



The Suncor Boys & Girls Club opened its doors August 26. Read news briefs for additional information.

Learn more about local candidates and issues for the 2015 election

6:30 p.m. Thursday, Oct. 8, 2015
Commerce City Civic Center
7887 E. 60th Ave.

Light refreshments, childcare and Spanish translation provided.

The event will be moderated by the League of Women Voters. Submit a question to communications@c3gov.com for the moderator to ask candidates during the forum.

Sponsored by the Commerce City Business Professionals Association and Community Enterprise.

Can't make it in person? Watch it live or reruns on Comcast Channel 8 or c3gov.com/video. Learn more about city elections at c3gov.com/elections.

City strives for balanced budget amid growth and capital improvements

As a result of the voter-approved capital program currently underway and an improving economy, the proposed 2016 operating budget anticipates revenues of \$68 million, a slight increase from the \$64 million budget approved in 2015.

The budget process is the result of months of analysis, planning and discussion. It includes looking at the economy, actual and projected revenue and expenses, city services and upcoming project needs.

The goals of the budget process are to:

- Balance the budget
- Maintain high level of services to residents and businesses
- Take care of capital maintenance
- Attract and retain a high quality workforce
- Review operations to ensure a lean organization
- Propose a balanced budget to city council
- Position the city to take advantage of opportunities in the short and long term

More than half of the city's budget is allocated to employee salaries and benefits. From police officers to street maintenance workers, recreation staff and building inspectors – these employees provide the daily services residents expect. Operations and maintenance makes up an additional \$21 million. Learn more about the existing budget and revenue sources online at c3gov.com/budget.

What happens next? On August 24, City Council conducted their annual budget retreat to hear about departmental requests and discuss the budget in detail. On October 19, there will be a public hearing at the regularly schedule City Council meeting. You can review the department budget presentations from the retreat online, watch video of the discussions at c3gov.com/video and provide input at this hearing. On November 2, council will adopt the final budget.

IN THIS EDITION

Council Corner.....pg. 2
 News Briefs.....pg. 3
 Development Cornerpg 4
 New Fronterra Park Openpg 5
 Be a Can Fanpg 6
 Parks & Rec. Happeningspg. 7
 Fire district.....pg. 8



7887 E. 60th Ave.
 Commerce City, CO 80022

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 Colorado
 80022



Skyway Bridge under construction

The North Metro Rail Line team broke ground on the longest bridge in Colorado in early August. The structure will span 9,533 feet and stand nearly 50 feet above grade at its highest point. The bridge is part of the 18.5-mile commuter rail line that will run from Denver Union Station through Commerce City, Northglenn, and Thornton. The Skyway Bridge is one of 13 bridges on the project.

When complete, the Skyway Bridge will carry electric commuter rail trains through Denver and Commerce City, crossing 11 existing transportation corridors and waterways. The bridge will begin its northward rise just south of York Street in Commerce City. It spans above and across York Street; BNSF and UP railway tracks; Brighton Boulevard; the Farmers Reservoir & Irrigation Company (FRICO) ditch ; Sand Creek; and Interstate 270. The bridge will touch down adjacent to Bambei-Walker Reservoir, which is just south of E. 68th Avenue.

Learn more at www.rtd-fastracks.com.



This rendering shows how the completed bridge will look.

COMMERCER CITY PARKS & RECREATION

YOUTH HAPPENINGS - POLICE DEPARTMENT

Cops vs Kids

Get to know your local police officers every third Friday of the month by taking them on in a friendly game! Sports vary. Registration starts at 4 p.m. the day of the event. Ages 9-17.

| | | | |
|------------------|-----------------------|------------------------------|-------------|
| Fri 9/18 | 3-3 Basketball | Pioneer Park | FREE |
| Fri 10/16 | Soccer | Kearney Middle School | FREE |

Bike with Cops

Come bike with the cops and get a free bike helmet! Learn how to maintain bikes and the rules/laws of the road and trails. Don't have a bike? We will get you one for the class, let us know. Event is FREE, but please register.

| | | | |
|-------------------|------------------------------|--|-----------------|
| Thur 9/19 | Ride begins at 9 a.m. | Alsup Elementary School parking lot | 7051.302 |
| Thur 10/10 | Ride begins at 9 a.m. | Alsup Elementary School parking lot | 7051.302 |

Bike Rodeo

Tackle the mini "city" course to learn laws and safety skills. No need to register, just stop by! Kids under 9 are welcome to attend with older siblings. Ages 9-17.

| | | | |
|------------------|-------------------------|--|-------------|
| Sat 9/12 | 10 a.m. – 1 p.m. | Alsup Elementary parking lot | FREE |
| Fri 10/16 | 10 a.m. – 1 p.m. | Turnberry Elementary School parking lot | FREE |

WWW.C3GOV.COM/RECREATION

COUNCIL CORNER



Jason McEldowney
Council at Large

Government at your fingertips

My daughter is a digital native, meaning she has never lived in a world without cell phones, internet and e-books. I am amazed at the ability she and her friends have to find information, navigate technology, and adapt to the latest communication

tools. As a city, our efforts to inform and engage the community also have evolved, with greater use of Facebook and Twitter, online surveys, telephone town halls, video streaming, YouTube and the city website.

