A focus on civic engagement

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Cover Photo: Recent affordable housing event
The Arvada Report is a newsletter published by the Arvada City Manager’s Office, 720-898-7500. City of Arvada, 8101 Ralston Road, Arvada, Colorado 80002. It is distributed to all residences and businesses in the City. The City of Arvada holds the ownership rights and copyrights in the design and articles contained in the Arvada Report. Articles may only be reproduced with the express permission of the City of Arvada.

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A focus on civic engagement

It's not always easy to connect with your local government. We know there is a lot vying for your attention. But the issues facing our community are also complex, and government works better when the community is involved. The City team wants to do better to ensure that we communicate effectively and make everyone feel welcome to participate. As the City continues to focus on improving communications and engagement, here are a few ways you can participate in your local government and help make a difference.

**Vote** - Voting is a fundamental right of our democracy and your chance to stand with the leaders you support and issues you care about. For information on Arvada's elections, visit [www.arvada.org/elections](http://www.arvada.org/elections).

**Participate in the 2020 Census** - When you complete your census form online, over the phone or on paper, you are helping ensure fair congressional representation and how the federal government allocates nearly $700 billion to state and local governments, like Arvada. You are also helping inform decision-making in education, infrastructure, emergency preparedness, local businesses and other critical topics. Learn more at [www.arvada.org/2020-census](http://www.arvada.org/2020-census).

**Serve on a Jury** - The right to a trial by jury is one of the most important rights we have as Americans, and yet, it only works if people serve on juries when summoned. Jury service is a privilege (one that people in many other countries do not have). It’s an opportunity to give back to our community and democracy, and it’s required if you are summoned. For more information on jury service in Arvada, visit [www.arvada.org/juror-information](http://www.arvada.org/juror-information).

**Engage with your City Council** - At meetings of the Arvada City Council (held on Mondays), councilmembers hear public comment, and they discuss and vote on a variety of resolutions and ordinances that set the strategic and policy direction of the City. City councilmembers want your input. You can attend a public hearing to share your views, or participate in the Open Comment portion of Council meetings on items not otherwise on the agenda. For more information about engaging with City Council, visit [www.arvada.org/city-council](http://www.arvada.org/city-council).

**Participate on Speak Up Arvada** - Speak Up Arvada is the City's online engagement platform designed to make it easy for you to share your perspectives, ideas and questions on topics that make a difference in how we live, work and play in Arvada. New topics are launched monthly. Check it out at [www.speakup.arvada.org](http://www.speakup.arvada.org).
Participate in Neighbors Connected - The Neighbors Connected program provides you and your neighbors with resources to help build trust. Not only is this a benefit to your neighborhood, it is a critical step towards being prepared and resilient in an emergency, which benefits our entire community. To learn more and sign up, visit www.arvada.org/neighborhoods.

Volunteer for the City - The City relies on volunteers to help make the organization successful. Volunteers serve as ambassadors at the Arvada Reservoir, in our parks and at Majestic View Nature Center. They serve on boards and commissions. Volunteers help keep our streets and trails clean. And our public safety volunteers support the Police Department by helping with administrative functions and other day-to-day operations. Volunteering for the City is a great way to participate in local government and give back to your community. For more information on volunteer opportunities, visit www.arvada.org/volunteer.

Attend a community meeting or open house - The City team regularly hosts community meetings and open houses across the city to inform the community about various projects and often to solicit resident input to help improve the project. The City regularly advertises public meetings on social media, in the Arvada Report and the ArvadaNews, within the local paper and on the City website at www.arvada.org/events.

Serve on a City board or commission - The Arvada City Council relies on community volunteers to study special community issues, obtain public comment on key projects, and offer recommendations on matters that affect the quality of life in Arvada. These groups are part of the community’s voice, influencing public policy and decisions that affect the entire city. For more about boards and commissions, visit www.arvada.org/boards-and-commissions.

Stay Informed - It’s important to stay up-to-date with what’s happening in your community. There are many ways to learn more about City projects, including reading the Arvada Report, subscribing to the ArvadaNews, following the City on social media, and reading and watching local news media. Visit www.arvada.org/find-us-online.

Engage with us at www.arvada.org/engage
A first look at Community Survey results

Every other year, the City conducts an opinion survey to better understand the community’s needs. In 2019, 598 people completed the Community Survey as part of a random-sample of residents, and 544 people completed the survey via Speak Up Arvada, during a period when it was open to all residents.

Maintaining progress

While it will take time to fully analyze the results, the initial report shows that we are maintaining progress in most areas. For example, On a zero-10 point scale, 87% of respondents rated the City six or higher. And of 26 questions related to satisfaction levels that can be compared to the 2017 Community Survey results, 19 remained the same, five slightly increased in satisfaction and two slightly decreased in satisfaction.

Sample of early insights from the statistically-valid portion of the survey

Growth:  
We asked residents what impact Arvada’s growth has had on their lives, and people reported mixed perspectives with a roughly even number of people reporting positive and negative impacts. The City intends to explore these results further to determine future actions, including additional community engagement around this topic.

Traffic:  
We asked residents to rate the level to which street congestion meets their expectations. Nearly 40% responded negatively, a clear indicator that the City must continue to focus on transportation, including not only streets maintenance, but also traffic signal timing, managing congestion and working with partners such as the Colorado Department of Transportation to improve flow on State-operated streets including Sheridan and Wadsworth boulevards and Indiana Street.

Next steps

At the time the Arvada Report went to print, the City Council was scheduled to discuss the survey results at a January workshop and at its annual retreat. The final survey report will be available online in February. The City team will continue to apply what is learned through the next year and will reach out for further community engagement to better understand what you told us.

