

Conversations With Jeffco

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Local Pilots Make RMMA Air Show a Success

Thursday, August 27, 2015, 11:17:12 AM | Julie 

by Bryan Johnson, Rocky Mountain Metropolitan Airport Director
comments open from Aug. 26 until Sept. 14



Did you know...?

The [Rocky Mountain Metropolitan Airport](#) supports various aircraft owners, corporate flight departments, flight schools, government agencies and other aviation businesses that own and operate aircraft.

While this year's Rocky Mountain Air Show was a huge success, did you know that many of the pilots and planes that flew in the air show are part of our local airport community? Not only did they participate in this year's air show, but many of them travel the country performing at other air shows throughout the year.

We are fortunate to have a very dedicated and talented pilot community that maintains the highest standards of training and safety while operating their aircraft.

The RMMA based group of pilots and planes that participated in this year's air show included:

- The Rocky Mountain Renegades; Jim Gray, Jim Sherry, Steve Bergevin and Steve Cox (G-202, RV4 and RV8 aircraft).
- Roy Holliday, North American T-33
- Mark Johnson, British Aerospace Jet Provost MKIII
- Carlo Gaines, T-34C

We also had several tenant aircraft on static display:

- Jack Wilhite (deceased), Mig-17

- Dave Callendar, Harlow
- Mike Bertz, BAE Gnat
- Carl Gilberg, Twin Beech
- Pilatus, PC-12
- Various flight training school aircraft (C172, etc.)

Thanks to the air show organizers, tenants, vendors, other local agencies, RMMA staff and volunteers that made this years' air show possible!

Slash Program Underway

Tuesday, June 09, 2015, 3:54:00 PM | Julie →

by Casey Tighe, Board of County Commissioner Chair
comments open from June 9 until June 28



Have you finished spring cleaning of your property? If so, load up your tree debris and bring it to the Jefferson County's 2015 Slash Collection Program. The program kicked off May 30 and continues through Oct. 25.

In the past, the slash collections were quite popular but there were only a few collections each year. We decided to change things up this year and host slash collections just about every weekend this summer and into the fall. We are also hosting the collections in several locations throughout the county to make it more convenient to all residents.

The cost is \$20 per load, credit cards only. A load is considered a truck bed full to the truck cab height or a trailer up to 8' x 4'. Loads larger than this will be charged as more than one load. All processed material will be hauled to compost yards for further re-use of the material.

So what can you bring? Slash is considered tree debris such as limbs and pine needles. But please bag your needles and bark; loose loads cannot be accepted. Keep your tree limbs under eight feet and less than six inches in diameter. Commercial refuse and construction materials will not be accepted. Also we cannot accept household trash, tree stumps, metal, rocks and grass clippings.

Slash is not only a great program for our citizens, but it protects our land. It is one of the ways to mitigate against wildfires. Clearing the debris cuts down on fire fuels and decreases the risk of fire. So get out, clean up and bring all your slash to us!

For dates, locations and more details, visit jeffco.us/slash.

JCPH's Built Environment Accomplishments

Tuesday, May 26, 2015, 3:23:18 PM | Julie →

by Dr. Mark B. Johnson, Jefferson County Public Health Executive Director
comments open from May 26 until June 14



"The built environment is social policy in concrete." This pithy definition of human-designed settings comes from Dr. Richard Jackson, a leader in Environmental Health whose career path has included positions as State Health Officer for the state of California, Chair of Environmental Health Sciences at the University of California-Los Angeles, and Director of the Center for Disease Control and Prevention's (CDC) National Center for Environmental Health. The built environment is the environment which we as a society have consciously constructed to fit our needs, and those needs are defined through policies. This includes everything from the size and location of our buildings and roadways, to the location of our water fountains.

As chronic disease and obesity rates continue to rise, there has been a growing awareness of the impact of the built environment on health. A number of organizations, including the CDC, the National Environmental Health Association, the American Public Health Association, the American Planning Association, and the Urban Land Institute have begun to push for policies and built environment decisions that reflect a high value for health. Goals for this work are generally focused on increasing access to healthy food and settings that allow or encourage physical activity. This is often referred to as healthy eating and active living, or HEAL.

Jefferson County Public Health (JCPH) is working towards this across the west-Denver metropolitan area and Front Range mountain towns. The 2013 Community Health Assessment CHA identified a near-doubling of diabetes rates between 2001 and 2010, as well as large increases in obesity. Additionally, there are demographic shifts showing that in the near future, an increasing proportion of Jefferson County residents will be either be senior citizens or youth, both populations particularly vulnerable to health issues due to poor built environments. This gave clear direction to prioritize built environment changes in the 2014-17 Community Health Improvement Plan CHIP. As Colorado's fourth most populous county, with a land area of over 700 square miles, this was a daunting endeavor.

Jefferson County's first major foray into HEAL policy, environments, and systems change came through LiveWell Wheat Ridge (LWWR), beginning in 2005. This coalition focused on advancing support for a healthy food system and a pedestrian- and bicycle-friendly community. JCPH served as fiscal agent for LWWR, which

instilled in the department the technical expertise to work towards policy change, and to develop HEAL coalitions and the desire to scale up this work to the county level.

As a result, JCPH applied to the Colorado Department of Public Health and Environment for funding through the Cancer, Cardiovascular Disease, and Pulmonary Disease Prevention (CCPD) grant program in 2012, for a program called "Creating a Culture of Health and Wellness in Jefferson County Through Policy." Funding was awarded (FY 2012-2015), and was used initially to collect baseline data on existing policies and the climate of opinion towards policy change. This included five HEAL Policy Assessments of local government Comprehensive Plans, and a robust survey of 123 policymakers on their readiness to implement a host of land use, transportation and food policies in Jefferson County. JCPH also formed the countywide HEAL Policy Team, a coalition made of a variety of county departments (Open Space, Transportation and Engineering, Planning and Zoning, CSU-Extension), representation from local municipalities and the mountain communities, Jeffco Public Schools, Centura and Lutheran Health Services, and regional and statewide organizations like Bicycle Colorado, LiveWell Colorado, the Regional Institute for Health and Environmental Leadership, the Colorado Environmental Health Association, and the National Environmental Health Association. This group serves as a steering committee for the grant, creates a forum to share best practices and lessons-learned, aligns efforts to the JCPH Community Health Improvement Plan, and serves as the convening entity to leverage additional investment for HEAL work in Jeffco. It is also a valuable platform for local coalitions (e.g. LiveWell Wheat Ridge and Arvada Healthy Places Initiative) to connect local work into a regional dialogue.

In early 2014, with this solid base of a developed coalition and an understanding of the existing policy conditions across the county, JCPH was able to support a number of policy changes to support HEAL. The department provided technical assistance, community engagement, and informal education around a number of land use plan updates, and the five major cities in Jefferson County all passed resolutions to join the LiveWell Colorado HEAL Cities & Towns Campaign. JCPH helped draft a number of these resolutions, wrote letters of support, and engaged public comment from interested residents. Now that they have been passed, these resolutions have been a useful tool for keeping up momentum towards HEAL policy change. As an easily shared action plan, the resolutions serve as a reminder to staff and elected officials of the commitment the cities have made to address health.