If you have a question about how city government works, there are many ways to find out that information from the comfort of your home or mobile device.

- Want to know about the new trash and recycling program? c3gov.com/trash
- Wonder where your property tax dollars go? c3gov.com/tax
- Available recreation programs and classes? c3gov.com/recreation
- Development activities in the city? c3gov.com/devreport
- Board/Council meeting agendas and minutes? c3gov.com/agendas
- Which streets get plowed first in the winter? c3gov.com/snow
- Employment opportunities at the city? c3gov.com/jobs
- Get official news, announcements and publications delivered to your email? c3gov.com/notifyme

I am a big fan of our AskC3 system, at c3gov.com/askc3. Search the database for commonly asked questions or submit a question/concern/complaint and it gets routed to the right department for quick response. And if you can't find something, then use AskC3 to submit your example so we can continue to improve. I've even downloaded the app (from c3gov.com/askc3) so when I'm out and about and see something that isn't right, I can easily share that information with the city. You can also access this feature from the city's homepage, and click on the report a concern button.

Of course, city council is always accessible and available to answer questions via email or telephone. Our contact information is available below or c3gov.com/council.

COMMERCE CITY COUNCIL MEMBERS



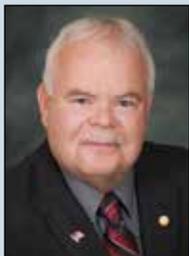
Mayor Sean Ford
Cell: 303-720-9106
sford@c3gov.com
Term expires 2015



Mayor ProTem René Bullock
Cell: 303-880-6559
rbullock@c3gov.com
Term expires 2017



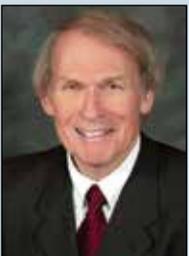
Ward I Andrew Amador
Cell: 303-910-4409
aamador@c3gov.com
Term expires 2017



Ward II Rick Teter
Cell: 303-378-2299
rteter@c3gov.com
Term expires 2015



Ward III Jadie Carson
Cell: 303-810-7276
jcarson@c3gov.com
Term expires 2017



Ward IV Jim Benson
Cell: 303-288-7011
jbenson@c3gov.com
Term expires 2015



Council at Large Crystal Elliott
Cell: 303-406-3893
celliott@c3gov.com
Term expires 2015



Council at Large Steve Douglas
Cell: 720-205-2621
sdouglas@c3gov.com
Term expires 2015



Council at Large Jason McEldowney
Cell: 303-808-9105
jmcdowney@c3gov.com
Term expires 2017

Come by the Civic Center, 7887 E. 60th Ave., or watch us live on Comcast Channel 8 or www.c3gov.com on the first and third Monday night.

104th Avenue widening project making progress

Crews continue to work on the E. 104th Avenue project that includes widening the existing two-lane road to four lanes.

“This phase of the project will finalize the four-lane connection between Highway 85 and Tower Road,” said Public Works Director Maria D’Andrea. “The added capacity of E. 104th Avenue will increase safety and extend the design life of the road while providing the necessary infrastructure to accommodate our growing city.”

Traffic signals and raised medians will be installed in the area in addition to acceleration, deceleration and turning lanes. An additional two-lane overpass is being installed over Interstate 76. Construction began in early 2014 and is scheduled to be completed early next year.

Recently completed work includes the installation of additional street lighting, new roadway and drainage pipe installations at the intersection of E. 104th Avenue and Havana Street. The I-76 bridge is 100 percent complete, sidewalks on the south side are 95 percent complete, storm drainage/sewer/waterline are 90 percent complete. The south portion of the O’Brian Bridge is 90 percent complete.

Thank you for your continued patience as we improve E. 104th Avenue!

For more information call 303-536-5886, visit c3gov.com/104 or email 104thAve@PublicInfoTeam.com



Left: A car travels over the new portion of the I-76 bridge on E. 104th Avenue.

