

## City's snow plan keeps streets clear during inclement weather

Winter weather is fast approaching and the city's streets crew is prepared to keep city streets clear when inclement weather hits.

The city's snow removal plan classifies snow storms into three categories and places priority on clearing major roads, such as Quebec Parkway and Tower Road first, and then on collector streets that connect hospitals, fire stations, police stations, and schools. Plowing generally begins after 2 inches of snow accumulates, unless storm conditions warrant a different approach.

The Colorado Department of Transportation clears major highways throughout the city, such as U.S. 85, State Highway 2 and Interstates 270 and 76. The city does not clear these roads. More information is available at [www.cotrip.org](http://www.cotrip.org).

"The rapidly changing weather in Colorado creates a unique challenge to snow removal," said Steve Ortega, public works operations manager. "The city's integrated snow plan combines multiple divisions to make sure we are responding quickly and efficiently while staying within budget."

Visit [www.c3gov.com/snow](http://www.c3gov.com/snow) to view the snow plan and map. Call the city's information hotline at 303-227-8776 for status updates on city buildings and operations.

### Commerce City and Adams County have an intergovernmental agreement to improve roadway maintenance. Some of the streets maintained by Commerce City include:

- E. 88th Avenue from Dahlia Street to State Highway 2 (excluding snow removal from Dahlia to Monaco streets.)
- E. 81st Avenue from Tower Road west
- E. 96th Avenue from Interstate 76 east
- Peoria Street from E. 96th Avenue north
- E. 70th Avenue from US Highway 85 to Colorado Boulevard
- Colorado Boulevard from E. 70th to E. 72nd avenues

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Learn more about the new resident at The Rocky Mountain Arsenal National Wildlife Refuge on page 3.

Photo credit: Mike Lockhart/USFWS

### Winter Driving Tips:

#### Move it to the shoulder after minor accidents

Colorado's "Move It" law requires motorists involved in minor accidents to MOVE your vehicle immediately out of traffic to a safe location when:

- the vehicle is drivable - no drugs or alcohol are involved, and
- there are no injuries

Traffic accidents – not volume – account for as much as 60 percent of all traffic delays. A minor accident that takes 10 minutes to clear can delay traffic up to ONE HOUR.

#### Equip your car with safe winter tires

Bald or worn tires cannot grip the road and can be extremely hazardous – think of tires as your lifeline in a car; the few square inches of rubber contacting the pavement is all that is between you and potential trouble.

#### Want to know if you need new tires?

##### Take the quarter test!

Insert a quarter into the tire tread upside down, with Washington's head going in first. If the top of George's head is covered by the tread, your tires are OK – do this test at multiple points around each tire. If the top of his head is visible at any point around the tire, you need new tires.

#### Follow colorado's chain laws

When a chain law is in effect, you must have:

Snow tires with minimum 1/8" tread, or weather tires with mud and snow (M/S) mark with 1/8" tread, or four-wheel drive with 1/8" tread tires, or traction device (chains, auto-sock, etc.) Signage along the highway will alert drivers when a chain law is in effect.

#### Drive safely around plows and trucks

Plows are out and clearing roads for your safety. Don't crowd the plow – give them the space they need to work. Don't tailgate the plow – plows travel slowly and may need to suddenly stop. You may see them, but they may not see you – a plow operator's field of vision is limited, so don't drive next to the plow for long periods. If you must pass a plow, do NOT pass on the right or you'll be in the middle of snow, rock and debris.

#### Make sure you're prepared for mother nature

- Clear snow from all windows and lights – you need to see and be seen.
- Have a full supply of windshield deicer fluid.
- Have an emergency kit: - Ice scraper/snow brush - Cat litter or sand for traction if you get stuck - A blanket, food and water - Flares - First aid kit - Extra clothing - Shovel - Alternative traction devices or chains.
- If you are stranded, do NOT leave your vehicle - stay warm and make sure you have good ventilation.

Source: Colorado Department of Transportation



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

PRSR STD  
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Permit No. 65  
Commerce City  
Colorado  
80022

## NEWS BRIEFS

### International GIS Day – Discovering the world through maps

Maps are the visual representation of where we are and where we can go. For thousands of years, maps have been a key tool in exploration and navigation. Today, if you have a computer or smart phone, maps are readily accessible and easy-to-use.