Additional policy accomplishments for 2014 include:

- Jefferson County Open Space updated their Open Space Master Plan. This new plan includes numerous references to health, and the important role of green space in supporting wellbeing. Jeffco Open Space also initiated a monthly wellness update.
- The City of Arvada adopted an updated Comprehensive Plan. Through a robust community engagement process, and in partnership with the Arvada Healthy Places Initiative, this new plan includes a number of policies that support walking, bicycling and healthy food access.
- The City of Wheat Ridge, at the urging of the Active Transportation Advisory Team, budgeted \$100,000 for pedestrian and bicycle work in 2015.

Currently, JCPH is working on the following policy initiatives:

- Inclusion of health policies in the City of Arvada Parks & Recreation Plan
- Inclusion of health policies in the City of Golden Parks & Recreation Plan
- Inclusion of health policies in the City of Lakewood Comprehensive Plan and Sustainability Plan
- Inclusion of pedestrian- and bicycle-friendly policies in the Evergreen Trails Master Plan
- Inclusion of bicycle lanes and traffic calming elements in the Jefferson County Transportation Design and

Construction Manual

- Completion of a HEAL Policy Assessment of the Jefferson County Comprehensive Master Plan
- Recommendations for a health coalition, walking and biking assessments, and a healthy food access study in the DRCOG Sustainable Communities Initiative's Gold Line Corridor Blueprint
- Inclusion of health policies in DRCOG MetroVision 2040



Throughout this work, JCPH's Environmental Health Services Division has been a critical partner. Specialists and leadership in the division provide guidance on local government planning processes, insight on environmental quality concerns, and comments on potential policy changes. Information is also exchanged with environmental health partners across the region, in quarterly meetings and regular conversations.

In late 2014, JCPH applied for, and was recommended to receive, another three years of CCPD grant funding for FY 2016-2018. JCPH will receive a 333% increase in CCPD funds for this new grant period as compared to 2012-2015. The plan for this new program was developed with regular input from the HEAL Policy Team and other important partners. It seeks to scale up the work of the last three years through more proactive technical assistance, the development of a local HEAL coalition to include low-income residents, the broadening and deepening of the HEAL Policy Team, and the formation of a county-wide Food Policy Council. It will also increase the capacity of local and regional partners to leverage additional HEAL funds from foundations like Kaiser Permanente and The Colorado Health Foundation, and support more robust implementation of the Jeffco Community Health Improvement Plan.

Protect Your Pets from Rabies

Thursday, April 23, 2015, 3:58:43 PM | Julie →

by Dr. Mark B. Johnson, Jefferson County Public Health Executive Director
comments open from April 23 until May 12



One of the best ways to show your pets how much you love them is to make sure they are protected from rabies. Rabies is an infectious viral disease that affects the nervous system in animals and humans. If you do not vaccinate your pets, you are putting your entire family at risk. It is also important to keep your pets on leashes when they are out in the community. Livestock may also be exposed to rabies and owners should be vigilant in monitoring health issues in their animals, and discuss any animal health concerns with their local veterinarian.

Rabies in wild animals is on the rise, especially in bats and skunks in the state of Colorado. As of April 17, 2015, Colorado State University and CDPHE laboratories have confirmed rabies in 24 animals (two bats, 20 skunks, one raccoon and one cat) in Colorado. Of these, nine (38%) rabid animals were known or strongly suspected of exposing 20 domestic animals and 20 humans. Wild animals can infect your pets if they are not protected.

The [Foothills Animal Shelter](#) provides low cost vaccinations as well as links to other vaccination clinics throughout the county. For more information, visit the [Centers for Disease Control and Prevention's Kids Page on Rabies](#) or read our [JCPH Rabies brochure](#).

Residents and visitors are advised to avoid all stray or wild animals, keep pets (dogs, cats, ferrets, livestock) vaccinated against rabies and, don't allow pets to roam free. Everyone is advised not to handle wild animals. If bitten or scratched by a pet or wild animal, immediately wash any wounds with soap and water and contact your family doctor.

For additional information on rabies, contact Jefferson County Public Health Zoonosis Program at 303-232-6301.

In addition to rabies vaccinations for pets and livestock, here are some additional precautions to prevent possible exposure to rabies:

- Do not feed, touch, or handle wild animals.
- If you find a bat inside your home, do not let it out or discard of it. Call animal control so that the animal can be tested. Otherwise, exposure is assumed and quarantine and/or prophylaxis will be required.

- If you must remove a dead animal on your property, wear rubber gloves or lift the carcass with a shovel or other tool, and double-bag it for the trash. Do not directly touch the animal with bare hands.
- Call your local animal control office to remove stray animals from your neighborhood
- Teach children to leave wildlife alone.
- Do not leave pet food or livestock feed in areas accessible to wildlife.
- Maintain control of your pets by keeping cats indoors and keeping dogs under direct supervision.
- Spay or neuter your pets to reduce the number of unwanted or stray animals in your community.
- Rabies vaccination should be considered for horses and other equines, breeding livestock, dairy cattle or other livestock.
- Call the Colorado Division of Parks and Wildlife at (303) 297-1192 if you have problems with wild animals.

If you are concerned that you or one of your animals might have been exposed to rabies, seek medical or veterinary attention immediately.

Resources:

- [Wildlife Rabies and You](#) (brochure)
- For more information or to report a suspicious animal, please contact your local animal control agency or Jefferson County Animal Control: 303-271-5070
- For more information about rabies contact Environmental Health Services Animal Borne Disease Program at 303-232-6301 or visit the Jeffco Public Health site at www.jeffco.us/health.
- Colorado Department of Public Health and Environment Rabies Data on their website at <https://www.colorado.gov/pacific/cdphe/rabies-data>



You Just Received a Zoning Violation ... Now What?

Monday, April 20, 2015, 1:26:56 PM | Julie →

by John Wolforth, Planning and Zoning Director
comments open from April 20 until May 9



Many people are confused, afraid and upset when they receive a zoning violation, and the penalty language on the violation form can be quite intimidating. If you have received a zoning violation, the most important step for you to take is to call or email the inspector whose name, email and telephone number are listed on the form. The inspector will be able to describe the best steps to take to correct the violation, or can refer you to the people within the Jeffco Planning & Zoning division that will best be able to assist you.

So what exactly is a zoning violation and why did you receive one in the mail? [The Jefferson County Zoning Resolution](#) is a permissive document, which means the various zone districts describe what uses are allowed, but does not tell you what isn't allowed. One of the zoning violations that is most frequently issued is for an inoperable/unlicensed vehicle being stored on residential property. As an example of the permissive nature of the Zoning Resolution, only heavy industrial zone districts allow the storage of inoperable/unlicensed vehicles, residential zone districts do not.

I received a zoning violation, and there is no way I can correct the violation in 10 days.

That is exactly why it is so important to contact the inspector as soon as you receive the notice. By contacting

the inspector you may well be able to make arrangements to have more time to correct the violation, and can possibly avoid the fines that can be assessed if the zoning violation is taken to county or district court.

Do county inspectors just drive around looking for violations?