Right: Construction crews are currently working on the westbound lanes, while two-way traffic occupies the newly finished eastbound lanes. Construction is expected to be completed by February 2016.

NEWS BRIEFS



Commerce City 9Health Fair / Feria de Salud seeking for volunteers

The largest family health fair is coming to Commerce City once again! With more than 25 low-cost and free screenings for families, the fair is seeking volunteers for this year’s 9Health Fair | Feria de Salud on Saturday, Nov. 7 from 6 a.m. until noon.

Volunteers are vital to the success of this event. Various opportunities are available, including registration, translation, directing attendees to screenings and more. Some positions require specific skills.

Register online at www.9healthfair.org. For questions about the fair or additional questions about volunteering, contact Glenys Trost at 303-289-3728 or gtrost@c3gov.com.

A busy opening month for Suncor Boys & Girls Club

New club doubles ability to serve city’s youth

The Suncor Boys & Girls Club celebrated its grand opening on August 26. City officials, community members and other dignitaries commended the project that anchors the future mixed-use development at the former Mile High Greyhound Park. The new building doubles the previous shared space at Kearney Middle School, allowing the club to serve 1,000 kids annually.

Earlier in the month, the club welcomed its first visitor, Misty Copeland of the American Ballet Theatre, with a sneak peek. Misty toured the club with members and watched a special dance performance. A former Boys & Girls Club (BGC) member in California, she now serves as a national spokesperson for Boys & Girls Club of America. Learn more at <http://www.bgcmd.org/news/club-members-welcome-special-visitor-misty-copeland>.

Work began to bring the non-profit to the city in 2006. In 2007, BGC began providing programming at Kearney Middle School to a full house. The city’s urban renewal authority announced its 2.5-acre land donation in 2011 for a stand-alone facility, coupled with a \$1 million lead donation from Suncor. Following a successful \$5 million fundraising campaign, and work on the building began in 2014.

The project demonstrates the city’s commitment to providing its youth with opportunities to succeed. Participants pay only \$2 per year. To maintain programs and services, donations from community members are critical. Programs include a learning center for homework help and a reading program, a technology lab for computer skills and STEM activities, the teen center for high school students to work on college prep and plan service projects, a gymnasium for organized sports and fitness activities and more!

The city thanks Suncor, Adams 14 School District, Congressman Perlmutter and City Councils (past and present) for making this building come to life.

Train blocking your way? Call the railroad company

The city has received complaints about train blockages along major intersections on the Union Pacific and Burlington Northern Santa Fe Railroad lines. Both railroads have seen an increase in traffic due to the growing industry demands.

While Colorado currently does not have a law that regulates blocked crossings like other states, these obstacles can cause significant challenges for residents. That is why it is important to call the Burlington Northern Santa Fe and Union Pacific Railroads directly to report concerns. By reporting concerns, residents can bring attention to railroad owners about train blockage and have these issues resolved in a timely manner.

BNSF • 1-800-832-5452, Option 1
 Union Pacific • 402-544-5000

We continually look for ways to improve communication with the community and enjoy hearing what you would like to see. Contact Commerce City Connected Editor Julia Emko at jemko@c3gov.com or 303-289-3782 with questions or comments.