**Join us Wednesday, November 18, from 10 a.m. – 2 p.m. at the civic center (7887 E. 60th Ave.) to celebrate GIS Day. There will be a map display showcasing the way geography is used by the city to better serve residents.**

The city is celebrating international GIS Day which provides an opportunity to showcase various maps and map technology the city offers the public. Visit [www.c3gov.com/maps](http://www.c3gov.com/maps) to check out maps such as:

- City boundaries
- Parks, trails and open space
- Real Estate search
- Development and zoning
- Snow routes
- Wards

### Busy election year for Commerce City voters

On November 3, 2015, Commerce City voters determine five elected positions: mayor, council members for Ward II and Ward IV as well as two at-large council members, each for a four-year term. In addition to the elected positions, voters will cast their votes on two city council referred ballot questions and two issues presented to Adams County voters. For information on the candidates and issues, please see the October issue of Connected or visit [www.c3gov.com/elections](http://www.c3gov.com/elections).

**The first organizational meeting of City Council will take place on December 7. At this meeting, newly elected officials will be sworn in and outgoing officials will be recognized for their service.**

Once votes are cast, city and county election officials certify the results. At the time of publication, ballots were still being collected. Check the Adams County elections website, <http://www.adamscountyelections.com>, for current election status and results.

## DEVELOPMENT CORNER

### Commerce City is one of the fastest growing cities in Colorado

According to a recent report from the U.S. Bureau of Labor Statistics, Adams County has climbed to the second in the nation for job growth, with a 5.8 percent increase.

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

- Melissa Bradley, marijuana infused manufacturer on E. 49th Avenue and Newport Street.
- Tortilla Factory on Highway 2 south of Oneida Street.
- Wendy's on E. 60th Avenue and Highway 85 is preparing for demolition and rebuilding.
- Taco Bell in Belle Creek recently had its grand opening.

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

## TAKE A STEP TOWARD BETTER HEALTH THIS FALL

NOV. 7

7 A.M. - NOON



# Family Health Fair

OWN YOUR HEALTH – 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
- Kidney
- Rheumatoid Arthritis (RA)
- Free flu shots for low-income & uninsured
- 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

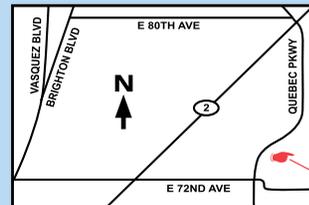
\* You must be 18 years or older for blood tests. No fasting is required.

### 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](http://WWW.9HEALTHFAIR.ORG)

TOLL FREE: 800.332.3078  
303.698.4455

### THANK YOU TO OUR SPONSORS



## COMMERCE CITY COUNCIL MEMBERS



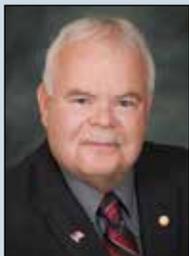
**Mayor Sean Ford**  
Cell: 303-720-9106  
[sford@c3gov.com](mailto:sford@c3gov.com)  
Term expires 2015



**Mayor ProTem René Bullock**  
Cell: 303-880-6559  
[rbullock@c3gov.com](mailto:rbullock@c3gov.com)  
Term expires 2017



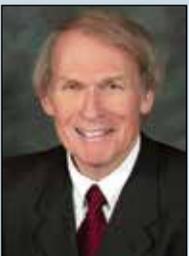
**Ward I Andrew Amador**  
Cell: 303-910-4409  
[aamador@c3gov.com](mailto:aamador@c3gov.com)  
Term expires 2017



**Ward II Rick Teter**  
Cell: 303-378-2299  
[rteter@c3gov.com](mailto:rteter@c3gov.com)  
Term expires 2015



**Ward III Jadie Carson**  
Cell: 303-810-7276  
[jcarson@c3gov.com](mailto:jcarson@c3gov.com)  
Term expires 2017



**Ward IV Jim Benson**  
Cell: 303-288-7011  
[jbenson@c3gov.com](mailto:jbenson@c3gov.com)  
Term expires 2015



**Council at Large Crystal Elliott**  
Cell: 303-406-3893  
[celliott@c3gov.com](mailto:celliott@c3gov.com)  
Term expires 2015



**Council at Large Steve Douglas**  
Cell: 720-205-2621  
[sdouglas@c3gov.com](mailto:sdouglas@c3gov.com)  
Term expires 2015



**Council at Large Jason McEldowney**  
Cell: 303-808-9105  
[jmceldowney@c3gov.com](mailto:jmceldowney@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](http://www.c3gov.com) on the first and third Monday night.