No, they do not. The zoning violation program is a complaint-based system, unless an inspector witnesses a situation that poses an imminent threat to public safety. Planning & Zoning staff accept complaints of alleged violations via telephone at 303-271-8725, [via the internet](#) or in person at our counter. We do not accept anonymous complaints, and we collect the information from the caller should the inspector require additional information about the complaint. Although the information is collected, it is not shared with anyone and knowing "who" made the complaint doesn't aid in correcting the violation.

Why is there a zoning violation program anyway?

The intent and purpose of the Zoning Resolution is to promote public health, safety and welfare. By having a zoning enforcement program, we are meeting the purpose of Zoning Resolution by protecting property values and ensuring that all residents have the opportunity to enjoy a healthy and happy community.

Deck Safety Awareness

Friday, March 13, 2015, 8:30:50 AM | Julie →

by Becky Baker, Building Safety Division Director
comments open from March 11 until March 30



With spring just around the corner, deck safety comes to mind. Decks are popular structures used frequently as a gathering place for friends and family. They are designed to support the weight of people and objects on it as well as forces of Mother Nature. While decks look relatively simple to build, many do not realize these structures need to be designed to adequately resist certain stresses.

Life expectancy of a deck can be as short as 10 to 15 years. Decks are exposed to elements, which can cause damage. It is important that decks are regularly inspected and maintained. To prolong the life of your deck, check for things like loose boards or protruding nails. Over time metal connectors, screws and nails can corrode or become loose and weaken the structure of your deck.

Five Warning Signs

Missing Connections: A deck should be built using a series of wood members, nails, screws and metal

connectors to create a continuous load path.

Loose Connections: Look for wobbly railings, loose stairs and ledgers that appear to be pulling away from the home.

Corrosion of Connectors and Fasteners: Look for red rust and other signs of corrosion that can weaken the deck.

Rot: Overtime wood can rot and degrade due to exposure to the elements.

Cracks: Large cracks or excessive cracking overall can weaken a deck.

To determine if repairing or replacing is in order, professionals such as structural engineers or contractors are an excellent resource. In some situations retrofitting your deck by applying new or additional hardware to existing framing members may extend the lifespan.

[The Building Safety Division](#) is available to answer questions you may have on repairing or replacing your deck.

Bull Riders Series at the Jeffco Fairgrounds

Wednesday, February 18, 2015, 2:22:41 PM | Julie →

Scott Gales, Director of Jeffco Fairgrounds
comments open from Feb. 18 until Mar. 9

Over the past several months, the staff at the Fairgrounds has worked closely with local promoters, Mike and Danny Newlon, to create a series of events around a new concept - indoor bull riding housed in an incredibly intimate and unique environment. The Livestock Arena at the Fairgrounds has provided that one-of-a-kind venue. It has allowed the Bull Riders Underground Showdown Series to blossom while providing the Jeffco Fairgrounds with a unique entertainment offering in our state.

So far, hundreds of new guests and fans have been drawn to the Jeffco Fairgrounds for this series, and organizers expect hundreds more with dates booked into February, March and April.



National Save for Retirement Week

Tuesday, October 21, 2014, 1:05:38 PM | Julie →

by Jennifer Fairweather, Human Resources Director
comments open from October 21 until November 9



October 19, 2014, kicks off National Save for Retirement Week, which occurs each year during the third week of October.

National Save for Retirement Week was started in 2006 by two Senators in order to increase public knowledge about retirement savings and to encourage employees to save and participate in their employer-sponsored retirement plans.

Images by Michael Martin Photography

The goals for this week are to:

1. Promote the benefits of saving for retirement;
2. Encourage employees to fully utilize employer-sponsored plans; and
3. Increase awareness around saving now for the future.

During this week, it is a great time to reflect on your current retirement savings strategies and determine if you are on track to meet your goals. It is also a reminder to contact your plan administrator or financial advisor to assist with your retirement planning.

E-Cigarettes and Youth

Tuesday, June 24, 2014, 10:25:23 AM | Julie →

by Dr. Mark B. Johnson, Jefferson County Public Health Executive Director
comments open from June 23 until July 12



Major tobacco companies, including the makers of Marlboro, Camel and Newport cigarettes, have a long history of marketing to youth and are now selling nicotine vaporizers in Colorado. Vaporizers, also called e-cigarettes or hookah pens, appeal to youth because of colorful or trendy high-tech packaging and kid-friendly content flavors such as strawberry, chocolate and menthol. Glamorized in advertisements and used by celebrities, e-cigarettes are often promoted as a means of expressing independence and rebellion.

Given the intensive marketing of e-cigarettes, it is hardly surprising that the Centers for Disease Control and Prevention reported this fall that the number of middle and high school youth who had tried an e-cigarette doubled from 2011 to 2012. While the aerosol emitted doesn't smell like a burning cigarette, the liquid used in vaporizers often contains nicotine, the same poisonous and highly addictive substance found in conventional cigarettes, in addition to other poisonous or cancer-causing chemicals.

This liquid, found in disposable e-cigarettes and as replacement cartridges or "e-juice" for reusable vaporizers, poses an added danger. The high concentration of nicotine can be deadly, especially for young children, and exposure to e-cigarette liquid has led to a dramatic rise in the number of calls to poison control centers.



Despite being illegal for youth to buy, the use of e-cigarettes, hookah pens and other vaporizers is on the rise. Vaporizers are advertised and sold at stores where youth shop, and youth are purchasing them online by claiming to be older when asked for age verification. According to a March 2014 report in JAMA Pediatrics, youth who reported using e-cigarettes are more likely to also smoke regular cigarettes, smoke heavily, and have less success with quitting, even though they are often touted as tools to help cut down on smoking.

Another concern is that vaporizers can be bought or modified to "vape" marijuana, which is illegal for youth under the age of 21. Manufacturers are promoting their ability to hide the odor and deliver high potency marijuana.

For more information, or to get involved in local prevention and policy efforts that promote tobacco-free

living, visit www.tobaccofreejeffco.com/vaporizers.html, email tobaccofree@jeffco.us, or call 303-275-7555.

Health is More Than Health Care

Tuesday, May 20, 2014, 11:25:37 AM | Julie →

by Nancy Braden, Jefferson County Public Health Communications Manager
comments open from May 20 until June 9

Access to Healthy Food Makes a Big Difference

Submitted by Erika Jerme, JCPH Planner

Health is more than health care. How healthy we are, and whether or not we will get sick, is shaped by the houses and neighborhoods we live in, the schools and worksites we spend our days in, and the communities in which we play and age.

One way these places shape our health is through our access to healthy food. Think about where you go to get your groceries. How do you get there? How long does it take you to get there? How do you get your groceries home? If you have a car, these questions probably aren't that big a deal. But imagine if you didn't have a car: how would that change your experience of buying groceries? Would you still be able to shop at the same store, or would you have to shop somewhere closer to home, even if that meant the selection or prices were not as good?