CALENDAR

- Sept. 1 Planning Commission, Civic Center, 7887 E. 60th Ave., 6-8 p.m.
- Sept. 7 Commerce City Recreation Center Re-Opens, 6060 Parkway Dr.
- Sept. 7 Labor Day holiday – offices closed
- Sept. 8 Board of Adjustment, Civic Center, 7887 E. 60th Ave., 5:30-8 p.m.
- Sept. 8 NFL Punt, Pass & Kick Competition (Ages 6-15), Pioneer Park, 5950 Holly St., 5:30 p.m.
- Sept. 8 Opening of Game Room Drop-in, Recreation Center, 6060 Parkway Dr., 5:30-8:30 p.m.
- Sept. 8 Commerce City Cultural Council, Civic Center, 7887 E. 60th Ave., 6-8 p.m.
- Sept. 12 Bike Rodeo, Alsup Elementary, 7101 Birch St., 10 a.m. – 1 p.m.
- Sept. 12 Middle School Madness, Recreation Center, 6060 E. Parkway Dr., 7-10 p.m.
- Sept. 13 Zombie Survival 101 (Ages 11-17), Recreation Center, 6060 E. Parkway Dr., 9 a.m. – 3 p.m.
- Sept. 14 Buffalo Run Golf Course closed for fall greens aeration
- Sept. 14 City Council Study Session, Civic Center, 7887 E. 60th Ave., 6-10 p.m.
- Sept. 14 Swimming registration opens (session 1), Recreation Center, 6060 E. Parkway Dr., 6:30 p.m.
- Sept. 15 Derby Review Board, Civic Center, 7887 E. 60th Ave., 5:30-8 p.m.
- Sept. 15 Quality Community Foundation, Civic Center, 7887 E. 60th Ave., 6-7:30 p.m.
- Sept. 18 Cops vs. Kids Basketball (Ages 9-17), Pioneer Park, 5950 Holly St., 4 p.m.
- Sept. 19 Beginner Horseback Riding (Ages 11-17), Longview Stables, 24000 E. Exposition Ave., Aurora, 9 a.m. – 2 p.m.
- Sept. 19 Bike with a Cop, Alsup Elementary, 7101 Birch St., 9 a.m.
- Sept. 19 Adams County Household Chemical Roundup, Thornton IMC Facility, 12450 Washington St., Thornton, 9 a.m. – 3 p.m.
- Sept. 21 City Council Regular Meeting, Civic Center, 7887 E. 60th Ave., 6-10 p.m.
- Sept. 23 Capital Improvement Program Citizen Advisory Committee Meeting, Civic Center, 7887 E. 60th Ave., 5:30-8 p.m.
- Sept. 26 Bike with a Cop, Alsup Elementary, 7101 Birch St., 9 a.m.
- Sept. 28 City Council Study Session, Civic Center, 7887 E. 60th Ave., 6-10 p.m.
- Oct. 5 City Council Regular Meeting, Civic Center, 7887 E. 60th Ave., 6-10 p.m.
- Oct. 8 Candidate Forum, Civic Center, 7887 E. 60th Ave., 6:30 p.m.
- Oct. 12 City Council Study Session, Civic Center, 7887 E. 60th Ave., 6-10 p.m.

Thank you and congratulations employees!

August was employee appreciation month at the City of Commerce City. We want to recognize all employees for their dedication and hard work to keep the city running. Thank you to all city employees for what they do and congratulations to the following employees for reaching these milestones in 2015.

35 years

Timothy McGuire, investigations sergeant

25 years

Timothy Moore, recreation supervisor

Marvin Rodriguez, parks project coordinator

Anthony Jaramillo, parks development supervisor

20 years

Herman Palomino, operations supervisor

Leigh Ann Noell, grants administrator

Amy Hendricks, executive administrative supervisor

Susan Martinez, court clerk II

15 years

Matthew Miller, recreation supervisor

Candice Turnage, administrative supervisor

Kirk Reiber, golf course maintenance supervisor

Christopher Cramer, director of community development

Mark Malara, fleet technician

Michael Baden, police officer

Jeremy Jenkins, police officer

10 years

Jackie Banks, paralegal

Kelly Farmer, administrative specialist II

Jason Gilmore, police officer detective

Traci Ferguson, parks planner III

Lester Rothmeyer, operations specialist

Troy Channell, operations foreman

Sally Meehan, property and evidence technician

Jennifer Axmacher, planner III

Dory Weidert, senior crime scene technician

David Nickolaus, community service officer

Christian Rasmussen, police officer detective

Phillip Mora, facility maintenance technician

Karen Davis, business licensing and compliance specialist

Christopher Dickey, police officer

5 years

David Mowery, police sergeant

Jonathan Rollf, police officer

William Schoepflin, police sergeant

Joshua Polgar, recreation coordinator

Lorenzo Bustos, operations specialist

Alena Allen, administrative specialist II

Carol Espinosa, court clerk II

Angelica Chavarria, administrative specialist

Josh Metsker, assistant golf course maintenance supervisor

Tracy Jones, housing coordinator

Cheryl Scott, deputy city clerk

Rachelle Urso, civil engineer II

DEVELOPMENT CORNER

Commerce City is one of the fastest growing cities in Colorado

Real estate source, Movoto, recently ranked Commerce City as the #1 affordable Denver suburb with a median home value of \$187,800.

Here are some of the new projects that are either completed or near completion during the month of July:

- South Adams County Fire District station rebuild on Rosemary Street and E. 86th
- 7-Eleven on E. 104th Avenue and Highway 2
- Suncor Boys and Girls Club on Holly Street north of E. 62nd Avenue

To support the city's growth, city council recently approved a new ordinance that will improve housing options and enact a local defect repair law. It encourages the development of owner-occupied, multifamily housing within the region. Learn more by reading the press release at c3gov.com.

The city's monthly development report can be found online at www.c3gov.com/devreport. By selecting "Get City Alerts" on the website, you can sign up to receive the report directly to your inbox.



Join the Commerce City Youth Commission!