# Have you seen the new animal at Rocky Mountain Arsenal National Wildlife Refuge?

## **Black-footed ferret reintroduced to Refuge Oct. 5**

Black-footed ferrets used to roam throughout North America and the area that is now the Rocky Mountain Arsenal National Wildlife Refuge (Refuge) before disease and scarcity of prairie dogs led to a 98 percent decline in its population. In 1967, the animal was listed as an endangered species and re-discovered in 1981 in Manteetse, Wy. Since 1991, a breeding program has annually released ferrets into the wild at reintroduction sites throughout the western United States. On Oct. 5, 2015, 1,300 acres in the northeast portion of the Refuge became home to 32 ferrets.

The Refuge provides an ideal habitat due to the shortgrass prairie and the large number of black-tailed prairie dogs. All of the ferrets that were brought to the site have transponder chips that allow biologists to monitor the animals' movements.

A new exhibit allows visitors to observe two ferrets for free in a unique indoor/outdoor space. These animals are not to be missed! The exhibit is located north of the Visitor Center. The outdoor area is open sunrise to sunset and the indoor area is open Wednesday through Sunday from 9 a.m. – 4 p.m. For more information regarding the black-footed ferret reintroduction and all of the activities at the Refuge, please go to [www.fws.gov/refuge/rocky\\_mountain\\_arsenal](http://www.fws.gov/refuge/rocky_mountain_arsenal).



*Commerce City Council at-large member Steve Douglas, Mayor Sean Ford and Happy Haynes, executive director of the Denver Department of Parks and Recreation participate in the black-footed ferret reintroduction.*

## CALENDAR

- Nov. 2 City Council Regular Meeting, Civic Center, 7887 E. 60th Ave., 6-10 p.m.
- Nov. 3 Election Day
- Nov. 4 Capital Improvement Program Citizen Advisory Committee, Civic Center, 7887 E. 60th Ave., 6-7:30 p.m.
- Nov. 4 Planning Commission, Civic Center, 7887 E. 60th Ave., 6-9 p.m.
- Nov. 5 Youth Commission, Civic Center, 7887 E. 60th Ave., 6:30-8 p.m.
- Nov. 7 9Health Fair, Adams City High School, 7200 Quebec Pkwy., 7 a.m. – 1 p.m.
- Nov. 7 Advanced Horseback Riding (Ages 11 – 17) , Meet at Recreation Center, 6060 E. Parkway Dr. 9 a.m. for transport to Longview Stables, 24000 E. Exposition Ave., Aurora, 9 a.m. – 2 p.m. (Pre-requisite: Beginner Horseback Riding Ages 11-17)
- Nov. 9 City Council Study Session, Civic Center, 7887 E. 60th Ave., 6-10 p.m.
- Nov. 10 Board of Adjustment, Civic Center, 7887 E. 60th Ave., 5:30-8 p.m.
- Nov. 10 Commerce City Cultural Council, Civic Center, 7887 E. 60th Ave., 6-8 p.m.
- Nov. 11 City offices closed in observance of Veterans' Day.
- Nov. 11 Housing Authority Board, Civic Center, 7887 E. 60th Ave., 5:45-7:45 p.m.
- Nov. 14 Advanced Horseback Riding (Ages 11-17) , Meet at Recreation Center, 6060 E. Parkway Dr. 9 a.m. for transport to Longview Stables, 24000 E. Exposition Ave., Aurora, 9 a.m. – 2 p.m. (Pre-requisite: Beginner Horseback Riding Ages 11-17)
- Nov. 14 Middle School Madness (Grades 6 – 8), Recreation Center, 6060 E. Parkway Dr., 7-9 p.m.
- Nov. 16 City Council Regular Meeting, Civic Center, 7887 E. 60th Ave., 6-10 p.m.
- Nov. 17 Derby Review Board, Civic Center, 7887 E. 60th Ave., 5:30-8 p.m.
- Nov. 17 Quality Community Foundation, Civic Center, 7887 E. 60th Ave., 6-8 p.m.
- Nov. 19 GIS Day, Civic Center, 7887 E. 60th Ave., 10 a.m. – 2 p.m.
- Nov. 19 Youth Commission, Civic Center, 7887 E. 60th Ave., 6:30-8 p.m.
- Nov. 20 Cops v. Kids – Dodgeball, Recreation Center, 6060 E. Parkway Dr., 4 p.m.
- Nov. 21 Advanced Horseback Riding (Ages 11-17) , Meet at Recreation Center, 6060 E. Parkway Dr. 9 a.m. for transport to Longview Stables, 24000 E. Exposition Ave., Aurora, 9 a.m. – 2 p.m. (Pre-requisite: Beginner Horseback Riding Ages 11-17)
- Nov. 21 Leaf and green yard waste drop-off event, Civic Center, 7887 E. 60th Ave., 8 a.m. – 1 p.m.
- Nov. 23 City Council Study Session, Civic Center, 7887 E. 60th Ave., 6-10 p.m.
- Nov. 26 City offices Closed in observance of Thanksgiving
- Nov. 26 Recreation Center Closed-Happy Thanksgiving
- Nov. 27 City offices Closed in observance of Thanksgiving
- Nov. 27 Recreation Center reopens at 5:30 a.m.
- Nov. 28 Advanced Horseback Riding (Ages 11-17)), Meet at Recreation Center, 6060 E. Parkway Dr. 9 a.m. for transport to Longview Stables, 24000 E. Exposition Ave., Aurora, 9 a.m. – 2 p.m. (Pre-requisite: Beginner Horseback Riding Ages 11-17)
- Dec. 2 Planning Commission, Civic Center, 7887 E. 60th Ave., 6-9 p.m.
- Dec. 3 Youth Commission, Civic Center, 7887 E. 60th Ave., 6:30-8 p.m.
- Dec. 7 City Council Regular Meeting, Civic Center, 7887 E. 60th Ave., 6-10 p.m.