Many neighborhoods in the US don't have grocery stores within a half-mile radius, a reasonable distance to walk with a couple bags of groceries. The US Department of Agriculture has a name for these neighborhoods: food deserts. Across the US, low-income neighborhoods have 25 percent fewer supermarkets than do middle-income neighborhoods, while predominately African-American neighborhoods on average have half the number of supermarkets found in predominately white neighborhoods.[i] Although low-income neighborhoods may have smaller food stores, fresh fruits and vegetables generally cost more, are of lower quality, and are less available at small stores than at supermarkets or large grocery stores.[ii]

What do these food deserts mean for health? We know that eating a diet full of fresh fruits and vegetables is important for healthy living. People who live near supermarkets or other food stores that sell fresh produce eat more fresh fruits and vegetables and have lower rates of chronic diseases than people with limited access to healthy food.[iii] Moreover, as the price of fresh fruits and vegetables rises, consumption of these healthy foods decreases.[iv] For someone who doesn't drive or doesn't own a car, getting to a store that sells affordable, fresh fruits and vegetables can be very difficult.

Here in Colorado, people are taking action to make sure everyone has access to healthy food, regardless of what neighborhood they live in. For example, the Colorado Fresh Food Financing Fund can support a wide range of activities that improve access to healthy food retail. Some examples include: business start-up and expansion costs; opening a new store; keeping a store open under new ownership; new or upgraded equipment and displays; land assembly; and developing an innovative business concept. See the [program overview document](#), [detailed program guidelines document with eligibility criteria](#), or the [pre-application form](#).

Just down the street from [Jefferson County Public Health](#) in Lakewood's Two Creeks neighborhood, Sprout City

Farms has broken ground on a brand new urban community farm at Montair Park. Mountair Park is located at 14th & Depew St., and approximately 1.25 acres will be converted to farm. This farm will bring much-needed fresh produce to the neighborhood. And many Jeffco neighborhoods have community gardens where people can grow their own food, even if they don't have a yard.

To get involved in increasing healthy food access in your neighborhood, email us at healthyjeffco@jeffco.us.

[1] Powell, LM, Slater, S, Mirtcheva, D, Bao, Y, & Chaloupka, FJ (2007). Food store availability and neighborhood characteristics in the United States. *Preventive Medicine*, 44, 189–195.

2 Odoms-Young, AM, Zenk, SN, Karpyn, A, Xochitl Ayala, G & Gittelsohn, J (2012). Obesity and the Food Environment Among Minority Groups. *Current Obesity Reports*, 1(3), 141-151.

3 PolicyLink & The Food Trust (2010). *The Grocery Gap: Who Has Access to Healthy Food and Why it Matters*.

4Odoms-Young, AM, Zenk, SN, Karpyn, A, Xochitl Ayala, G & Gittelsohn, J (2012). Obesity and the Food Environment Among Minority Groups. *Current Obesity Reports*, 1(3), 141-151.

Coping Strategies for Managing Change in the Workplace

Tuesday, March 04, 2014, 10:32:01 AM | Julie →

by Jennifer Fairweather, Human Resources Director

comments open from March 4 until March 23



Now more than ever, the workplace can be stressful as technology is constantly changing and business practices are ever evolving. Alleviating stress as much as possible is an important factor in alsodo know that we can control how we manage change as it occurs.

Here are a few coping strategies for managing change:

- Manage your reaction to changes and events.
- Have a support system.
- Set realistic goals and timelines.
- Engage in stress relieving activities, such as engaging in exercise or hobbies.
- Focus on what is in your control.
- Be realistic about your fears: "What's the worst thing that can happen?"
- Increase your opportunities for laughter and fun!

Practicing these strategies is another avenue toward enhancing your health and wellness in the workplace.

Cold Weather Plumbing Tips

Thursday, February 20, 2014, 10:57:44 AM | Julie →

by Becky Baker, Building Safety Division Director
comments open from February 20 until March 11



To prevent property damage, repair bills, and the inconvenience of bursting household pipes the following tips can help prepare for winter cold.

Before cold weather hits:

Know the location of your water shut-off switch and regularly test it. If the worst happens and a pipe breaks, you won't want to wait for someone to arrive at your home to find it for you. In most single-family dwellings, the shut-off valve is in the basement or crawlspace on a wall facing the street.

Turn off and drain automatic and manual sprinkler systems before first freeze. If not properly drained the freezing and thawing cycle can create cracks and weak spots in the sprinkler system, triggering silent underground leaks or mini-geysers.

Make sure the faucet and outside piping is fully drained. Turn off outdoor faucets and be sure to disconnect hoses. A valve inside many houses will shut off the water flow.

Insulate water pipes that may be vulnerable to the cold or have caused problems before. Pipes close to exterior walls or in unheated basements can be wrapped with pieces of insulation. Don't overlook pipes near windows, which can quickly freeze. For particularly difficult pipes, consult a professional on how to select and apply heat tape, improper use can cause fires.

During a deep freeze (-5 degrees and below):

- Keep cabinet doors leading to exposed pipes open so that household air can warm them. The natural flow of warmer air will help combat problems.
- Keep attached garage doors shut. Occasionally, plumbing is routed there, leaving it vulnerable to winter's worst.
- Crack a faucet farthest from the place where your water enters the house. A very slow drip will keep water

molecules moving, reducing the chance that pipes will freeze. Don't forget to place a bucket underneath the faucet so the water can be saved for other household uses.

- Keep your thermostat set above 65 degrees when leaving your house or business for several days.

Residents Explore Colorado Wildflowers Through Native Plant Master Program

Wednesday, February 19, 2014, 1:14:26 PM | Julie →

by Public Information

comments open from February 19 until March 10

Have you ever wandered down a trail in your favorite Jeffco Open Space Park and wondered what those beautiful wildflowers were? Participants in the Native Plant Master® Program are learning not only the names but also the friends, foes and lifestyles of Colorado wildflowers, trees and shrubs in Native Plant Master® courses offered by Colorado State University Extension, a division of Jeffco Parks. Native Plant Master courses are held in "outdoor classrooms" along trails in various Jefferson County Open Space and other nearby parks.

Participants are also delving deeper into unique topics about Colorado plants by taking a Native Plant Master special class. These classes include introduction to Colorado native plants, plant families, native plant landscaping, plant sketching, basic botany and exploring herbicides for controlling invasive weeds. A webinar on rare plants of Colorado is also offered. NPM courses and classes are taught by CSU faculty, NPM Trainers and other experts.

Participants have very positive reviews of the program. One participant said, "It is the best educational experience I have had through my local Extension office. It is outside, hands-on, taught by passionate, intelligent people, and has real world applications."

The Native Plant Master (NPM) Program has been growing in response to public demand. This year a total of 24 NPM courses and classes are being offered by Jeffco NPM. The program has grown beyond Jeffco to now cover 12 counties statewide.

Impacts beyond the program have been significant. More than 15,000 citizens are educated each year about native plants. There are 594 volunteer certified Native Plant Masters who educate others as part of their volunteer role. New this year, a Colorado Flora Certificate is offered to anyone completing three courses, without a volunteer commitment.

Perhaps the most valuable aspect of the Native Plant Master Program is that people save money by implementing what they learn in Native Plant Master courses. Last year, participants reported that they saved a combined total of \$157,398 by taking actions they learned about in the program including planting sustainable landscapes and controlling invasive weeds. More than 444,000 acres were affected by these activities.