MISSION: Serve as the voice of Commerce City youth by generating and acting on ideas to inspire a better community today and tomorrow.

ABOUT: The youth commission is an advisory body to City Council on issues affecting youth in Commerce City. Commissioners serve for two years (one term). During their term, commissioners will advance the youth master plan, attend conferences and trainings, implement projects that benefit the community, and create lifelong bonds with youth across the city. The youth commission meets twice monthly at 6:30 p.m. during the school year and members are responsible for their own transportation.

WHO: Both youth and adults are encouraged to apply! Youth members must be between the ages of 13-19 and attend a secondary school that services city residents or live within the city.

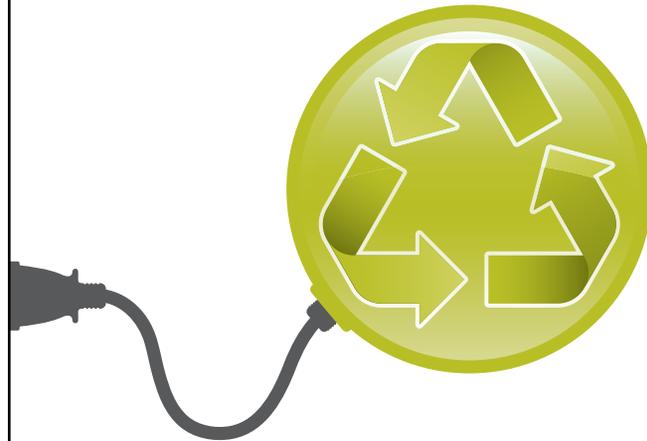
APPLICATIONS ARE ENCOURAGED BY SEPT. 16, BUT ARE ACCEPTED ANYTIME. NEW MEMBERS INITIATED A COUPLE TIMES A YEAR

Applications can be dropped off at the Commerce City Civic Center, or with any Commerce City Youth Commissioner.

Visit c3gov.com/youth for more information or contact Julia Emko, 303-289-3782 or jemko@c3gov.com.

Commerce CITY YOUTH COMMISSION

Adams County Household Chemical & Electronic Waste Roundups



Saturday, September 19, 2015 • 9 a.m. – 3 p.m.

Thornton IMC Facility • 12450 Washington St., Thornton

Acceptable Items Include:

- House and garden chemicals
- Automotive fluids
- Fluorescent light bulbs and CFLs
- Fuels
- Scrap metal
- Propane tanks (1-20 lbs.)
- Vehicle and household batteries
- Car and pickup truck tires, off rim
- Oil-based paint and paint products
- Electronic waste - computers, TVs, etc. (Cost: TVs \$20, monitors \$10)

Open to residents of Adams County (Unincorporated) and the cities of Brighton, Commerce City, Federal Heights, and Thornton.

- Proof of residency is required
- A contribution of \$25 is requested per vehicle, with additional costs for electronics
- No commercial waste
- Certain restrictions and/or fees may apply

For more information call 720-200-1592

or visit tchd.org/householdchemical.htm



Visit the new Fronterra Park, grand opening Aug. 25

City council and community members gathered for the opening of the new Fronterra Park on Aug. 25. Come to E.101st Way and Joplin Street to zoom down the hill-side slide, climb the boulders, play games and dine under the picnic shelters. This park is the first of three in the capital improvement program. Parks in Turnberry and Villages at Buffalo Run East are expected to begin construction later this year and open in 2016.



All five capital improvement projects are in process

All five capital improvement projects are underway. They are in various states of design, construction or completion. The graphic shows the stages and approvals projects must go through to become a reality, from planning to design to construction to completion. Here's where these projects stand today:

- Paradise Island (Outdoor leisure pool at Pioneer Park: Opened July 10)
- Three new neighborhood parks
 - Fronterra Park: Opened Aug. 25
 - Turnberry Park: Construction bid and award phase
 - ◁ Construction begins in 2015 / completion in mid-2016
 - Villages at Buffalo Run East Park: Construction bid and award
 - ◁ Construction begins in 2015 / completion in mid-2016
- Additions to existing recreation center
 - Planning phase
 - ◁ Construction begins in 2017 / completion in 2018
- New recreation center
 - Pre-Design and RFP (Request for Proposals) phase
 - ◁ Construction begins in 2016 / completion in late 2017
- Widening of Tower Road (between E. 80th and E. 104th avenues)
 - Design phase
 - ◁ Construction begins in 2016 / completion in 2017

**All estimated dates are weather dependent and subject to change.*

Learn more about all capital improvement projects at www.c3gov.com/QCL.

| PROJECT | Phase 1 | Phase 2 | Phase 3 | Phase 4 | Phase 5 | Phase 6 | Phase 7 |
|--|----------|------------------|---------|------------|---------|------------|----------|
| | Planning | Pre-Design & RFP | Design | Const. Bid | Const. | Acceptance | Closeout |
| Fronterra Neighborhood Park | | | | | | | |
| Turnberry Neighborhood Park | | | | | | | |
| Villages at Buffalo Run East Neighborhood Park | | | | | | | |
| New Recreation Center | | | | | | | |
| Outdoor Leisure Pool | | | | | | | |
| Existing Recreation Center | | | | | | | |
| Tower Road Expansion | | | | | | | |

Get involved.