## COUNCIL CORNER

### **Remove the stigma of mental health**



*René Bullock,  
Mayor Pro Tem*

What would you do if you had a friend that had a broken leg, heart attack or any kind of medical emergency? Would you administer First Aid? Every year one out of four adults and 20 percent of young people experience an emotional or behavior health issue. How would you handle that?

Mental health is an ongoing issue in our society that is not being addressed. As a matter of fact, we are burying our heads in the sand. In the Denver Post on Monday, September 14, 2015, it was noted that actors in New York are training their police department on how to deal with the mentally ill. The August 26 and September 9 issues of La Voz contained articles concerning mental health disorders. In the October 13 Commerce City Sentinel Express, the paper started a weekly column titled Ask A Therapist concerning mental health.

It is time to take the stigmatism off mental health issues and realize that it is a common occurrence that people experience throughout our community and that affects many families. Many violent incidents are related back to mental health issues that people chose to ignore.

Adams County has mental health first aid training in both adult and youth module classes that are free and open to Commerce City and Adams County residents.. We support this resource in our community to help our residents deal with mental health crises. These classes cover topics on depression, anxiety disorders, psychosis, substance use disorders and mental health challenges common among youth 12 to18 years of age. Students learn risk factors and warning signs of mental health problems including suicide, the 5-step action plan to help someone experiencing a mental health crisis, and resources for help, including hotlines, professional care, peer specialist and self-help resources.

As the president-elect for our local Rotary, which is focused on mental health, and mayor pro-tem of the city, I wear two different hats. It is my passion to support mental health throughout the city. I hope you take advantage of these trainings.