Sustainable landscapes featuring native plants use fewer inputs such as water, fertilizer, pesticides and maintenance. As a bonus, such areas provide food and shelter for wildlife and help preserve Colorado's biological diversity. Non-native weeds threaten land productivity as well as Colorado's wealth of natural beauty and native wildlife.

People really do change what they do as a result of the program. It's a win-win situation for them and for Colorado. One Native Plant Master participant stated, "In my private landscape design/build business, I have incorporated more native plants and communicated to my clients their unique benefits." Another stated, "The knowledge has been extremely useful in my contact with the community in leading tours in natural areas. People are very interested in controlling and understanding the alien plants in the area."

If you're interested in taking a NPM course or class, register early as many offerings have wait lists later in the season. For more details on offerings or to register, see [our eventbrite registration site](#). You can also visit the Native Plant Master program's unique database of research-based information on more than 1,000 Colorado plants at <http://coloradoplants.jeffco.us>.

Learn more about the Native Plant Master program at www.nativeplantmaster.org or contact the CSU Extension office in Jefferson County at npmassistant@jeffco.us, 303-271-6620. If you are interested in becoming a volunteer who educates others, see the [Volunteer Application](#) on the NPM website.

Team Weight Maintenance Challenge

Tuesday, December 10, 2013, 12:10:15 PM | Julie →

by Jennifer Fairweather, Human Resources Director
comments open from December 10 until December 29



Here at Jeffco many of our employees are again participating in our annual 'Hold the Holidays' event. This event is a TEAM weight maintenance challenge designed to keep teammates from packing on the pounds during the holiday season. Teams will choose a "captain" and consist of 2-8 members.

By participating, teammates help keep each other accountable and motivated to make healthy choices during the season. This enables everyone to enjoy the holidays without having to lose weight after they are over!

This is an easy program to implement in your own workplace or even with your family. You will be less stressed, more rested and more active during the holiday season, all of which will make your season brighter.

Living with Construction and Best Management Practices

Thursday, October 17, 2013, 5:19:53 PM | Julie →

by David Douglas, Engineering Inspector in Jeffco Transportation and Engineering
comments open from October 17 until November 5

As a new resident to a neighborhood that is still under development, you may be experiencing some challenges that go with living near a construction site. Not only do you have abundant traffic, but the dust and debris that comes with it can be frustrating. You will probably also see some features installed around your neighborhood that you may not recognize or understand their purpose. The Jefferson County Transportation and Engineering Division would like to help you identify and appreciate the value and function of some of these features.

What are Best Management Practices?

Also known as BMPs, Best Management Practices for construction stormwater management are the procedures and features that contractors and builders use to control erosion and sediment transport off of their project sites. Using these procedures and installing these features is a State and local permit requirement for contractors to help minimize the impact of earthwork activities on waterways and water quality of the local environment. These procedures and installations can include easily recognized black silt fencing, street cleaning activities, erosion control blankets, and installation of sediment barriers around storm drain inlets.



Recognizing BMPs and their Function

Sediment barriers at stormdrain inlets are referred to as Inlet Protection. The purpose is to slow sediment-laden stormwater flows and allow for filtration and settling. Once installed, contractors are required to inspect and maintain these features. A design function of these features is that some pooling of water will occur, so do not be alarmed if you notice this.



These installations should not be modified or disturbed, as they will not function as intended. Opening the ends will allow sediment to enter the stormdrain.

In lieu of final landscaping for home lots, builders will often install erosion control blankets and silt fencing to help prevent surface erosion and keep sediment from flowing into the streets.



While a goal of a new homeowner is to install your own selection of landscaping, it is important to preserve these erosion control features in the interim until you are ready to complete landscaping.

Jefferson County is committed to enhancing and protecting the quality of life for our citizens by ensuring that future development continues in a manner that balances social, environmental, and economic needs. If you have questions about the features in your neighborhood or the effectiveness of those features, please call 303-271-8495. Please help us protect our most important natural resource.

Planning and Zoning Moves Toward Paperless Processing, Paperless Office

Thursday, June 27, 2013, 2:33:17 PM | Julie →

by John Wolforth, Planning and Zoning Director
comments open from June 27 until July 16



Over the last two years, the [Planning and Zoning](#) division has put great effort into creating a “more electronic and less paper” environment. By the end of 2013 the Division’s goal is to be 75% electronic.

For some, going paperless is all about speed, efficiency and savings. For some, it’s about conservation. Whether for efficiency or conservation, going paperless benefits the bottom line.

As of January 1, 2013, Planning and Zoning ceased processing paper applications once an applicant drops an application (big or small) at the door. From that point forward, applications are scanned, assigned a case

number and become "electronic." All referrals and correspondence between other Divisions, Departments, Outside Agencies, Homeowner Associations and Umbrella Groups are sent via email. Emails with a link are sent to the above groups directing the recipient to the Planning and Zoning website in order to view the application and pertinent documents. Recipients are encouraged to respond electronically through email or other internal systems available to county divisions and Departments. All applications, referral responses and citizen comments are then stored in electronic files for Planning and Zoning employees to access at any time. As we move forward, electronic files will be accessible to all through the county's electronic file storage system.

We have spent a great amount of our "down time" scanning paper files and making them "electronic." Starting with the most recent year's files and moving backwards, we are rapidly completing the task of converting all documents to an electronic file. This has improved our ability to research and deliver information in a matter of minutes, providing an extremely high level of customer service to each other and those that we serve each day.

Moving to an electronic format hasn't been limited solely to Planning and Zoning. With roughly two years "under their belts," the Jefferson County Planning Commissioners have been receiving hearing materials via county owned iPads. An application allows the case packets to be uploaded for each hearing. A single application packet can sometimes have hundreds of pages as well as 24x36 inch sized documents for review. With multiple cases in any given evening, being able to view these packets on the iPad saves time and money. Once cases are uploaded, a Planning Commissioner can open and review their electronic case packet from anywhere, either by iPad or logging into their account. The savings of not mailing bulky packages to nine commissioners two to three times per month has more than paid for the iPads and at the same time has drastically cut Planning and Zonings mailing costs.

As we continue to move toward our 75% paperless goal by the end of 2013, I am continually looking for feedback on our electronic endeavor. Please feel free to submit comments or suggestions by responding to this blog or emailing me at jwolfort@jeffco.us.

Deck Safety Awareness

Tuesday, May 07, 2013, 10:18:23 AM | Julie →

by Becky Baker, Building Safety Division Director
comments open from May 7 until May 26



In 2006, the North American Deck and Railing Association (NADRA) declared May as Deck Safety Month. Decks are popular structures used frequently as a gathering place for friends and family. Decks are designed to

support the weight of people and objects on it as well as forces of Mother Nature. While decks look relatively simple to build, many do not realize these structures need to be designed to adequately resist certain stresses.

Life expectancy of a deck can be as short as 10 to 15 years. Decks are exposed to elements, which can cause damage. It is important that decks are regularly inspected and maintained. To prolong the life of your deck, check for things like loose boards or protruding nails. Over time metal connectors, screws and nails can corrode or become loose and weaken the structure of your deck.

Five Warning Signs

Missing Connections: A deck should be built using a series of wood members, nails, screws and metal connectors to create a continuous load path.