For more detailed results and to review the survey report, visit www.arvada.org/community-survey.
In December 2019, the City launched a Pedestrian Safety Pilot Program. This pilot program aims to try proven safety treatments using temporary materials that can be installed quickly and at a low cost. By using these safety treatments, the City’s Public Works team will be able to collect data, make design changes and measure results to enhance street safety for all users, whether walking, bicycling or driving.

Two areas have been identified for the first projects: 57th Avenue in the vicinity of Arvada K-8 School, and the intersection of Grandview Avenue and Webster Street in Olde Town. The City selected these areas based on resident concerns. The City is requesting feedback from residents regarding their perceptions of safety in the two study areas via brief surveys. Based on the results of these temporary projects, the City team will determine if these improvements should be made permanent and, if so, will identify funding.

Living in the Front Range, many residents are aware of the possibility of drought and the importance of water conservation. In fact, in the 2019 Community Survey, 85 percent of respondents indicated that water conservation is important to them. With those results in mind, we want to share more information about water conservation in Arvada.

Water conservation is a partnership between residents and the City. You may be motivated to conserve water due to concerns about cost, environmental sustainability or future water supply in the City. It’s the City’s job to provide you with safe and reliable water now and in the future. While Arvada is fortunate to have a reliable water supply, we are part of a regional water system that may be affected by drought or other factors. It is in all of our interests to be good stewards of our water resources during times of plenty, so that we are prepared and resilient in times of resource strain.

Arvada offers several water conservation programs designed to change water-use behavior, and achieve both short and long-term water savings. Examples include universal metering, increasing block rate structure, maintaining the distribution system to reduce losses and a system-wide leak detection program. The City also offers conservation programs with our partner, Resource Central, that give homeowners and homeowner associations the tools and knowledge they need to adopt sensible water conservation practices.

Look for information this spring about popular programs like Garden-in-a-Box and other water conservation resources designed to support you in being a good steward of our shared resource. Learn more at www.arvada.org/city-water-conservation.
Cone Zone

Wadsworth Blvd. Right Turn Lanes Project (W. 68th to W. 74th avenues)

Description: This project involves widening Wadsworth Boulevard (SH 121) north and south of W. 72nd Avenue to provide a safer transition onto Wadsworth Boulevard from W. 72nd Avenue and right turn lanes to W. 74th Avenue, W. 70th Drive, the Arvada Center and W. 68th Avenue.

Status: At the time this publication went to print, construction was anticipated to begin late January and to last for approximately 180 calendar days. For updates, visit www.arvada.org/wadsworth-turn-lanes.

Ralston Creek Corridor Sewer Line Replacement Project

Description: A 12,000 linear foot sewer line will be installed in the Ralston Creek corridor between Independence and Simms streets. This capital improvement project will replace the current 21-inch line with a 30-inch line.

Duration: This project is scheduled to begin construction in the first quarter of 2020 and will take approximately one calendar year to complete.

Status: The majority of work will take place in the public right-of-way. There may be periodic lane closures. When work is active in your neighborhood, you may experience temporary interruptions to water service. If your residence will be affected, you will receive notice 24 to 48 hours prior to the service interruption. While crews will strive to maintain access to all residences, there may be temporary lack of access. To see if your neighborhood will be affected and for periodic updates on the project, visit www.arvada.org/ralston-creek-corridor-sewer.

Ralston Road Improvement Project Phase One (Upham to Yukon streets)

Description: The Ralston Road Improvement Project will reconstruct roadway pavement, widen traffic lanes and provide wider sidewalks to improve traffic flow and safety for drivers and pedestrians. This portion of the Ralston Road Improvement Project is funded by a grant and local funds.

Status: On Dec. 16, 2019, City Council awarded TNM Construction the contract to complete construction of this project. At the time of printing, TNM is completing required tasks before they become active in the work zone. Tasks include ordering material, installing stormwater protection measures and coordinating with home and business owners located along the work zone. Work has begun to relocate utilities along the corridor. The bond-funded section from Yukon to Garrison streets (“Phase Two”) is currently scheduled to begin construction fall/winter 2020. For resources and future engagement opportunities on both phases of Ralston Road improvements, visit www.arvada.org/ralston-road-project.
Adoption of the New Land Development Code

The Land Development Code (LDC) contains regulations that govern development in the city. The current LDC was approved in 2008, and while there have been some updates, it has become out of date. More than two years of work has gone into updating the LDC, which has included important participation from the residents and business members of Arvada. A final draft of the LDC will be available for public review and comment in February. In the same time frame, the new zoning map, which will implement the zoning districts included in the LDC, will be available for public review and comment. The Planning Commission will consider the LDC at a public hearing scheduled for March 3 and make a recommendation regarding adoption of the LDC to City Council. City Council will hold a public hearing on April 6 and will consider adoption of the new LDC.

In response to questions asked by Arvada residents through the Ask Arvada online customer service portal, Arvada answers! We selected this question based on the large number of inquiries regarding home improvement projects.

We just moved to Arvada and purchased our first home (a fixer-upper)! It needs a lot of work! How do we know which projects require a permit and which do not?

First of all, welcome to Arvada and congratulations on the purchase of your first home! Any time you start a home improvement project, the first step is knowing whether or not it requires a permit, so this is a great question. As a general rule:

- Small repairs/improvements, such as painting, drywall patching, replacing light fixtures, and/or small roof repair, **DO NOT** require a building permit.
- Larger projects, such as the installation/replacement of a water heater or a heating/air conditioning unit, the construction/replacement of fences or extensive remodels **DO** require a building permit.

