

# **PROCLAMATION**

## **First Judicial District Bar Association**

### **FEBRUARY 2020**



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**2019-2020**

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|---------------------|--------------------|
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**EXECUTIVE DIRECTOR** Vicki Malara

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FB: 1st Judicial District Bar Association



## PRESIDENT'S COLUMN

RYAN HUTTON

### The Power of #:

In today's age, at least in my opinion, seeing a # always brings with it a little anxiety and confusion. Given the rise of twitter, it is generally seen as a hashtag used to identify "trending" items. Items I rarely have ever even heard of before. But well before the invention of the twitter verse and even in spite of it, # has another name: pound sign.

Over my years of practice, the # has become a crucial and important tool in my legal toolbox. No, I do not use it to market or post on twitter; no hashtags or #'s in my emails to clients or other attorneys; and absolutely no hashtags or #'s in my court filings. But I do tend to use # on occasion and have found it invaluable.

Its need arises when the phone is utilized and a call is made. I hear a lot of grumblings about attorneys, generally younger ones, not "picking up the phone anymore". E-mail has revolutionized our world and the way we communicate. This article is not about all that. For what it is worth though, I have found having a conversation with a client, another attorney or the court at a status conference is often a much more effective way to address outstanding issues, clarify positions and settle disagreements.

After I pick up the receiver and type in those ten digits, I tend to have productive conversations, but have also found that a lot of my calls go to voicemail. Obviously, the next step when you reach voicemail is to leave a message. This is when # (pound sign) can be a crucial tool. For whatever reason, I sometimes find myself rambling on when leaving a message, forgetting to mention something of importance, or leave a message like I was unprepared to even make the call. But there is a trick when your message falls into this state of disrepair, and you can repair it easily.

When you are done with your unintended message or when you notice the disjointedness half-way through, simply hit the # (pound sign) on your phone. That will bring up a menu for you where you can review your message and even delete and re-record it! This permits you to go over it once more or completely delete long-winded messages. I am sure many of you are aware of this feature or simply leave exquisite messages. However, if you are like me and stray from being clear and concise from time to time, this can be a great tool to ensure you are getting your voice message across succinctly and in the manner you want. So do not forget the # (pound sign) when you get distracted half-way through the voicemail. It can now be a tool to lower that anxiety and confusion to ensure you are communicating the way you want and intend. And it also works with friends and family on personal calls! So, despite the sometimes-negative connotation with #, remember that you can utilize it as a tool for clarity and efficiency, to hopefully advance your productivity and communication with clients, other attorneys, and/or Court staff.

## **IT'S NOT TOO EARLY TO THINK ABOUT MAKING A NOMINATION FOR THE UPCOMING 2020 JUDGES & AWARDS BANQUET**

**Nomination is quick, easy and ONLINE**  
<https://1stjd.org/awards/#!event-list>

### 2019 AWARD WINNERS

Award of Merit DAVE THOMAS  
Frederick J. Myers Professionalism Award CHRISTOPHER O'DELL  
Linda T. Palmieri Award For Outstanding Service to Children DORIS WATERS  
Lisa Harness Memorial Award JOE CREMONS  
George Holley Young Lawyer Award HANNAH WESTMONT  
Claudia D. Miller Liberty Bell Award MARK McINTOSH

### **AWARD OF MERIT**

Awarded to the attorney member of the First Judicial District Bar Association who primarily practices in this District, and has provided distinguished service to the Bar and the community deserving of our Association's highest recognition.

### **FREDERICK J. MYERS PROFESSIONALISM AWARD**

This award is to be bestowed upon a member of the First JD Bar Association to honor that attorney who is a model of civility and respect in the legal profession. This is an award to an attorney who demonstrates outstanding professionalism, which is defined as dedication to service to clients in a civil, respectful manner. This award is intended to honor lawyers who demonstrate exemplary ethical conduct, civility and respect, toward all Parties, Counsel, and the Court. Professionalism and civility foster respect and trust between lawyers, the judiciary, and the public. Professionalism serves the best interests of clients, promotes the efficient resolution of disputes, and improves the administration of justice. The attorney honored with this award does not need to be a litigator and his/her area of practice is irrelevant.

**LINDA T. PALMIERI AWARD FOR OUTSTANDING SERVICE TO CHILDREN** – This is given in recognition of an individual's demonstration of a superior degree of professionalism and commitment to children, and who has worked actively to advance the welfare of children. The individual need not be an attorney, but shall have made significant contribution to the children of the First Judicial District, and the legal system as a whole.

**LISA HARNESS MEMORIAL AWARD**- This person demonstrates a superior degree of professionalism, knowledge and dedication to the position of a Clerk of the Court and has worked in the judicial system for a least one year. Persons who have consistently demonstrated their commitment to going above and beyond to assure that the judicial system and the public are served with an exceptional degree of service are appropriate nominees.

### **GEORGE HOLLEY YOUNG LAWYER AWARD**

This is given to an attorney under the age of 37 or in practice for less than 5 years who is a member of the First J.D. Bar and is deserving of recognition for her or his activities with the Bar, the community and in the practice of law. The recipient should be someone who reflects a strong commitment to the legal profession and to community service.