Loose Connections: Look for wobbly railings, loose stairs and ledgers that appear to be pulling away from the home.

Corrosion of Connectors and Fasteners: Look for red rust and other signs of corrosion that can weaken the deck.

Rot: Overtime wood can rot and degrade due to exposure to the elements.

Cracks: Large cracks or excessive cracking overall can weaken a deck.

To determine if repairing or replacing is in order, professionals such as structural engineers or contractors are an excellent resource. In some situations retrofitting your deck by applying new or additional hardware to existing framing members may extend the lifespan.

The [Building Safety Division](#) is available to answer questions you may have on repairing or replacing your deck.

Think Before You Park

Monday, May 06, 2013, 1:04:28 PM | Julie →

by County Commissioner Casey Tighe
comments open from May 6 until May 25



Recently a member of Jeffco community contacted me about a very important issue for our citizens with

disabilities, which is parking and access. Often times, in our busy lives and the rush to get things done, we don't think too much about parking. We forget how important it is to make sure everyone in our community has access to stores, restaurants and other businesses and offices. But, for those who have disabilities that limit their mobility, parking and access is an important aspect of their everyday life.

When a person with a disability needs to shop, visit a government building or simply stop by a local park they have to be able to find a place to park that accommodates their needs or they will go home empty handed. What might be a minor inconvenience for some, can result in the inability to access a building, a store or doctor for a person with a disability.

Unless you have a current disabled parking permit, please don't give in to the temptation to use a parking spot marked with the familiar blue sign with the white figure in a wheel chair, even if you think it will be "just a minute." And when you park next to these spaces, leave a little extra room so individuals in wheel chairs can easily get in and out of their specialized vehicles. These vehicles need much more clearance than the average vehicle and we applaud those parking lots that offer special spots for them.

Not only is it considered bad manners to park in one of these spots if you are not a person with disabilities, but it is also illegal. Violators can face fines of a minimum of \$350.

Next time you are parking, please don't disable those with disabilities. Remember not to park in the spots designated for persons with disabilities and if you park near one of those spots, park a little further away from the line to give them the extra space that they may need.

For more information on Colorado's parking program for persons with disabilities, please go to www.colorado.gov and type "persons with disabilities" in the search box.

You Can Apply for Your Passport at Jefferson County

Monday, February 25, 2013, 9:04:52 AM | Julie →

by Jeffco Public Information

comments open from February 25 until March 16

Did you know that you can apply for a passport with Jefferson County? The [Jefferson County Clerk & Recorder's Office](#) is a designated Passport Acceptance Facility for the U.S. Department of State.

U.S. citizens planning to travel internationally may apply for their passports Monday through Friday from 7:30 a.m. to 4 p.m. at the Admin & Courts Facility, Suite 2560, 100 Jefferson County Parkway in Golden. Passport photos can also be done at the Clerk & Recorder's office for \$5.

Please call ahead for your appointment and to get all the important details specific to your travel plans and passport needs.

For more information on passport services, [visit the Clerk & Recorder's webpage on passports](#) or call 303-271-8167. For locations and services of the Clerk & Recorder's Office, visit www.jeffco.us/cr.

Stock Show and Rodeo Events at Jeffco Fairgrounds

Wednesday, December 19, 2012, 4:37:37 PM | Julie →

by Mark Danner, Fairgrounds Director

comments open from December 19 until January 7



January is almost here, and to many of us in the Denver Metro area, that means one thing - the National Western Stock Show and Rodeo! Did you know that you can catch some Stock Show and Rodeo action at the Jefferson County Fairgrounds? Yes, at your County Fairgrounds.

Typically the National Western Stock Show and Rodeo grounds in Denver is booked over and above their capacity. That's why you'll find the Jeffco Fairgrounds hosting Steer Wrestling qualifying rounds and the bulk of the Team Penning and Sorting events for the Stock Show January 13 and 14. Come see the same top caliber cowboys and cowgirls that you pay to see in Denver, without the gate admission. These local events at the Fairgrounds are free events and great entertainment for the whole family.



Coming up in January, you can also experience train shows, coin shows, postcard shows, enter your dog in agility trials, try your hand at roping and much more! You get the picture. Check out the Fairgrounds calendar - there is something for everyone! For more exciting opportunities and to get information, check out our web site at jeffco.us/parks.

Going Green in Jefferson County Pays Off

Friday, October 19, 2012, 4:59:22 PM | Julie →

by Public Information

comments open from October 18 until November 6

While it is clear that there are environmental benefits to going green, the debate continues as to whether there is a financial benefit. So what about the investment the county made in green technologies? Will there be a financial benefit? You bet there is! With funds received from the American Reinvestment and Recovery Act (ARRA) and rebates from Xcel Energy, the county is enjoying financial savings even greater than what was originally forecast.

In 2012 the county successfully closed out the ARRA Grant. These funds were used to purchase solar photovoltaic arrays which are installed on several Jeffco buildings including the Laramie Building on the Jefferson County Government Campus, the Evergreen [Road & Bridge shop](#), the Central Road & Bridge/Fleet facility north of Golden, the [Rocky Mountain Metropolitan Airport](#) and the [Jefferson County Fairgrounds](#). To date, the combined output of these systems equate to 828,000 kilowatt hours (kWh) produced, which is equivalent to the energy required to power 150 single family homes. Xcel Energy pays the county a wholesale rate for the energy we produce monthly.

New and improved lighting is part of the story too. Through a rebate program, Xcel Energy encourages businesses and communities to upgrade lighting systems and utilize new technologies. Now that the new lights have been installed and are operational throughout Jeffco government buildings, Xcel paid a onetime rebate to the county - the largest amount Xcel ever paid to a single entity in Colorado!

The savings to taxpayers doesn't even stop there. The new lighting and other retrofits installed, bank the county annual in utility savings. Based on the total investment made in energy efficiency, the county expects to recover the project cost in less than 10 years. Not bad for an investment expected to last well into the future.

Are you interested in learning more? In the atrium of the Administration and Courts Building sits a kiosk. This is a touch screen computer display that is updated continually with production data from the solar arrays. Stop by some time and see just how much our systems contribute to the community and give back to the environment.

From recycling to renewable energy, Jefferson County continues to play a key leadership role in the community by enhancing our facilities, leading by example and embracing a sustainable work place.

Telephone Town Hall Reaches More than 7,000 Citizens

Wednesday, October 03, 2012, 9:34:41 AM | Julie →

by the Board of County Commissioners
comments open from October 3 until October 22

As we begin the annual preparation of the county budget, we are looking for feedback from our residents and want to know which county services are most important to you.

In an effort to reach out to more citizens, than a traditional town hall meeting attracts, we hosted a telephone town hall on Sept. 25, from 7 -8 p.m. Citizens were able to provide valuable feedback, ask questions or just listen in over the phone.

Calls were placed to 50,000 randomly selected phone numbers of unincorporated residents. But the meeting was not limited to just those who were called. Anyone was able to call in. There were 7,038 attendees that stayed on the line for an average of 10 minutes each.

The commissioners not only heard great questions about county services, but also received comments from citizens on the ease of accessibility to the commissioners since they were able to attend a town hall without leaving home.