Before you start a project, visit [www.arvada.org/permits](http://www.arvada.org/permits) or call our building permit team at 720-898-7620. One of our team members can guide you through the process. Thanks for your question, and best of luck with the project(s)!

Quickly find answers to questions or submit a service request by accessing Ask Arvada at [www.arvada.org/browse-ask-arvada](http://www.arvada.org/browse-ask-arvada) or use the GOResqust mobile app. Your request will receive a response during normal business hours (Monday - Friday, 8 a.m. to 5 p.m.).
Arvada Economic Development Association announces 2020 Board appointments

The Arvada Economic Development Association (AEDA) would like to introduce its 2020 Board Officers: Ken Olsen, B2B CFO, president; Dave Doherty, Piper Electric, past president; Alicia Svaldi, Faustson Tool, vice president; and Paul Duncan, Pie Consulting & Engineering, secretary/treasurer. Additionally, AEDA welcomes the newly elected board members: Dino Dardano, Hestra Gloves; Gina Schley, SHEGROWS and Urban Conversion; and John Vanker, Precisent.

AEDA also welcomes new Retention Committee members: Gillian McCarron, Lakeside Insurance; Tom Huseas, Easter Owens; Peter Kazura, The Well Olde Town; and Vanessa Kendrick, Your Castle Real Estate.

AEDA thanks outgoing AEDA Board members: Maro Dimmer, Mike Litzau and Ron Slinger for their years of service along with outgoing Retention Committee members: Tom Jacobsen and Hereford Percy. AEDA appreciates their time and dedication toward the organization’s success.

New Arvada businesses

The following are a sample of new businesses that have either opened, are under new ownership, or plan to open soon in Arvada. For a directory of Arvada businesses, go to arvadaeconomicdevelopment.org (Business Directory).

Anytime Fitness - 18148 W. 92nd Ln.
Blackjack Pizza - 11651 W. 64th Ln.
Gigantic Cleaners - 9601 W. 57th Pl.
Mile High Functional Medicine - 7595 W. 66th Ave.
Pho65 - 6530 Wadsworth Blvd.
The Alternative Apothecary - 7701 Ralston Rd.

Arvada Economic Development Association carries momentum into 2020

The Arvada Chamber of Commerce closed 2019 on a high note with its signature initiative, Arvada Works. In this community, finding skilled employees continues to be the number one business challenge and the Chamber is committed to taking bold steps to make Arvada Works a leading workforce initiative. Many local businesses and community partners have joined Arvada Works to contribute to conversations that are crucial to identifying the challenges, gaps and opportunities associated with a workforce readiness paradigm shift.

Arvada Works relies on the varied commitments of many community employers, educators and partners. The initiative is principally supported by the Arvada Economic Development Association and its mission to provide the leadership and resources necessary to advance Arvada’s economy. To learn more about how you can get involved with Arvada Works, join an employer collaborative, register as a Pathway Partner or sign up to receive the monthly stakeholder email newsletter, visit www.arvadachamber.org/arvada-works.
In November, Arvada Urban Renewal Authority (AURA) held an open house for a potential affordable housing project to be located at the southeast corner of Garrison Street and Ralston Road. About 60 community members attended.

Participants were able to visit and review multiple information stations and talk with representatives from AURA, the City and AURA’s architecture firm. The information stations included three interactive displays to encourage conversation and feedback on the proposal. This allowed community members to be engaged on the future of this parcel.

The final station asked for input on the proposed development by placing colored dots to signify if participants agreed, were neutral or disagreed with the statement. On the statement: “Affordable Housing is among the top issues facing our community,” 82 percent agreed, 14 percent were neutral and four percent disagreed. On the statement “This is a good location for affordable housing,” 70 percent agreed, 22 percent were neutral, and eight percent disagreed.

“There were many appreciative comments regarding the process and how AURA and the City reached out to neighbors prior to moving forward with a development,” said Maureen Phair, AURA’s executive director. “An interactive open house like this allows community members to provide their opinions in a constructive and open manner. This type of input helps AURA design a project compatible with the needs of the city and the neighboring community.”

Over the past few years, housing affordability has become a larger issue in Arvada, and many community leaders and organizations are working on affordable housing throughout the city. With that in mind, AURA and the City of Arvada are reviewing the Garrison Street parcel as a potential site for an affordable housing development—as defined by the U.S. Department of Housing and Urban Development’s income limits.

While a specific development plan was not presented, details about what a proposed development could contain were discussed, including a three-story structure with approximately 100 housing units and more than 175 parking spaces. The future residents of an affordable housing community would include anyone who earns less than 80 percent of the Area Median Income (AMI). AMI is a federal calculation based on local Census data. In Jefferson County, the current AMI (100 percent) is $65,000 for a one-person household; 80 percent AMI for a one-person household is $52,000.

One of AURA’s focus areas is housing and bringing new and diverse housing options to urban-renewal areas, especially near our city’s G Line stations. In the past few years, AURA has developed nearly 1,800 housing units within a half-mile of our city’s stations. Last year, one development, Solana Olde Town Station, was recognized nationally as a top apartment community.

Moving forward, AURA will identify and contract with a developer to lead the planning, financing and construction of the project. That developer must submit the project through the City of Arvada’s Development Review process. This process will likely begin in mid-2020.
Communities and neighborhoods that desire collaboration and communication with the City of Arvada or the Arvada Police Department have the opportunity to join our Neighbors Connected program, a partnership between the City and the Police Department to help prevent crime and to keep our parks and city safe. The partnership allows the community to assist and work with the police to identify and report suspicious activity and criminal behavior. The program encourages neighbors to know neighbors and build partnerships within their community.