### **CLAUDIA D. MILLER LIBERTY BELL AWARD**

This award is given to a non-lawyer who has furthered the interaction of the community and the legal system and provided an uncommon contribution to the system or government as a whole.

## CLASSIFIED ADVERTISING

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### MOCK TRIAL VOLUNTEERS NEEDED

The 2019 Mock Trial was a huge success and Mock Trial Chairs Judge Jennifer Melton and Jenna Reulbach Kruszka are working hard to assure that this years event is just as successful. There is still an urgent need for volunteer judges and behind the scene workers for Friday, February 28 and Saturday February 29. There will be two sessions 8:30 to 11:00 and 12:30 to 3:00 at the Jefferson County Courthouse.

#### CONSIDER

You do not need any legal knowledge to be a judge. Clerks, secretaries, teachers, parents, members of the police department and fire department, attorneys, paralegals, librarians, etc. – all are encouraged to volunteer.

Contact Judge Jennifer Melton at  
[jennifer.melton@judicial.state.co.us](mailto:jennifer.melton@judicial.state.co.us)

### CONGRATULATIONS TO THE 1ST JD BAR ASSOCIATION 50 YEAR MEMBERS

These 50 Year members were honored  
at the January 14  
CBA Presidents Briefing  
&  
CLE Luncheon

James Gilbert  
Peter Keppler  
Samuel Owen  
John Vierthaler  
E. Watrous  
James Stouffer was unable to attend



FIRST JD BAR ASSOCIATION  
CLE LUNCHEON  
Tuesday March 10, 2020

**PRACTICAL LEGAL WRITING**  
**Presented by**  
**Miller Leonard Esq.**

Jefferson County Courthouse  
The Lookout Mountain Room  
CLE & Lunch: Members \$20  
CLE & Lunch: Non-Members \$25  
No Lunch \$10

Register at:  
<https://1stjd.org/events/#!/event/2020/3/10/practical-legal-writing-presented-by-miller-leonard>

or  
[admin@1stjd.org](mailto:admin@1stjd.org)

**CLE credit pending**



Court Support Jeffco  
Breakfast Fundraiser  
**Wednesday May 6, 2020 7:30 a.m.**  
Holy Shepherd Lutheran Church  
920 Kipling Street, Lakewood

Golf Tournament  
**Thursday September 24, 2020 12:30**  
Hiwan Golf Club

Judges & Awards Banquet  
**Saturday October 17, 2020**  
Lakewood Country Club



## The Longest Static Cycling Class Guinness World Record is now 28 Hours!

By Megan Hottman

Back in April 2019, my entrepreneur friend, Ryan Avery, co-host of a show called Breaking History TV, reached out to me and asked if I would be interested in helping him break a world record that involved cycling. As the person in his life who knows the most about bikes and has the biggest access to a large group of cyclists, he wanted to know if I could help him put together a group of riders as well as help him identify a worthy recipient of the public outreach and fundraising aspect.

Ryan goes around breaking world records and intentionally pairs these very visible efforts with a deserving and local community organization or effort in order to elevate discussions around important issues in local communities. I immediately said yes, and we began planning this giant event which was to take place approximately eight months later.

I immediately identified PeopleForBikes as the beneficiary of the fundraising efforts we would undertake as well as the visibility of the event we were planning. PeopleForBikes is the nation's largest bicycle advocacy organization and is based in Boulder, Colorado. They do tremendous work to make cycling both safer and better for everyone in the United States. Then, the next issue became where we would host the event, and which riders would join us in the effort. The world record rules require that at least ten riders finish the event, along with one instructor who must instruct the entire record ride from start to finish. I've been a cycling and indoor spin instructor since 1999, so I immediately volunteered to be the class instructor.

I began asking friends, fellow bike racers, retired pro cyclists, and others in the cycling industry to join us on the ride. I was very surprised at how many people said no, and that they did not have any interest in sitting on an indoor cycling bike for 28 hours! Their loss ;) We had 25 riders— "ordinary humans" with day jobs, like me, who wanted to do something bigger than themselves—say HELL YES. We also decided to host the event at an indoor cycling studio in Littleton, Colorado, called CYCLEBAR. The reason that we chose CYCLEBAR was twofold. One, they have 150 locations across the country with members who often ride indoors but do not ride outdoors, and we wanted to mobilize these individuals both in terms of getting them outside on their bikes as well as, hopefully, getting them signed up as members of PeopleForBikes. In addition, CYCLEBAR studios do not have any windows, which just like the casinos in Las Vegas, helps people lose track of time and space which was exactly what we wanted! The entire staff at CYCLEBAR absolutely opened up their home to us and made us feel welcome in the days and months leading up to the event as well as during the entire event when we took over their space for the better part of 30 hours. As the event approached, it became my job to plan out 28 hours of playlists as well as 28 hours of structured spin class workouts. The rules also required that this needed to be a structured indoor cycling class not just a bunch of people sitting and chatting and spinning the legs on spin bikes. My intent was to create a workout that moved time and space quickly as well as to keep the music fresh and upbeat.