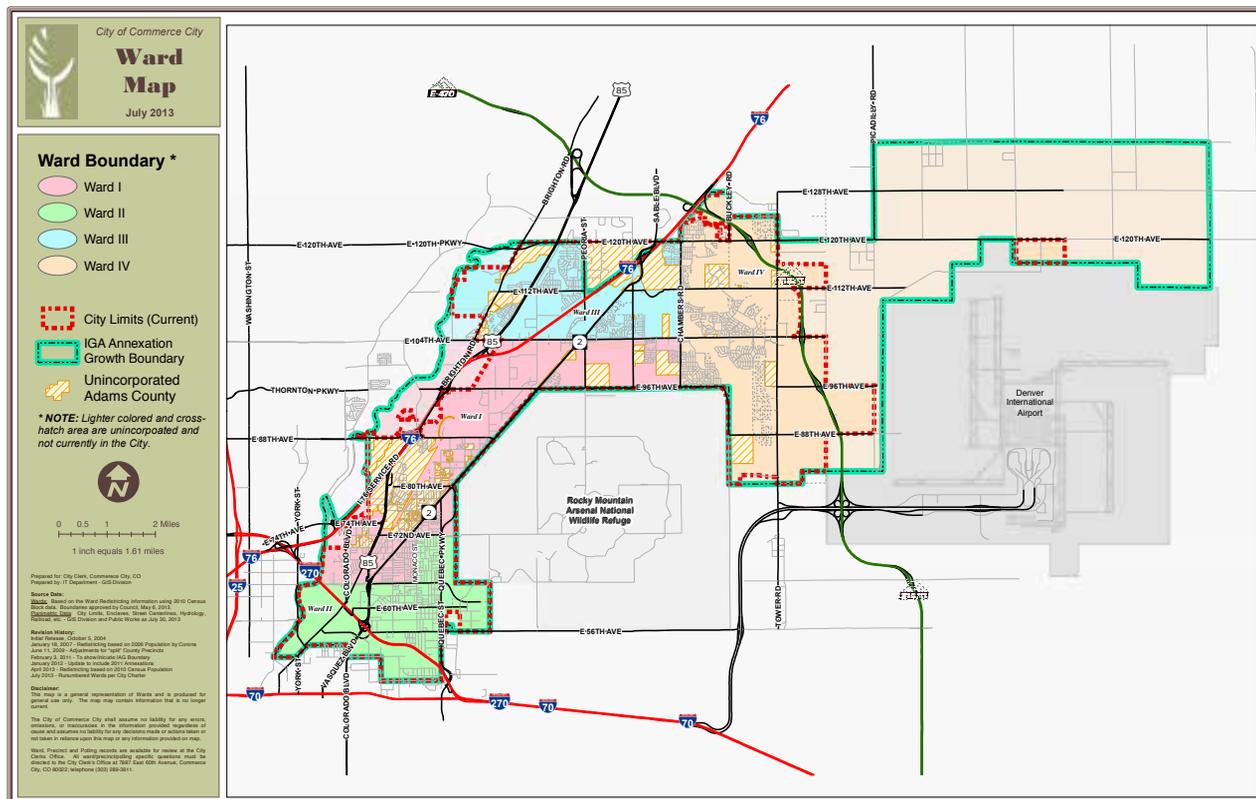
#### **ADULT MODULE:**

December 18, 2015 8 a.m. to 5 p.m.  
Front Range Community College, 1850 E. Egbert Street - Rm 120, Brighton, CO 80601

#### **YOUTH MODULE: (for adults dealing with youth or mature youth)**

December 1, 2015  
Front Range Community College, 3645 W. 112th Avenue - Room CO578, Westminster, CO 80031

To enroll please call Lindsey Schultz/Community Reach at 303-853-3500.



Not sure which Ward you're in? Check out this map or view a larger version online at [c3gov.com/maps](http://c3gov.com/maps).

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](mailto:jemko@c3gov.com) or 303-289-3782 with questions or comments.



Workers unload a truck at the leaf and green yard waste drop-off event held Saturday, Oct. 17 at the Commerce City Civic Center. Over 90 residents dropped off excess yard waste generated from residential yards. Another leaf and green yard waste drop-off event will take place November 21 at the Civic Center from 8 a.m. – 1 p.m.

## Community gives input on recreation center programming



Thank you to the 800-plus community members who provided suggestions for recreation amenities, classes and program offerings for the new and existing recreation centers.

The city hosted four public meetings, several focus groups and surveys to obtain feedback about programming elements for both facilities.

### Top suggestions for the existing recreation center at 6060 E. Parkway Drive:

- Locker room renovations and family locker rooms
- Support/spectator space
- Warm water (therapy) pool
- Improve building flow

### Top suggestions for the new recreation center to be located near E. 112th Avenue and Chambers Road:

- Create a community space accessible to the entire community
- Build and design to meet growing population
- Start with core amenities (weight room, pool, multi-purpose space, etc.)
- Multi-functional spaces with opportunities for age-specific programming
- Family programs, areas and services needed

The top requested amenities include an indoor leisure swimming pool, weight/fitness areas, walking/jogging track, outdoor spray ground and indoor lap lane pool. Youth sports and aquatics ranked as the two most important programs. Wellness, fitness and family activities were ranked very important by over half of respondents.