How to get started:
- Form an organized group within your community.
- Enroll in the Neighborhood Engagement program on www.arvada.org/neighbors.
- Schedule a meeting within your community discussing issues or events. Arvada Police will attend one community meeting to provide crime statistics on your neighborhood and to assess your area to include community concerns.

To successfully meet the requirements of the Police Department’s component of Neighbors Connected, a neighborhood group **MUST** participate in a minimum of TWO of the following activities:
- Attend a crime prevention class.
- Host a minimum of two neighborhood meetings.
- Host a National Night Out gathering.
- Join the Citizen Police Academy.
- Attend a Sexual Harassment/Assault Response and Prevention course offered to female residents.

Upon completion, the neighborhood will be provided with a Neighbors Connected sign. Learn more at www.arvada.org/PD-neighbors-connected.
Arvada CERT graduates new members

The Arvada Community Emergency Response Team (CERT) recently completed its winter 2020 basic academy. Since the first Academy in 2017, nearly 100 residents have graduated from the program. CERT graduates strengthen Arvada’s resiliency by learning skills such as as small fire suppression, search and rescue, medical triage, terrorism, disaster psychology, and much more, enabling them to aid first responders during emergencies and disasters.

To learn more about Arvada CERT, visit arvada.org/ArvadaCERT or check the Arvada CERT Facebook page at www.facebook.com/ArvadaCERT.

City/Community Table provide “One Small Step”

In response to the growing number of people experiencing homelessness in Arvada, the City is exploring several innovative approaches to address the issue. An example is the One Small Step program, a partnership between the Community Table and the Arvada Municipal Court. Once a month the Court schedules special hearings for homeless individuals who have received citations for nonviolent offenses. Rather than handing out traditional sentences, such as fines, community service or jail time, which has proven to be ineffective in addressing the root cause of the offenses, the Court offers homeless individuals the option to work with organizations such as Community Table with the goal to reconnect them to the community and the resources available to them.

Once a month, team from Community Table’s Bridges to Opportunity program, along with mental health providers from the Jefferson Center, meet with the individuals in the One Small Step program who have accepted the Court’s offer to seek help for chronic homelessness. During the initial meeting, the defendants are introduced to available services and resources—ones which could provide “one small step” toward such milestones as finding housing, obtaining medical and mental health care, securing a Colorado ID or driver’s license, connecting with public and veteran benefits, and more. Since the beginning of the One Small Step hearings in May 2019, 48 percent of program defendants have chosen to participate in the One Small Step program, and of these, only five became repeat offenders. To learn how you can get involved with or donate to the Community Table’s Bridges to Opportunity program, visit www.cotable.org/get-help/bridges.

A hero in all of us

We all have the ability to be heroes in our everyday lives, especially when difficult situations require difficult decisions. Children who have experienced abuse, who walk through the doors at Ralston House and tell their stories, are heroes. Parents and caregivers, who believe children when they disclose abuse and support them in reporting it, are heroes. The professionals who support these families in the process that follows are heroes.

As the new year unfolds, the team at Ralston House would like to recognize those heroes who often go unrecognized for the important and difficult work they do: the men and women in law enforcement, human services and our court systems, who investigate the tragic stories told by children of abuse, see the toll the abuse takes on them and help them on their paths to healing. If you are inspired by the passion, drive and determination of these investigative professionals, please visit the Ralston House website at www.RalstonHouse.org to learn how you can be a Ralston House hero. Ralston House team offer the words of Mariah Carey, “There’s a hero, if you look inside your heart.”
When our community sees an officer making an arrest, they congratulate the police department on a successful investigation; but what our community doesn’t know is that they are often the key factor in officers identifying a suspect. When you call 911, you are assisting an officer with eliminating crime within our city. The Arvada Police Department (APD) wants to empower our residents to assist the police department in our crime prevention efforts and offers many crime prevention classes free to community members throughout the year.

- **Crime Prevention Class**: focuses on the home and how police respond to calls, what our citizens should be looking for in relation to suspicious persons and vehicles, and how they can prevent their homes and families from falling victim to crime. Officers provide insight on proper locks, lighting and security systems for your home. The class discussion includes package thefts and options for preventing them during the holiday and throughout the year.

- **Crime Free Multi-Housing Program**: a solution-oriented crime prevention initiative designed to help rental property owners, managers, residents, police and other agencies work together to keep illegal and nuisance activity off rental properties. The class is presented by the APD’s Community Response Impact Team. Topics covered in this class include: management training, crime prevention through environmental design and recognizing criminal activity.

- **Sexual Harassment Assault Rape Prevention (SHARP) Course**: one of the most community-recommended classes. This course is offered to any female who lives or works in Arvada. The SHARP course is interactive and discusses violent predators and cases that have occurred in Arvada. Officers explain environmental concerns and what a predator looks for when identifying a potential victim. We teach how to be alert to surroundings and how to physically defend yourself or another person in a violent encounter. Students have the opportunity to perform hands-on techniques and practice maneuvers with an officer. The APD encourages and empowers residents to know their life is worth fighting for.

To learn more about the classes and register when they are available, visit [www.arvada.org/PD-classes](http://www.arvada.org/PD-classes).

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**High-tech helps fight neighborhood crime**

Members of the Arvada Police Department (APD) are pleased to announce a community partnership using the Ring Neighbors App. This is a free application that connects communities whether you own a Ring device or not. Users are working together to make neighborhoods safer. The Police Department describes the program as a “Digital Neighborhood Watch”. Since the trial program began in November, suspects have already been identified, with the help from community members.