Commerce City is seeking individuals to serve on the Cultural Council and the Quality Community Foundation.

- Two (2) Cultural Council vacancies. Members serve a 3-year term to help advance and preserve art, music, theater and dance within the city.
- Seven (7) Quality Community Foundation vacancies. These members serve a 3-year term to support and obtain funding for post-secondary education and youth recreational program scholarships offered through the city. The foundation also provides grants to fund various non-profit organizations which benefit residents.

Applications are due Sept. 16.
Learn more at www.c3gov.com/boards



Thank you to everyone who came out to support the Commerce City Cultural Council's Music in the Park summer concert series. Guitarist René Heredia performed traditional Spanish flamenco and flamenco dancers wowed the crowd with their colorful costumes and traditional dances at Fairfax Park.



BE A CAN FAN

Avoid a penalty, make sure your can gets picked up!

When loading your trash and recycling cans, make sure the container lids are fully closed. If your trash or recyclables are unable to fit in the container with the lid fully closed, the Waste Management truck will not be able to properly pick up and dump your can. There were a total of 2,342 violations in June and July alone.

If your trash or recycle can is not serviceable or is too full, the driver will leave a hanging tag on the can explaining the reason. This could result in additional fees and service delays for residents. **To avoid fees and delays, be sure to follow the container guidelines:**

- All material fits in container.
- All lids are tightly closed and not open.
- There are no additional bags, material or debris left outside of the container.
- Containers are at the curb with handles facing houses and placed 3 feet from other cans, cars and other obstructions.
- Place only trash in the can with the green lid and only recyclables in the can with the yellow lid. Mixing the two types of waste can cause service disruptions and will be tracked to the source.
- Use only WM issued cans.
- Do not dispose of construction debris or hazardous waste.

If you have any service questions be sure to contact Waste Management at 1-800-482-6406.

Can Cleaning Tips:

- After the garbage truck empties your trash container, put some dish soap in the can, put the can on its side, turn on the hose and spray out the dirt. Do not let wash water run into curb and gutter.
- Consider taking your trash can to a car wash to hose it out so there is no pollution to storm drainage systems.
- Adding ammonia, baking soda, or vinegar to a soapy solution will help with smells.
- Place a stick-on air freshener on the lid of your can to combat odors.
- Remember to keep it clean because we're all downstream! Pollutants washed into streets enter the city's storm water system that may then be discharged into local waterways and affect fragile ecosystems.

TAKE A STEP TOWARD BETTER HEALTH THIS FALL

NOV. 7



7 A.M. - NOON

Family Health Fair

OWN YOUR YEALTH – A FAMILY AFFAIR

20+ FREE health screenings, including:

- Blood pressure screenings
- Children's and teen's vision screenings
- Free type 1 diabetes screenings for children
- Health resource centers
- Free flu shots for low-income and uninsured children and adults
- Affordable Care Act (Obamacare) Enrollment
- And more health services!

LOW-COST SCREENINGS AVAILABLE:

Blood Chemistry Screening
Blood Count Screening
InsureFIT Colon Cancer
Take-Home Kits

PSA for men over 40
Hemoglobin A1C
Vitamin D Screening

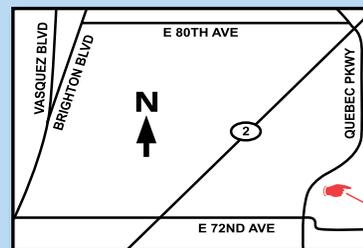
* You must be 18 years or older for blood tests. No fasting is required.

FREE WOMEN'S WELLNESS AREA:

- Mammograms
- PAP's
- Breast exams

*Come early.
Limited appointments.