Survey responses were balanced among neighborhoods and length of residency. Females under age 45 with children was the largest response group. Staff reached out to key recreation users such as youth, older adults/senior citizens, youth sports associations and Spanish-speakers to ensure a representative set of opinions.

Design of the new recreation center is scheduled to begin this December and design of the existing recreation center additions is expected in spring 2016. There will be additional opportunities for community engagement throughout the design process. Both recreation centers are expected to undergo construction in 2017 and be completed by 2018.

For more information on all capital improvement projects, please go to [www.c3gov.com/QCL](http://www.c3gov.com/QCL)

## 104x bus route continues in 2016

The Commerce City/Denver Express bus route, 104x, is continuing service into next year. The express route, which makes four stops along E. 104th Avenue on the way to Union Station, was initially funded through a grant and city funds. After almost three years of high ridership, the Regional Transit District determined the ridership was high enough to meet RTD standards to continue service even after the grant and city funds end in 2015.

One change to the route is that the last northbound departure (5:50 p.m.) from Union Station will go away beginning January 3, 2016.

Learn more about all RTD routes and services at [www.rtd-denver.com](http://www.rtd-denver.com).

To register for programs, call 303-289-3798 or visit [c3gov.com/register](http://c3gov.com/register).

## PARKS & REC HAPPENINGS

### Hoop it up with the Junior Nuggets

Commerce City is partnering with the Denver Nuggets basketball team in 2016. All participants receive a Nuggets jersey and two free tickets to a Denver Nuggets game. Open to grades K-6. Registration is open Dec. 1- 27. More information will be available in the winter-spring activity guide.



#### Commerce City Recreation Center

6060 E. Parkway Dr.  
303-289-3760  
[c3gov.com/recreation](http://c3gov.com/recreation)

#### Buffalo Run Golf Course

15700 E. 112th Ave.  
303-289-1500  
[buffalorungolfcourse.com](http://buffalorungolfcourse.com)

### Seniors, get your voice heard. Apply for a senior advisory committee by Nov. 20

Senior advisory committee applications are available for the 2016 program year and seniors/older adults are invited to apply and make a difference in the recreation center's senior/older adult activities.

Seniors have the opportunity to serve on the program committee, outreach committee, or health and wellness committee. Committee members advise department staff, serve as an information resource to program participants, assist with fundraising and provide outreach services.

Typical committee meetings occur every other month throughout the year and are scheduled during the week during morning hours. Members are asked to attend community outreach events and may sometimes be asked to volunteer for committee created events/programs.

There is a maximum of nine participants per committee. Individuals cannot serve on more than one committee per year. Participants will be contacted by staff on or before Dec. 7. Applications and forms are available at the Older Adult/Senior Center, 6060 E. Parkway Dr. or online at [www.c3gov.com/SeniorBoards](http://www.c3gov.com/SeniorBoards). Forms should be returned to the parks and recreation department, Attn: Derrick Tripp, by Nov. 20. Please contact Derrick, recreation supervisor of senior services, at 303-289-3761 or [dtripp@c3gov.com](mailto:dtripp@c3gov.com).

### Thank you to our senior volunteers for contributing more than 6,400 hours of service to the city

Congratulations to Bob and Carmen Kreutzer for winning the Triple C and Red Sweater awards for their outstanding contributions to senior programs. They were presented with the awards at the senior volunteer appreciation dinner on Wednesday, Sept. 23.