The APD has joined the Neighbors app to engage with the community by viewing and responding to crime and safety incidents, sharing real-time alerts to keep residents informed and requesting assistance on active investigations.

Officers of the APD are learning how they can use this unique opportunity to communicate with the community about safety issues and concerns.

Community members choose what content to share and control how they engage with other users. The Neighbors app was designed to keep users in control of their private information. The Arvada Police Department can only see comments, and pictures of video that are sent to them in the portal. The APD cannot see your cameras or remotely activate them. The privacy and support of our community is deeply important to us. This is not a one-way communication tool, you can message back and forth with officers. The only way you are identified to the Police Department is by the title “Neighbor #”. The only time you may be asked to identify yourself is when more information may be needed for reports or the court process, the same circumstances as if you were making a police report.

Please contact Detective Kyle McElroy, Detective Dave Snelling or Bridgette Roberts from the Office of the Chief, with any questions, 720-898-6900.
The Census: A privilege and a duty
Did you know conducting the decennial census is written into our Constitution, and the first one was conducted 230 years ago (1790)? This once-a-decade count of every person living in the United States is happening in 2020. Completing the census form is an important way to participate in our democracy and to say "I COUNT." (It is also mandatory.) For more information and to view the video, visit www.arvada.org/2020-census.

Why it is important
Representation
Census numbers determine how many congressional representatives each state will have for the next decade and ensures equal representation in the redistricting process. Congressional districts and each city’s wards are determined by census numbers.

Money for our community
$675 billion in federal investments to be distributed across states, counties and cities is determined by census data. That money is spent on schools, hospitals, roads, public works and other vital programs.

Data
Local governments, academic institutions and medical facilities use census data to inform decision-making and planning in the following areas: education; infrastructure and transportation; emergency preparedness, disaster relief and resiliency; local programs and initiatives; medical research, public health tracking, vaccinations and disease control. Businesses use census data to determine new markets and where to expand, which leads to more services and more jobs in our community.

New for the 2020 Census: telephone and online response
Previous Census counts were conducted using paper forms. In 2020, you will also be able to complete the form online or over the telephone.
2020 Census timeline

• **Mid-March:** All households will receive an invitation to participate in the census. Most will receive instructions explaining how to respond to the census online or using the telephone. Some will receive a paper questionnaire with a postage-paid return envelope.

• **March 23:** You may respond online or by phone beginning March 23.

• **April 1:** National Census Day!

• **April - May:** If you have not responded during this time frame, you will receive a reminder postcard. If you still don’t respond, you will receive a paper questionnaire.

• **May - July:** If you have not responded during this time frame, you will receive a visit in person by a census employee, who will work with you to complete your census form.

Your responses are secure!

• **Data security is the highest priority for the Census Bureau**
  Online responses are secured by multiple layers of encryption and isolated from online access as soon as you hit submit. The Census Bureau works with the federal intelligence community and private industry to identify and respond quickly to any external threats to its databases.

• **Your privacy is protected by law**
  The Census Bureau cannot publicly release your responses in any way that would identify you or your household. The Census Bureau cannot share your answers with any other government agency.

#MakeArvadaCount!
February is American Heart Month

Traditionally the month for lovers and all things heart related, February also reminds us to take care of our heart. It is American Heart Month.

The annual celebration began in 1963 to encourage Americans to join the battle against heart disease. A presidential proclamation pays tribute each year to researchers, physicians, public health professionals and volunteers for their tireless efforts in preventing, treating and researching heart disease, which is the leading cause of death for both men and women in the U.S.

Heart disease kills an estimated 630,000 Americans each year. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

The best way look after your heart is with a healthy lifestyle. Here are some tips:

- Be smoke-free
- Manage your blood cholesterol
- Manage your blood pressure
- Manage diabetes
- Be physically active
- Achieve and maintain a healthy weight
- Practice good nutritional habits
  - Eat less salt
  - Replace unhealthy fats with healthy fats
  - Limit alcohol
- Look after your mental health

Their life depends on your quick action!

- Be Ready: Recognize It’s Sudden Cardiac Arrest (SCA)
  - Victim is collapsed, unresponsive and not breathing
  - Don’t be fooled by gasping, gurgling or seizure-like activity
  - SCA may also be caused by a hard blow to the chest
- Call 9-1-1:
  - Follow emergency dispatcher’s instructions
  - Call on-site emergency responders
  - Ask anyone to retrieve an AED
- Hands-Only CPR:
  - Begin CPR immediately
  - Push hard and fast in the center of the chest
  - 2-inch compressions—about 100 per minute
- Defibrillation:
  - Know where to find your onsite AED
  - Follow step-by-step audio instructions
  - AED will not hurt the person, only help
In an emergency, every second counts.

- Remove any snow and ice from the hydrant
- Clear a wide enough perimeter to walk around it (about 3 feet)
- Clear a path from the hydrant to the street

HOUSE NUMBERS

Is Your House Number Clearly Visible from the Street?

Seconds Count in an Emergency
- Protect your family and your property by having large visible house numbers.
- Firefighters, law enforcement, and paramedics will find you faster when your home is properly marked.
- A visitor, child or jogger may be unable to give clear directions.
- Emergency personnel from a neighboring community may be unfamiliar with your area.

Use Large Visible Numbers
- Numbers printed on house should be in height and facing the street.
- Numbers must be under lighting, and are noticeable with a contrasting background, so they will be visible at night.
- Post your house number on both sides of a mailbox or sign post at the end of the driveway near the road.
- Be sure to keep the numbers visible by viewing trees and bushes.