For more information, to view the polling questions or listen to an audio recording of the meeting, visit www.jeffco.us/townhall.htm.

Emergency Preparedness Can Save Your Life

Tuesday, September 04, 2012, 8:48:14 AM | Julie →

by Jennifer Fairweather, Human Resources Director
comments open from September 4 until September 24



The City of Houston recently released this video on what to do during an active shooter event. This short video is worth watching and provides valuable, life-saving tips.

Teen Trend of Smoking Hookah Tobacco is Not Healthy

Thursday, August 30, 2012, 11:21:24 AM | Julie →

by Nancy Braden, Jefferson County Public Health
comments open from August 30 until September 18



Hookah smoking lounges are opening in some Jefferson County communities that have not yet strengthened their smoke free laws, with the latest one opening just across the street from Wheat Ridge Middle School. Although state law prohibits the use of any form of tobacco, including hookah tobacco, for anyone under the age of 18, kids as young as 16-years old are encouraged to come in to some of these establishments, and are often enticed by the candy or fruit flavored tobacco and club-like atmosphere of these smoking lounges.

So, what exactly is “hookah”? A hookah is a water pipe used to smoke flavored tobacco. Many think that “smoking hookah” has no negative health effects. The truth might surprise some, especially parents who have allowed their children to participate in this fad.

Fact: Hookah smoking is NOT safer than cigarette smoking. According to an article by Dr. Lowell Dale, M.D. published by the [Mayo Clinic](#), hookah smoke contains high levels of toxic compounds, including tar, carbon monoxide, heavy metals and carcinogens. In fact, hookah smokers are exposed to more carbon monoxide and smoke than cigarette smokers.

Fact: Although many teens and parents think what is inhaled is only steam, it is not. It is tobacco smoke. There is a common myth that smoking tobacco through a hookah filters the harmful toxins associated with smoking tobacco. It does not. Hookah tobacco contains the same cancer-causing chemicals found in other tobacco products.

Fact: Because smoking a hookah is a prolonged, social activity, a hookah smoker might inhale the smoke-equivalent of 100 cigarettes during a single, average, 45 minute session.

Fact: The [Centers for Disease Control \(CDC\)](#) states that hookah smokers are at risk for the same kinds of diseases that are caused by cigarette smoking, including oral cancer, lung cancer, stomach cancer, cancer of the esophagus, reduced lung function, and decreased fertility.

Fact: Secondhand hookah smoke may be more dangerous than cigarette smoke. It contains smoke not only from the tobacco but also from the heat source (e.g., charcoal) used in the hookah.

Fact: Sharing a hookah mouthpiece might contribute to the spread of colds, flu, and other infectious diseases.

Fact: According to [The American Lung Association](#), tobacco use is the single most preventable cause of death in the United States.

Fact: According to the US Surgeon General, and based on years of scientifically sound, published research, there is no safe level of tobacco use or tobacco smoke exposure.

Though many hookah smokers already smoke cigarettes, hookah smoking for some can lead to nicotine

addiction and, in turn, use of other nicotine products. Jefferson County Public Health urges parents to get the facts and be involved with the choices their teens are making when it comes to tobacco and hookah smoking.

For more information on how to help your teen make informed decisions, contact [Jefferson County Public Health](#) at 303-275-7555 or visit, [The American Lung Association](#).

Resources:

- >> [The Mayo Clinic's article on Hookah and smoking](#)
- >> [The World Health Organizations document on Waterpipe Tobacco Smoking](#)
- >> [The CDC's fact sheet on Hookahs](#)
- >> [The American Lung Association's paper, "An Emerging Deadly Trend: Waterpipe Tobacco Use](#)

Seeking Community Input on Fair Housing in Jefferson County

Tuesday, August 28, 2012, 1:43:58 PM | Julie →

by Public Information

comments open from August 28 until September 16

It's essential to provide fair housing choices to everyone and Jefferson County is taking a close look at the current housing situation in our community. Often, the housing process creates many barriers and they can be more challenging for low income people, people with disabilities, the elderly and minorities.

Whether you are a home owner or renter, please take a moment to complete the survey and feel free to distribute or pass along as you see fit. Survey outcomes will help the county in applying for and managing Federal funding.

The public input period will end on September 30 and results will be made public and available at www.jeffco.us/commdev by the end of the year. For more information, you can contact

- >> Christy Pushchak with BBC Consulting at cpushchak@bbcresearch.com or 303-321-2547, or
- >> Emily Sander with Jefferson County Community Development at esander@jeffco.us or 303-271-8371.

Link to Resident Survey in English:

www.surveymonkey.com/s/JEFFCOResidentSurvey

Link to Resident Survey in Spanish:

www.surveymonkey.com/s/JEFFCOResidentSurveySpanish

Native Plant Master Program Classes

Friday, August 24, 2012, 10:50:20 AM | Julie →

by Public Information

comments open from August 24 until September 12

It's not too late to pursue your interest in plants before the snow flies! Take a class with [Jefferson County's CSU Extension](#) on restoring native ecosystems, taught by an expert from CSU; or learn more about the flora of the Plains ecosystem. See below for more details. Register early as these classes are filling quickly.

For more information on all of the available course, [see our eventbrite site](#) or our [Native Plant Master Program](#) webpage. You can also search for information about plants of interest to you with our [Colorado Plant Database](#). You can always contact us at 15200 W. 6th Avenue, Unit C, Golden, Colorado 80401, 303-271-6620.

Saving Costs on Your Health Insurance -- Both Now and in the Future

Wednesday, June 13, 2012, 9:10:31 AM | Julie →

by Jennifer Fairweather, Human Resources Director
comments open from June 13 until July 2



Jefferson County Government employees are no strangers to fiscal responsibility, something we owe both to ourselves and to the citizens we serve.

The following are some suggested ways to save on health care expenses:

Use urgent care before the emergency room

Both the employee's and Jefferson County's costs are significantly reduced through the use of urgent care versus the emergency room (ER). Unless you have a life-threatening condition, urgent care (sometimes called "after hours care") facilities can help you through most situations including mild asthma attacks, sinus infections, sore throats, ear infections, or cold and flu symptoms. For the benefit of your most valuable commodity, time, urgent care offers significantly reduced waiting times and may help you avoid exposure to infections that may be lurking in ER's.

When the county bids for insurance renewal each year, one of the factors that insurance companies look at is the number of emergency visits for the insured population. We all can reduce the cost of future health benefits by using urgent care whenever possible. Of course, the most cost-effective way to utilize health care is to see your primary care provider before the condition becomes "urgent" or "emergent" in the first place!

Sometimes it costs less not to use insurance

As wonderful and necessary as it is to have insurance, sometimes it saves money to pursue other options instead of whipping out your insurance card. For instance, some merchants offer \$4 prescription drug programs for certain medications. Ask your health care provider if there is a generic medication for your

condition that works just as well, and then see if you can find a place that offers it for \$4 instead of buying a proprietary medication that may cost both you and your insurance company more.

Likewise, independent providers may offer frames and glasses at a lower rate than the provider working with the doctor on your vision plan. Ask around to find the best prices so you don't pay more than you have to.