Martha Applegarth  
Nicallee Baker  
Carol Barnick  
Janet Barrette  
Bob Benzel  
Bev Benzel  
Lois Bertapelle  
Joy Bishop  
Karen Borowski  
Liz Boyd  
Dave Busby  
Bonnie Campbell  
Andy Cardinas  
Sandy Carruthers  
Sherri Choromokos  
Ramona Cisneros  
Thelma Cole  
Fern Conklin  
Diane Cruz  
Viola Davenport  
James Deden  
Tom Dillon  
Al Federico  
Pauline Flowers

Maxine Galindo  
Margaret Garcia  
Ollie Grimard  
Emma Goodenough  
Al Hardt  
Joann Hardt  
Carole Harvell  
Leona Heater  
Nancy Jorgenson  
Bill Kawamura  
Janet Keeseey  
Les Knisley  
Carlene Knisley  
Robert Kreutzer  
Carmen Kreutzer  
Dennis La Favre  
Lois Heinrich-LaFavre  
Mary Landin  
Donna Littlefield  
Judy Marie Locke  
Jennie Loveridge  
George Maxey  
Marian Meyer  
Rae Lene Morey

Lucille Nation  
Vera Omara  
Vivian Parker  
Rudy Parks  
Loretta Petty  
Charlene Reynolds  
LeOra Richards  
Harold Rice  
Peggy Rice  
Vangie Rountree  
Don Sater  
Rose Schwab  
Beth Scott  
Richard "Dick" Smith  
Trudy Smith  
Grace Tochiara  
Janice Tuufuli  
JoAnn Vail  
Shirley Valentine  
Tillie Villarreal  
Judy White  
Jennette Wooley  
Linda Wulf  
Frances Zacek

### Winter/spring registration opens Dec. 1



# Magical & Merry Events

## COMMERCE CITY HOLIDAY HAPPENINGS

**ART SHOW & TREE LIGHTING** – Join the countdown and watch the festive tree lighting at the civic center. View the art show sponsored by the Commerce City Cultural Council, enjoy light refreshments, and mingle with elected officials and staff.

Mon 12/7 4:30-6:30 p.m.  
Civic Center, 7887 E. 60th Ave. FREE

**WINTERFEST AT DERBY DOWNTOWN DISTRICT** – Kick off the holiday season with Commerce City's annual celebration. Venture into a winter wonderland in the Derby downtown district with carolers, carriage rides, games, crafts, cookies and a hot drink. Kids get their picture taken with jolly Ol' Saint Nick. Sponsored by Adams 14 school district, Commerce City, Community Enterprise and Commerce City Business and Professional Association.

Wed 12/9 4:30-7 p.m.  
Downtown Derby District, Off Hwy 2 and E. 72nd Ave. FREE

**MINGLE WITH KRINGLE AT BUFFALO RUN** – Santa Claus is coming to Buffalo Run! Bring your camera and take a photo with Santa. Little ones will also enjoy holiday crafts. Feast on light refreshments provided by the Bison Grill and relax next to the stone fireplace.

Sat 12/12 1-4 p.m. (Santa on break from 2-3:30 p.m.)  
Buffalo Run Golf Course, 15700 E. 112th Ave. FREE

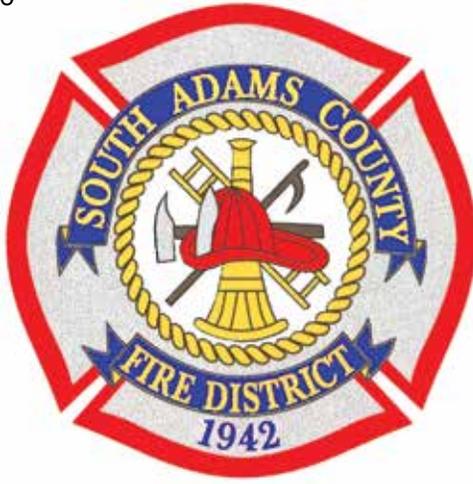
# \$5 OFF

## at Bison Grill

Enjoy casual dining seven days a week with great food, superior service and breathtaking views.

Open to the public  
Bring this coupon to redeem. Valid with minimum purchase of \$25. No cash value. Not valid with any other promotion. Hurry in- offer expires 12/18/15.

15700 E. 112th Ave. •••••••••••••••••••••••• 303-289-7700  
[BuffaloRunGolfCourse.com](http://BuffaloRunGolfCourse.com)



# South Adams County Fire Protection District

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

## Fire safety tip of the month

### Car Fire Safety

Cars can catch fire for many reasons. Mechanical or electrical issues are the most common cause. A car can also catch fire as the result of a bad crash. If you see smoke or flames or smell burning rubber or plastic, respond immediately.