If you've never planned a 28-hour long workout, let me just tell you that it is quite an undertaking as well as to prepare 28 hours of songs and playlist! As the event approached, we got through our Thanksgiving holiday, and then it was time to arrive at the studio that Sunday, December 1. The energy was high, although everyone was nervous given the fact that most of us had never undertaken an event even remotely close to this length or duration. I, personally, was very nervous and apprehensive,

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because the rules provided that if the instructor could not finish, the entire effort had to be shut down. I was acutely aware of the risks of getting sick, losing my voice, even having a pedal or something on my bicycle break, or having some sort of physical element or pain that prevented me from finishing.

As the riders arrived, we all got situated on our bicycles, which, by the way, the rules required had to be identical, so we were not allowed to change seats or pedals; we had to ride the stock spin bikes in the studio. Once the effort got underway, people's nerves definitely abated, and we were able to really enjoy the first half which flew by with relative ease. We had lots of spectators, friends and family coming to cheer us on, as well as lots of local media coming in to do interviews which helped the time fly by. Things really started to slow down in the later evening hours when most of the spectators had left. And the fatigue of being on the bikes for 12 hours at that point set in. It was a bit mind numbing to consider that after riding for 12 hours, we still had another 16 hours to go! Things certainly got dark and difficult during the overnight hours when people's bodies and digestive systems really started to break down.

I had recruited 25 riders to ride the effort, knowing that we needed ten to finish. I had anticipated that we would lose a few riders due to this or that during the event. Remarkably, and despite the challenges that each rider individually faced, whether a bottle issue, a stomach issue or other, everyone rallied and finished. We did not lose one single rider from the entire event, everyone finished, and everyone got to celebrate as we broke the world record finishing our 27th hour and riding into our 28th. It was truly remarkable to get to celebrate this tremendous achievement with all of the riders as well as family and friends who were on site to watch. The world record representative on site officially announced that we had broken the record and handed us our certificate. We filmed the entire event and are preparing a documentary which should be posted here in the next couple of weeks. Please be sure to watch [Breaking History TV](#) on March 3, 2020, to see the entire event unfold in a documentary that has been crafted in such a way that we hope will elevate the discussion around safe cycling and bring more attention and visibility to the incredible work PeopleForBikes does. I want to give a special thanks to the people and companies who supported our effort including CYCLEBAR Southwest Plaza, PeopleForBikes, Breaking History TV, Champion System cycling apparel, Wild Zora, Crafted Energy, M&M Mars, and Chamois Butt'r. You can read more [here](#).

It truly was an honor to represent the Colorado cycling legal community as well as the 1st Judicial District, Golden, CO, and Jefferson County in this effort. I hope that our record will stand for a period of time, so that we can continue to say that we are world record holders, although I suspect that someone will break a record here within the next year or so. As a lawyer and as a business owner, I cannot emphasize the amazing power that comes with having a big, audacious goal out in front of me at all times, and I highly recommend that all lawyers reading this newsletter right now set something similar for themselves. The work that we do can be incredibly draining and difficult, and it really is important and imperative that we have something out ahead of us to look forward to. That can be an incredible vacation, trip, bucket list item, or it can be some incredible race, athletic event, or a goal like breaking a world record.





On behalf of Metro Volunteer Lawyers, thank you to the following volunteers for donating their time and expertise at the MVL Post Decree Program that was held on January 10 at the Jefferson County Courthouse. The Clinic assists low-income applicants with modifying and enforcing their family law orders. The clinic assisted 10 clients and will hold another clinic on April 10, 2020

Ben Aussenberg  
Karen Geiger  
Ryan Hutton  
Sue Jones  
Shaun Pearman  
Elizabeth Thomas  
Volunteered but were not needed  
Jill Chase & Susan Brach

Ryan Hutton, President 1st JD Bar Association and Ben Aussenberg

## A Great Time to Talk About the Constitution

Liberty Lives Forever is distributing to 8th grade and high school classes in the Jefferson County schools a booklet that contains the Declaration of Independence and the Constitution. In conjunction with the distribution, many teachers in Jefferson County would like to have an attorney or judge make a presentation of no more than one hour to the class, discussing the contents and importance of the Constitution.

If anyone is interested in participating, please contact **Andy McKean at Liberty Lives Forever at 303-989-4833 and e-mail: [andy@libertylivesforever.org](mailto:andy@libertylivesforever.org)**. Volunteers will be asked to contact the school to confirm a day and time to talk with the students. If you have a specific school in mind, please advise Mr. McKean. Please respond by March 3, 2020.

## Would you like to serve on the 1st JD Bar Association Board of Directors

We are looking for interested people to get more involved in the organization! Being involved in the bar association is a great way to meet other lawyers, expand your practice and your mind, and serve your local community.

**Please consider that serving on the board involves a small but very important time commitment which includes a monthly board meeting on the 3rd Tuesday of each month from 5:30 to 6:30 at the Courthouse. A regular term on the board is two years.**

The nominating committee meets in April to consider appointments. If you are interested in a position, or would like to nominate someone, please send a **letter outlining your interest along with a resume** to: [admin@1stjd.org](mailto:admin@1stjd.org)

**Deadline April 1, 2020**