CITIZEN’S FIRE ACADEMY

The academy is a 6 week course that is designed to introduce residents to the daily operations of Arvada Fire Protection District.

Topics Include:
- EMS
- Wildland
- Hazmat
- Tech Rescue
- Hose Operations
- Water/Ice Rescue
- Fire Prevention
- Fire Investigations

Wednesdays
April 1 - April 29
To Register go to ArvadaFire.com or call 303-424-3012
Applicants must be at least 18

The Academy will end with a fun hands-on day at our Training Center on
Saturday, May 2
8 am-2 pm

Brought to you by the International Association of Fire Fighters
Home fire sprinkler facts

Home fires: no prevention strategy has as much documented life safety effectiveness as fire sprinklers

The fire problem in the U.S. is overwhelmingly a home-fire problem. According to the National Fire Protection Association’s (NFPA) U.S. data, 92 percent of all civilian structure fire deaths and 86 percent of all civilian structure fire injuries resulted from home fires. Clearly, any improvements in overall fire safety must be improvements in home fire safety, and no strategy has as much documented life safety effectiveness as installed fire sprinklers.

Fires today “burn faster and kill quicker”

Research conducted by the National Institute of Standards and Technology (NIST) has shown that home fires become deadly in as few as three minutes. “Fires today seem to burn faster and kill quicker, because the contents of modern homes (such as furnishings) can burn faster and more intensely,” says NIST senior engineer Richard Bukowski, P.E.. New and old homes alike are filled with these newer contents and furnishings, which provide less margin for success for smoke alarms and add to the need for fire sprinklers. Modern lightweight home construction products, especially wood truss roof systems and wood joists, can rapidly fail under fire conditions, an extreme risk to firefighters responding to a fire.

Fire sprinklers make up for human error

Fire sprinklers provide a level of protection that no other fire protection technology can offer. Like smoke alarms, sprinklers detect a fire; but they do even more. Fire sprinklers automatically respond to a fire while it is still small, controlling the spread of deadly heat, flames and toxic smoke. Fire sprinklers are effective whether or not the residents have responded to the smoke alarm. Fire sprinklers make up for human error, and they provide a life-saving cushion for a time-consuming escape.

How fire sprinklers work

In most settings where there is a municipal water supply, sprinklers operate off the household water main. When the water supply is a well, or there is not enough water pressure, a holding tank is used. Sprinklers are linked by a network of piping, typically hidden behind walls and ceilings. The high temperature of an early-stage fire (135˚-165˚F) will cause the sprinkler to activate. Only this high heat initiates the sprinkler to flow water (neither smoke nor a smoke alarm can activate a fire sprinkler). Only the sprinkler closest to the fire will operate, flowing water directly on the flames in the area of the fire’s origin. This quick action controls or extinguishes the flames (often before the fire department arrives). Fire sprinklers slow the spread of deadly heat and toxic smoke, preventing flashover. This also provides residents with more time to safely escape.

Each sprinkler works individually

• Unlike interconnected smoke alarms (if one signals, they all signal), fire sprinklers activate independently. In a survey of home fires*, 90 percent of the time a single sprinkler was sufficient to control the fire. Despite the fictional special effects commonly seen in action movies, fire sprinklers do not spray water all at once. They do not operate in response to smoke, burned toast, cooking vapors, steam, an activating smoke alarm or anything other than high heat.

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The home insurance industry encourages sprinkler installations

The insurance industry banks on the fact that having installed fire sprinklers not only protects against fire injuries and deaths, they also protect against fire damage. As an incentive for customers, insurance companies offer discounts ranging from five percent to 25 percent off the fire portion of homeowner premiums. HFSC urges consumers to shop around for the best insurance discount.

For more information visit homefiresprinkler.org
*Scottsdale, AZ 15-year report
**Environmental Impact of Automatic Fire Sprinklers,” FM Global, March 2010

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Partnerships result in Community Table health care clinic

Arvada's Community Table recently teamed with the Red Rocks Community College Physician Assistant Program to provide free onsite basic medical care for uninsured adults. The program's mission is to serve the community with needed primary care, while providing students the opportunity to practice the knowledge and skills they learn in the classroom.

While the clinic does not treat patients with traumatic illness or injuries, the team does provide treatment for minor medical complaints, such as the flu, sinus infections, ear/eye infections; basically, the services a family doctor's office would provide. The clinic is able to prescribe some medications, and in the near future, vision and dental care will be available. They also hope to offer mental health services.

“When folks with health-related issues and no insurance can access medical care, the whole community benefits,” said Sandy Martin, Chief Executive Officer for Community Table. “Since we've opened the clinic, we've seen our numbers skyrocket, and we're pretty much at capacity. We will probably need to schedule additional time slots to see clients.” Martin thanked partners for the program’s success. “The beauty of this partnership is that it taps something particular each organization has to offer,” she said. The Red Rocks Community College Physician Assistant Program provides the medical team; the City of Arvada provides the building that houses Community Table; Lutheran Medical Center provides exam tables and lab work; and Loma Eye Care and Martinez Mobile Dental will provide their respective services. Additionally, Community First Foundation recently awarded Community Table a program grant to assist with the cost of providing clinic services to the community.

To learn more about the health clinic, visit www.cotable.org/get-help/health-clinic. To learn more about the RRCC Physician Assistant Program, visit www.rrcc.edu/physician-assistant. To view the partnership video, visit www.arvada.org/community-table.
Arvada Box Art Project update

In the fall of 2019, the Arvada Arts and Culture Commission and the Olde Town Arvada Business Improvement District put out a call for entries to paint utility boxes in Olde Town Arvada. The Olde Town phase is the first in the Arvada Box Art Project, part of an ongoing effort to invest in the future of arts and culture in Arvada. The boxes are excellent canvases—often in highly-visible areas—and provide opportunities to showcase the historic, cultural, social and creative values of Arvada.