Once again, when insurance renewal comes along, any reduction in costs to your plans via services obtained elsewhere helps to reduce insurance rates overall.

Staying healthy keeps costs down for everyone

Missed work puts a toll on co-workers, the county, and you – just think about all the work waiting for you when you get back. Everyone gets a cold, the flu or breaks a bone now and then; but what about those conditions that we can help prevent?

You've heard these before, but let's take a quick review of how to stay healthy:

1. Schedule a preventive visit with your doctor once a year – it's 100% covered.
2. Listen to your doctor's advice at the visit – it's for your own good, not theirs!
3. Complete an online health assessment through your insurance plan and follow their recommendations.
4. Participate in the free disease management programs available through your insurance providers.
5. Strive for 30 minutes of exercise at least three days a week. For most people, it's not that hard - go for a walk, ride your bike, chase the dog or the kids, or take the stairs rather than the elevator.
6. Think about what you're putting into your body. Don't smoke. Don't take illegal drugs or somebody else's prescription drugs. Try to eat at least one healthy meal a day – maybe oatmeal with a banana for breakfast, a light salad for lunch, or a lean protein with a whole grain dish for dinner. Just thinking about what's going into your body can make a big difference in how you act.

Staying healthy, both now and in the future, reduces your insurance costs and rates, allows you to stay productive and working, and can help you to enjoy your life and your family for years to come.

Have a great summer and stay happy and healthy!

Fire Ban and Fire Restrictions in Place

Monday, June 11, 2012, 9:59:50 AM | Julie →

by Public Information

comments open from June 7 until June 26



Due to elevated fire conditions, a fire ban has been implemented for specific portions of unincorporated Jefferson County, to include all federal land. This ban is in effect June 7, 2012 at 12:00 p.m. Along with the fire ban, the fire restrictions already in place will remain effective.

Am I in a fire ban or under fire restrictions?

>> You are in a **fire ban** if you are located west of C470, west and south of the intersection of Wadsworth Blvd. and C470, or west of Highway 93.

>> You are under **fire restrictions** if you are east of C470, east and north of the intersection of Wadsworth Blvd. and C470, or east of Highway 93.

What is allowed in a fire ban?

Only devices that are liquid fueled or gas fueled are allowed. Simply put, gas grills, gas fire pits, gas stoves, and gas lanterns are allowed. The rule of thumb is whether or not the fire can be "turned off," rather than "put out."

What is not allowed in a fire ban?

>> Anything which produces an open flame which is not liquid fueled or gas fueled. This includes charcoal grills at private residences.

>> Smoking, except within an enclosed vehicle or building, or while stopped in an area of at least three feet in diameter that is barren or cleared of all combustible material.

>> Using any fire to burn trash, debris, fence rows or vegetation, or any campfire.

>> There are restrictions regarding operating a chain saw, operating an acetylene or other torch, welding, or the use of an explosive initiation system. See the attached for guidelines.

What is allowed under fire restrictions?

>> Charcoal grill fires at private residences or within a permanently constructed grate in a developed park, campground, or picnic area.

>> Any fires contained within liquid fueled or gas fueled stoves, lanterns or heating devices.

>> Legal fireworks provided that all combustible material is adequately cleared above and around the fireworks being used.

What is not allowed under fire restrictions?

>> Any fire or campfire, not within a permanently constructed fire grate in a developed park, campground, private residence, or picnic area.

>> Smoking, except within an enclosed vehicle or building, a developed recreation site, or while stopped in an area of at least three feet diameter that is barren or cleared of all combustible material.

NOTE: The Sheriff's Office will strictly enforce a zero tolerance policy on all fireworks violations in the restricted area.

Jefferson County deputies will strictly enforce the temporary fire ban and temporary fire restrictions in the unincorporated areas, to include federal lands. Pursuant to County Policy Part 3, Chapter 6, Section 2, authorizing the Declaration of Open Fire Bans, violations of these prohibitions, upon conviction, is punishable by a fine of not more than \$600.00. Such act(s) violate section(s) 102.8 and/or 308.2.1 of the International Fire Code.

For the full detail and to view the signed documents, [see the full release by the Sheriff's Office.](#)

Native Plant Master Field Courses Begin Soon

Wednesday, April 25, 2012, 2:46:05 PM | Julie →

by Public Information

comments open from April 25 until May 14

Learn to recognize wildflowers in their native habitat by taking an award-winning [Native Plant Master® course through the Jefferson County CSU Extension](#). Register soon as classes are filling up. See our [class registration web site](#) for a full list of classes to be held this year.

Between Mountain and Plain – South Valley – Fri. May 18: Spend a day enjoying gentle trails amidst dramatic redrock formations in this Jeffco Open Space park which shelter early wildflowers, shrubs and trees. Learn how these plants adapt to Colorado's erratic spring weather and how they differ from more familiar summer blooms. **Details and registration:** betweenmountainandvalley.eventbrite.com.

Basic Botany – Thurs. June 7: Enjoy an interactive, fun and fact-filled evening designed to prepare you for success in your study of Colorado's flora. Choose April 17, 24 or June 7. **Learn more and register:** basicbotanyjune7.eventbrite.com.

Native Plant Master Course – Golden Gate Canyon – Saturdays July 14, 21, 28: Take a Native Plant Master® course at this scenic state park and discover Colorado wildflowers, trees and shrubs as you explore the trails over three successive Saturday mornings. **Learn more and register:** npmcoursegoldengate.eventbrite.com.

Native Plant Master Course – Reynolds – Saturdays July 14, 21, 28: Take a Native Plant Master® course at this streamside Jeffco open space park and discover Colorado wildflowers, trees and shrubs as you explore the trails over three successive Saturday mornings. **Learn more and register:** npmcoursereynolds.eventbrite.com.

Jeffco and Clear Creek Counties Join Forces to Create a Unique River Corridor Experience

Thursday, April 12, 2012, 4:56:38 PM | Julie →

by Tom Hoby, CPRP, Open Space/Jeffco Parks Director

comments open from April 12 until May 1



Last fall, Great Outdoors Colorado (GOCO) announced a special grant opportunity for projects providing

recreational access and protection to river corridors. Following stakeholder meetings and requesting concept papers from across the state, the need for funding was confirmed by 63 projects requesting over \$160M in funds.

GOCO staff invited 17 projects to submit full applications for the \$31.9 Million available for the River Corridors Initiative. A joint application by Jeffco and Clear Creek Open Space programs to build six miles of trail and access improvements in Clear Creek Canyon was submitted on March 16, with a presentation to the GOCO Board on April 9. The joint application requested \$6.5 M in GOCO Funds to help create a unique recreation and education destination within minutes of the Denver metro area.

Additional financial commitments for the project have been made by the Cities of Arvada, Golden, Lakewood, Wheat Ridge; Apex Park and Recreation and Prospect Recreation and Park Districts, Jeffco Open Space Foundation, Inc. and Team Evergreen.

For more details on the Peaks to Plains Trail – Clear Creek Canyon Segment application by Jefferson County and Clear Creek County, [see the Executive Summary on Open Space's Clear Creek Canyon web page](#).

The GOCO Board will announce grant awards in June!