#### What to do if your car is on fire:

- Pull over as quickly as it is safe to do so. Be sure to use your signal as you make your way to a safe location off the road such as the breakdown lane or rest stop.
- Once you have stopped, TURN OFF the engine.
- GET everyone out of the car. Never return to a burning car for anything.
- MOVE everyone at least 100 feet from the burning car and well away from traffic.
- CALL 9-1-1

#### How to prevent a car fire:

- Have your car serviced regularly by a professionally trained mechanic. If you spot leaks, your car is not running properly, get it checked. A well-maintained car is less likely to have a fire.
- If you must transport gasoline, transport only a small amount in a certified gas can that is sealed. Keep a window open for ventilation.
- Gas cans and propane cylinders should never be transported in the passenger compartment.
- Never park a car where flammables, such as grass, are touching the catalytic converter.
- Drive safely to avoid an accident.

#### Know the danger signs:

- Cracked or loose wiring or electrical problems, including a fuse that blows more than once
- Oil or fluid leaks
- Oil cap not on securely
- Rapid changes in fuel or fluid level, or engine temperature

### FACT

Most crashes do NOT result in fire. In the event of any crash, call 9-1-1. If there is no sign of fire, wait for emergency assistance to help any injured individuals out of the car.



## Get to know your SACFD firefighter

**Name:** Kristina Rollf

**Title/Rank:** Firefighter

**Work Location:** Station 23

**Years with the department:** 4

**What is your favorite part of the job?** It's impossible to pick one thing! Helping others, of course, is why I am here and what drives me, but the fact that I get to do that while challenging myself and being part of such a great brotherhood/sisterhood at the same time is what makes this job so amazing.

**How has SACFD changed you?** I am capable of so much more than I had ever believed. I am a stronger, more determined person emotionally and physically. These last four years have shown me that I can do anything I put my mind to.

**Where did you grow up?** I'm a Colorado native! I grew up in the northern part of Westminster.

**If I weren't a firefighter, I would be a:** starving artist! Art was my first major in college. It's funny where you end up in life compared to what you originally planned. No regrets though and I still enjoy art projects on my days off.

**Outside SACFD I am a:** mom. I keep busy between running errands, kids' activities and cleaning up after them.

**Three words to describe you:** Yikes, I hate these types of questions. I guess I would have to say resilient, optimistic and creative.

**Who is your hero?** My uncle Chuck who is a retired fire chief. He is the reason why I am in the fire service today. At a young age I noticed that the job was what molded him into such a compassionate and extraordinary husband, father, friend and neighbor. He has always gone above and beyond to help anyone in need and has always done it with such humbleness. The way he has lived his life both personally and professionally has been a huge influence on the type of firefighter and person I want to be.



SACFD Firefighter Kristina Rollf



Members of the SACFD outside their booth for the 2015 Firefighters Chili Cook Off. This was the first year the SACFD participated in the cook off, which raises money for the Muscular Dystrophy Association.

## South Adams County Fire District working to help lower rates of cancer and preventable diseases for firefighters

### Innovative new software tool gives firefighters a simple way to document toxic exposures to help prevent illness

South Adams County Fire District is the first department in Colorado to utilize the Exposure Tracker by TrackTrain. The Exposure Tracker is a web-based tool that enables firefighters a simple way of documenting all their toxic exposures, with analytics to better understand their accumulation of exposures throughout their careers.

"With ongoing research in the fight against cancer, I have found this application to be a great asset and a key component for our department to track and maintain the deadly and toxic exposures we face as firefighters," said Safety Officer Matt Morgan.

The system was designed by a retired firefighter Clive Savacool with help from researchers at the Center of Disease Control (CDC) and the National Institute of Health and Safety (NIOSH).

"My dream job as a firefighter ended too early when I was retired due to permanent damage to my respiratory system," said Savacool, founder of Exposure Tracker. "We created the Exposure Tracker as a solution for other firefighters to protect their health, prolong their careers, and help maintain their quality of life."

Across the country firefighters have up to 2.3 times higher rates of cancer and are six times more likely to incur disabling injuries compared to other U.S. workers.

"We need to set the tone for the future," said Morgan. "This program will accurately maintain records of exposure so we can prevent illnesses and long-term effects from the hazards we face. The health and well-being of our personnel and their families is our number one priority. Thank you Exposure Tracker for a great concept and idea."