park. The current owner used to walk to and from school (living in a home adjacent to the park) and said out loud at 9 years old, “someday I will own that house”. She later realized this dream, making it her home for the last 45 years. This grand estate and its grounds have been carefully maintained and exceptionally loved ever since. The home comprises of 7 bedrooms and 4 bathrooms in the main house and an additional bed and bath in the carriage house living quarters. Covered parking for multiple cars in the carriage house and in the detached garage. The interior detail is exquisite and the home has had many updates over time including the roof and all newer windows yet maintains the historic character of the home. The breakfast room addition was thoughtfully planned out and matches the historic 1912 brick structure. Rhyolite was re-quarried from Castle Rock to match the existing foundation.

This significant structure was built in the spirit of this great Observatory Park neighborhood. This is an opportunity for the next lucky steward to call their home.

Listing Price: $2,150,000 (This home is listed off-market and not in MLS at the Seller’s request. Showings by appointment only to qualified buyers)
Listing Agent Contact: Casey Miller at LIV Sotheby's International Realty
720-201-2755
2187southadams.com
casey.miller@sothebysrealty.com
CaseyMillerProperties.com

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- VIP Contributor ~ $250; Senior ~ $225

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Just $15 per person! For ages 21-45, must be 21+ to attend.

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Christmas Through the Looking Glass

“I wonder if the snow loves the trees and fields, that it Kisses them so gently?”-Lewis Carroll. Celebrate Christmas in a whole new way as we descend down the rabbit hole into the world of Alice and her friends. Beware as the Queen of Hearts, the Cheshire Cat and the Caterpillar, and even the Mad Hatter may be lurking about. Be cautious with your curious appetite as you indulge in strangely labeled tarts, treats, and mind-bending cocktails.

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