During the pilot project, 39 applications were received from local artists. A committee will be convened to review and select four artists to paint boxes in Olde Town. Selection will be based on the creativity, originality, appeal and functionality of the design in the submitted project proposal. Each artist will be paid $1000 plus an additional stipend to cover the cost of materials. Box painting is tentatively scheduled for June 2020. For more details and updates to the project, visit arvada.org/arvada-box-art-project.

City’s former landscape architect recognized

Civic engagement can take many forms, both in public service and in service to one's neighborhood. In August 2019, the two converged as members of the Yacht Club neighborhood in eastern Arvada recognized Harry Johnson, City of Arvada’s long-serving landscape architect (now retired), for his contributions to trail and streetscape enhancements in their neighborhood. Parks team members and the neighborhood worked together to establish a trailhead and signage in Harry’s honor.

Pictured from left to right: Yacht Club resident Bob Armstrong, Director of Vibrant Community and Neighborhoods Gordon Reusink; Arvada City Manager Mark Deven; and retired Arvada Senior Landscape Architect Harry Johnson
Team of the Year and Employees of the Year

Team of the Year: Niche Records Management System Project Team

A cross section of City employees from different work systems received the Team of the Year award for their work on the Arvada Police Department (APD) regional police records management project (“Niche”). This project required thousands of hours of planning, testing, implementation and training. As a result of the team’s efforts, the APD records management system is now integrated with the records systems of other area police agencies, enabling quicker, more effective access to and search of criminal justice records. This data sharing increases efficiency, promotes crime prevention and solving, and enhances overall public safety.

Employees of the Year:

John Firouzi and Kreg Jones, honored as employees of the year, were also recognized as Employees of the 3rd Quarter in 2019 and were featured in the Dec. 2019/Jan. 2020 issue of the Arvada Report. Visit www.arvada.org/the-arvada-report to read their stories.

Service to the Community
John Firouzi, Traffic Engineering:
John was nominated for his “willingness to go the extra mile to serve our customers.”

Service to the Organization
Kreg Jones, Police Department:
Kreg was nominated for exemplifying “what it means to be part of a high performing, inclusive team in the Police Department.”

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Jury service: your privilege and duty

One of the most important rights we have as Americans is the right to a trial by jury. Protected by the Sixth Amendment to the U.S. Constitution and within the Colorado Constitution, the right to a trial by jury helps prevent governments from unjustly prosecuting individuals. But in order for it to work, people must serve on juries when called.

Did you know that the City of Arvada has a municipal court? Sometimes there are pending cases in the City of Arvada Municipal Court for which jury trials have been scheduled, and those trials and their defendants depend on jurors to show up and serve.

If you tend to think of jury service as a burden, try a different view. Jury duty is a privilege and an opportunity to participate directly in our democracy. And it’s required. Failure to respond to a juror summons can result in legal penalties.

If you would like more information regarding jury duty in Arvada, including a list of jury duty FAQs, visit arvada.org/juror-information.
Ewwy Gooey Scatology
Saturday, Feb. 22, 10:30 a.m. to 12 p.m. Ages 6 – 16 yrs. $5
Get a little giggly as we discover what animals' scat can teach us and see if we can find any in the park.

Magic Science Saturday
Saturday, March 7, 10 to 11 a.m. Ages 6 – 12. $5

Spanish Nature Tales/Cuentos de la Naturaleza en Español
Friday, March 13, 10:30 to 11:30 a.m. Ages 3 – 10 yrs. Free

Jody's Preschool Fun with Animals
Wednesdays, March 4 through 25, 10 to 10:45 a.m.
Ages 3 - 6 yrs. $18 for 4 weeks

Dinosaurs and Other Fantastical Creatures-Art Club
Wednesdays, April 1 through May 20,
4 to 5:30 p.m.
Ages 6 – 12 yrs. $72 for 8 weeks

Hands Dirty Feet Wet: Outdoor Nature Play Dates
Thursday, Feb. 20 and Tuesday, March 24, 10:30 a.m. to 12 p.m.
All ages. Free

Majestic View's Rain Barrel Workshop
Saturday, March 21, 11 a.m. to 12:30 p.m.
All ages. $25

Cosmic Campfire at Majestic View
Friday, March 27, drop in between 7:30 and 9:30 p.m.
All ages. Free. Weather permitting.

Build-A-Kite Workshops
Friday, April 3, 4 to 5 p.m. and Saturday, April 4, 10 a.m., 11 a.m., 1 p.m. and 2 p.m.
All ages. $5 (all materials included)

Tai Chi in Nature
Mondays, March 9 through April 27
Beginning: 4 to 5 p.m. Continuing: 5:15 to 6:15 p.m.
$80 for 8 weeks.
End your day before dark with this gentle, low impact Tai Chi.

Bird Walk at Majestic View
Monday, Feb. 24, 8 to 9 a.m. All ages. Free

Pre-registration required for all classes
More class descriptions and program registration available at www.arvada.org/nature

Kids Classes

Family Classes

Conversation Corner

New School and Group Program Offerings!