ID IS NOT REQUIRED



FREE MEN'S WELLNESS AREA:

- General health
- PSA for men over 40
- Colon cancer information

Adams City High School
7200 QUEBEC PARKWAY
COMMERCE CITY, CO 80022

FOR INFORMATION OR
TO VOLUNTEER

REGISTER ONLINE AT:
WWW.9HEALTHFAIR.ORG

TOLL FREE: 800.332.3078
303.698.4455

THANK YOU TO OUR SPONSORS



Officer Lombardi celebrated with Commerce City residents a night against crime on the Aug. 5 National Night Out event. Neighborhoods came together to raise awareness about crime prevention activities in the city. More than 21 groups celebrated with music, food and games!

To register for programs, call 303-289-3798 or visit c3gov.com/register.

PARKS & REC HAPPENINGS

Now enrolling for Kinder Kids fall preschool program

Get your child ready for school in this state-licensed, continuous school-year program. Class sizes are small with one teacher for every seven students. Space is limited, so register today! For more information or to download an enrollment packet, visit www.c3gov.com/preschool or call 303-289-3659.



Middle School Madness

Every second Saturday of the month come to the recreation center for video games, pool, sports, music and dancing. Don't miss the carnival with games and prizes this month! Grades 6-8

Sat 9/12 Commerce City Recreation Center 7-10 p.m. \$2/per person

Zombie Survival 101

Learn basic wilderness survival skills with a zombie twist. Test your skills in all sorts of terrain and situations. Experience, share and learn from wilderness instructors. This is the prerequisite class for the summer 2016 backpacking trip "Ultimate Survivor." Ages 11-17

Sun 9/13-10/18 Meet at the recreation center 9 a.m.-3 p.m. 7501.302 \$30/\$45



Beginner Horseback Riding

Meet at the recreation center and travel to Longview Stables in Aurora. Learn the fundamentals of horseback riding and caring for these animals in a relaxed, safe and fun environment. This is a prerequisite for advanced horseback riding starting in November. Ages 11-17.

Sat 9/19-10/24 Commerce City Recreation Center 9 a.m.-2 p.m. 7501.301 \$60/\$70



Commerce City Recreation Center

6060 E. Parkway Dr.
303-289-3760
c3gov.com/recreation

Buffalo Run Golf Course

15700 E. 112th Ave.
303-289-1500
buffalorungolfcourse.com

Swimming registration opens Monday, Sept. 14

Online and walk-in registration for swimmers of all ages and levels begin Sept. 14 and classes begin Sept. 21. You can also register by phone at 303-289-3798 starting at 9:30 a.m. on Sept. 15. For more information, visit c3gov.com/recreation or refer to page 30 of the fall activity guide.



Archery (Beginner/Intermediate)

Learn about range safety, proper archery shooting techniques and target practice in a fun and safe environment. All equipment is provided; however, students may bring their own upon inspection by the instructor. Archery class is held at the Municipal Services Center (8602 Rosemary St.) from 6-7 p.m. during the months of September and October. Ages: 8 years and up.

Session I: 9/2-9/23 (4 classes) \$45/\$54 (per session)

NFL Punt, Pass, & Kick Competition

The National Football League's Punt, Pass & Kick Competition showcases the football talent of youth ages 6-15. Scores are based on distance and accuracy and top scores from each age group advance to sectional and state competitions in October and November. Nationals are held during an NFL game in January. Birth certificates are required for participation. For additional information contact Josh Polgar, youth sports coordinator, at 303-289-3705.



Tue 9/8 Ingram Field at Pioneer Park in Commerce City FREE
5:30 p.m. registration, 6 p.m. competition begins



Couples Nine & Dine

Saturday, Sept. 26 4:30 p.m.

Golf Divas 9 hole event

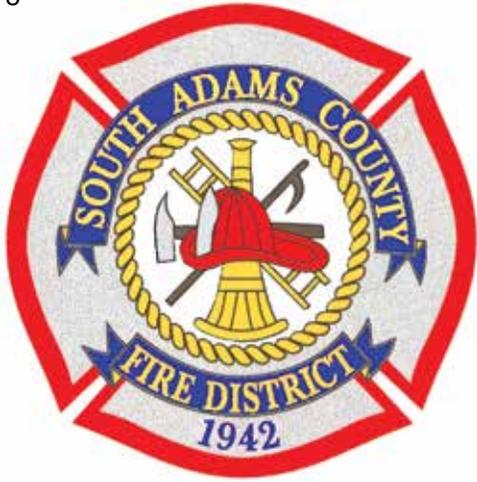
Saturday, Sept. 19, 4:30 p.m. • \$39 per person

Fall Hours throughout September at the Bison Grill

Sunday through Thursday, 6 a.m. – 8 p.m.
Friday and Saturday, 6 a.m. – 9 p.m.