Topics are science standards-based, specific to grade level.
Call for information

Is that an amphibian or reptile? How did our wetlands end up here? Do I have a habitat?
Find all these answers and discover more in our updated school and group programs, now available to reserve at Majestic View Nature Center! Each program can accommodate up to 25 students and up to 75 students a day (three rotating consecutive programs). Full descriptions online at www.arvada.org/School-programs. To reserve your trip, please call the Nature Center at 720-898-7405.
Ten reasons to choose Camp Apex

Camp Apex offers great variety in recreational day camps! Here are ten great reasons to sign up now!

1. Apex staff is extensively trained and enthusiastic.
2. Camp leaders are carefully screened.
3. To ensure a quality experience, the ratio of leaders to children is one to 15 or fewer.
4. Camps are fun and varied, yet provide structured programs.
5. A fun-filled agenda of activities is offered including sports, swimming, crafts, outdoor games, field trips and more!
6. Camps are offered a-la-carte (no need to register for a full week, just the days you need).
7. Full-day camp options are available at the Apex Center and at the Secrest Recreation Center.
8. Camps are open from 7 a.m. to 6 p.m. weekdays with no drop off deadline.
9. Apex offers traditional summer camps but also day camps on Jeffco Schools non-contact days, as well as during spring break.
10. NEW for Summer 2020: camp options for ages 6 through 13 (currently 6 through 12), with older campers being offered an all-new field trip-based program.

For more information, visit Camp Apex at ApexPRD.org/activities/camps or contact Laina Doyle at LainaD@ApexPRD.org or 303-403-2539.

Apex offers a Counselor in Training (CIT) program for youth ages 13 through 15, designed for teens who enjoy working with younger kids and who are interested in learning job/life skills. The vision is to guide and train the CITs to become self-aware, confident and capable leaders. This summer is packed with interactive, weekly trainings and games, activities and special field trips for the CITs to gain real-life social and professional skills. Applications will be available in early spring.

From the Visitors Center . . .

Did you know?

Tourism promotion is a tool that helps our local community by putting people to work and making this a great place to live. And the entire community benefits. Tourism promotion is an investment in our community and our people.

In 2018:

- $1.4 billion of local and state tax revenues generated from the Colorado tourism industry.
- $659 tax revenue per household

which equates to

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High Tea for Seniors
Saturday, March 14
2 to 4 p.m.
Apex Community Recreation Center
6842 Wadsworth Blvd.
If you, or someone you know, is 90+ years young, mark your calendars for the annual event that celebrates our seniors! Join us for an afternoon of fun, food and entertainment. Each 90+ senior is welcome to bring one guest. This year After Midnight, a three-piece jazz ensemble, will perform. Call 720-898-7304 to make your reservation or visit www.ArvadaFestivals.com for more information.

Pre-season boat inspections
Pre-season boat inspections for anglers wishing to use their boats on Arvada Reservoir will be held Saturday and Sunday, March 21 and 22, from 10 a.m. to 2 p.m. at the Indiana Shop (6701 Indiana St.) in the parking lot near the flagpole. Arvada Reservoir opens for the 2020 fishing season April 1. For more information, visit arvada.org/arvada-blunn-reservoir.

Save the date!

Arvada Kite Festival
Sunday, April 5, 10 a.m. to 3 p.m.
Stenger Soccer Field, 11200 W. 58th Ave.
www.Arvadafestivals.com/arvada-kite-festival

2020 Arvada Community Garden plot signup
Garden plots are available at the Arvada Community Garden, now in its 53rd year. The garden is located on a three-acre site at W. 57th and Garrison St. Returning gardeners have until Feb. 10 to renew their garden plot from last year. Beginning Feb. 11, applications for new gardeners will be accepted on a first-come, first-served basis. Membership is $40/year and includes 12x22 plot, ditch water, tool and equipment usage, greenhouse space, some plants and seeds, sunshine and plenty of free advice. A limited number of 4x8 raised bed plots are available for $25/year, and a few wheelchair accessible plots are available for $15/year. Gardenships for special circumstances are available on an individual basis. Membership requires a 15-hour volunteer commitment to the community. The Arvada Community Gardeners also offer free public gardening classes, festivals, social activities, garden tours, a community herb garden, an annual open house and much more. Visit www.arvadagardeners.org for more information and to sign up for a plot.

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The Arvada Visitors Center is a one-stop-shop resource for the residents of Arvada and guests visiting the area. For more information, contact Jean Gordon at 720-898-3380 or jean@visitarvada.org. Online at www.visitarvada.org.

**FEBRUARY**

1. Chocolate Affair  
   11 a.m. to 2 p.m.  
   Olde Town Arvada  
   720-765-3063

7. First Fridays Artwalk  
   5 to 8 p.m.  
   Variety of Olde Town Arvada businesses participating.  
   www.visitarvada.org

15. Arvada Heart Throb 5K  
    Memorial Park  
    8001 W. 59th Ave.  
    www.HeartThrobRun.com  
    $5 off with code ARVREPORT20

**MARCH**

6. First Fridays Art Walk  
   5 to 8 p.m.  
   Variety of Olde Town Arvada businesses participating.  
   www.visitarvada.org

14. St. Patrick’s Day Celebration  
    12 to 6 p.m.  
    Olde Town Arvada  
    www.oldetownarvada.org

**SAVE THE DATES**

Arvada Reservoir Opens  
April 1  
www.arvada.org/  
arvada-blunnreservoir

Arvada Kite Festival  
April 5  
10 a.m. to 3 p.m.  
Stenger Soccer Field  
11200 W. 58th Ave.  
www.arvadafestivals.com/  
arvada-kite-festival

Golden Oldies World Rugby Festival  
June 9, 11 and 13  
More than 1,500 players will be using Stenger Sports Complex. More details to come!

Check visitarvada.org for a comprehensive calendar of events throughout Arvada.