Broncos Happy Hour at the Bison Grill

Enjoy appetizer and drink specials during all Denver Bronco games. Specials start one-hour prior to kickoff.



South Adams County Fire Protection District

6550 E. 72nd Ave., Commerce City, CO 80022 • 303.288.0835

Fire safety tip of the month

Heatstroke Fact Sheet

Vehicles heat up quickly. The national Highway Traffic Safety Administration (NHTSA) and other safety advocates and academic institutions have recognized the safety threat heatstroke poses for leaving children or pets in hot cars. Here are some key facts.

On a warm day, the temperature in a car can exceed 120 degrees in a matter of minutes—even with the windows partially open. Your child or pet can quickly suffer brain damage or die from heatstroke or suffocation. Heatstroke is the leading cause of non-crash-related fatalities for children 14 and younger.

- From 1998-2014 636 children died due to heatstroke. Of the 636 deaths:
 - 53 percent child “forgotten” by caregiver (336 children)
 - 29 percent child playing in unattended vehicle (186 children)
 - 17 percent child intentionally left in vehicle by adult (110 children)
 - 1 percent were unknown cases (4 children)
- In 2014 there were at least 30 heatstroke deaths of children in vehicles.
- Children are at a higher risk than adults of dying from heatstroke in a hot vehicle especially when they are too young to communicate.
- A child’s temperature heats up 3 to 5 times faster than that of an adult’s.

High body temperatures can cause permanent injury or even death.

- Heatstroke begins when the core body temperature reaches about 104 degrees and the thermoregulatory system is overwhelmed. A core temperature of about 107 degrees is lethal.
- In 10 minutes a car can heat up 20 degrees. Rolling down a window does little to keep it cool.
- Heatstroke fatalities have occurred even in vehicles parked in shaded areas and when the air temperatures were 80 degrees or less.
- Heatstroke can occur in temperatures as low as 57 degrees.
- The warning signs vary, but may include:
 - Red, hot, and moist or dry skin
 - No sweating
 - A strong, rapid pulse or a slow, weak pulse
 - A throbbing headache
 - Dizziness
 - Nausea
 - Confusion
 - Being grouchy or acting strangely



Fire chiefs transition at South Adams County Fire Department

On Tuesday, July 21, 2015, Chief Ron LaPenna gave his final Chief’s Report to the SACFD board. Members of the board thanked Chief LaPenna for his leadership during the transition of the SACFD from an all-volunteer force to a combination department.

His successor, Chief Kevin Vincel, outlined a few of his objectives as the department moves forward. These include adding two fire inspectors and improving the department’s network and communications. Chief Vincel has also been working on a GIS study that will provide accurate data, breaking down call response by location and type. He also gave an update on the pending construction of station four and the new administrative building. Both projects are collecting bids from contractors at this time.

Chief Vincel was officially sworn in at the August meeting. Chief LaPenna will continue to work on special projects for the next twelve months.

54th Annual Spaghetti Dinner

4:30 -8:30 p.m. Adams City High School Cafeteria, 7200 Quebec Parkway

September 12, 2015, will be the department’s 54th annual fundraising spaghetti dinner (all you can eat). Tickets are adults (13 and over) \$6 each, children 6 - 12 are \$3, and 5 and under are free when accompanied by their parents. For more information, to purchase tickets or donate, go to: <http://sacfd.org>.

Get to know your SACFD firefighter

Name: Ron LaPenna

Title/Rank: Chief

Work Location: Station 3

Years with the department: 36 years of fire service that include 20 years as a proud member of the South Adams County Volunteer Fire Department.

What is your favorite part of the job? Being able to come to work every day and work with the fantastic staff and firefighters of SACFD and with the citizens of Commerce City.

How has SACFD changed you? I don’t feel SACFD has changed me as much as it has helped me to grow and develop as a firefighter, but most of all as a husband, father and friend.

Where did you grow up? North Denver and Commerce City.

If I weren’t a firefighter, I would be: an electrician.

Three words to describe you: This is a lot more than three words, but I believe it’s not about what you do when people are watching, it’s about what you do when people aren’t watching that shows your true character.

What is your proudest achievement as Chief of the SACFD? Helping SACFD grow into the great fire department it is today.

You will be continuing with the department for the next year working on “special projects.” Are you able to share any details? Mostly, the special project will be to assist Chief Vincel to transition into his leadership role.

What do you look forward to the most as you retire? Being able to spend more time with my wife, children and grandchildren. More camping, fishing and golf.

Who is your hero? Why? My father, mother and entire family. We all have special challenges, but my family has taught me to face those challenges and make the best of whatever life puts in front of me.



SACFD Chief Ron LaPenna.