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Graphic Designer Sarah Yongprakit

The Golden Informer is produced and published monthly by the Golden City Manager’s Office and mailed to all residences and businesses inside the City limits. Comments on The Informer are welcome.

Please write to City of Golden, 911 10th St., Golden, CO 80401, Attn: Karlyn Tilley; call 303-384-8132; or e-mail ktilley@cityofgolden.net.

To contact the entire City Council, e-mail citycouncil@cityofgolden.net

City of Golden Department Managers

The Golden Informer
HEADS UP: Important Upcoming Items

LIONS, COYOTES AND BEARS

It is time again to remind the community about safety with regard to the wildlife in the area so you can take steps to avoid encounters with coyotes, mountain lions and bears and emerge safely if you have one.

Coyotes are adaptable as long as they can find shelter and food. Attacks on humans are rare, but they do prey on small pets. If you encounter a coyote, use a loud, authoritative voice to frighten the animal.

Black bears will work hard for food and can damage property, vehicles and homes. Keep garbage inside to limit access. They will seldom attack unless threatened, concerned or provoked. If you surprise a bear, stand still and stay calm. Never run or climb a tree. Talk in a normal tone and be sure the bear has an escape route. If you see cubs, leave the area immediately. If the bear does not leave, wave your arms slowly overhead and talk calmly. If the bear huffs or stomps its paw, give it space. Back slowly away until it is out of sight.

People rarely get more than a glimpse of a mountain lion in the wild but walking or hiking in a group and making plenty of noise can reduce your chances of surprising one. Most mountain lions will try to avoid confrontation. Keep children close while hiking and do not approach a lion, especially one that is feeding or with kittens. Stay calm, talk firmly and move slowly as running may stimulate their instinct to chase. Face the lion and stand upright. Make yourself appear larger by raising your arms, opening your jacket and picking up small children. Throw stones, branches or anything you can reach without crouching down or turning your back.

To discourage confrontations, keep pets on a leash, garbage stored inside and never feed wild animals. To report a sighting or encounter, contact the Division of Wildlife at 303-291-7227 during regular business hours.

For more information, visit http://wildlife.state.co.us.

WASHINGTON BRIDGE RIBBON CUTTING PLANNED

After more than a year of construction, the Washington Bridge construction project has been completed - two months early and under budget. To celebrate, the City and the Colorado Department of Transportation are planning a formal ribbon cutting celebration at 6 p.m. on Thursday, Sept. 17.

ECONOMIC DEVELOPMENT COMMISSION OPENINGS

The Economic Development Commission has three appointments that expire in September 2009, and there is one vacancy for an appointment that expires in September 2010. The Commission meets on the second and fourth Tuesdays of the month at 6:30 p.m. in City Hall, 911 10th St.

Applicants must be a resident of the city, a property owner within the city or own a business in the City of Golden. Applications, on forms available from the City Clerk or from www.cityofgolden.net under Boards and Commissions, will be accepted until 5 p.m., Wednesday, Sept. 9, 2009 at the Office of City Clerk, City Hall, 911 10th Street, Golden, CO, 80401. Interviews are tentatively scheduled for the evening of Thursday, Sept. 17, 2009.

For more information contact: Steve Glueck, Director of Planning and Development 303-384-8095 Email: sglueck@cityofgolden.net.

NEW COMMUNICATIONS MANAGER

The City is pleased to announce that Karlyn Tilley has been hired as the new Communications Manager, replacing Jonathan Ashford who left the city to pursue other career options. Watch for more about Karlyn in next month's Informer.

Below is the Golden City Council’s calendar. Regular study sessions are scheduled for the first and third Thursdays and regular business meetings are scheduled for the second and fourth Thursdays of each month. All meetings are at 7 p.m. in Council Chambers at City Hall, 911 10th St., unless otherwise noted. Council does not normally meet on the fifth Thursday in any month.

September 3
No meeting

September 10
Regular business meeting

September 17
Study session

September 24
Regular business meeting

Council’s upcoming agendas, packets and meeting minutes are available online under the City Council link at www.CityofGolden.net.

Public comment is welcomed on the agenda at all regular business meetings.
MAYOR’S MESSAGE

By Mayor Jacob Smith

I

t’s been another great summer in Golden, hasn’t it? It seems like we have had festivals and events nearly every weekend, a terrific 150th birthday celebration, plenty of terrific (if unusual) weather, and lots of small town good spirit. I want to offer a word of thanks to everyone – the event organizers, volunteers, sponsors, city staff – who helped make all of our summer celebrations so successful. It takes a ton of work to pull together even the small events, and the large ones are remarkable feats of creativity, hard work, and logistical acumen. Thanks as well to all of the Golden residents and business owners who participated and joined in the fun.

As we wrap up our summer, we are welcoming autumn at the same time: chilly nights, colorful leaves, the chili cook-off, the new school year, and the fall equinox later in September. Fall also means that we are in the middle of budget season. As I wrote in the Informer last month, Golden is beginning to see the same sort of revenue declines that many of our neighbors have been experiencing for some time. We anticipated that this might occur, and we prepared well for it, but we’ll still have some tough choices to make in order to keep our expenses and revenues balanced. Our basic strategy moving forward has five elements:

1) Continue to manage the city’s resources conservatively and thoughtfully;
2) Find new efficiencies in the way the city provides services to the community;
3) Reduce expenses;
4) Continue improving on our partnerships with community organizations to help meet our community’s needs; and
5) Continue investing in our economic vitality by supporting a strong retail economy and by supporting, keeping and bringing good jobs to Golden.

Please stay tuned and weigh in as we sort through tough decisions on the 2010 budget, keeping our economy strong, and protecting our quality of life during a period of continuing economic challenges.

Finally, autumn in odd-numbered years means that City Council election season is upon us. This year we’ll have elections for all four of the Wards on Nov. 3. If you are not registered to vote at your current address, you have until Oct. 5 to do so. For information on how to register (or just change your address) give the Jefferson County Clerk’s office a call at (303) 271-8111.

Be Involved In Your Community

By Mayor Jacob Smith
Every month, Golden residents can choose to participate in a variety of activities and events taking place in the community. Many of the parades, footraces and festivals have become not only annual events, but also Golden traditions. The Golden City Manager’s Office often receives phone calls and e-mails thanking the City for their efforts in hosting the event or praising the event coordinators. Even many longtime residents are unaware that most of the events that take place in Golden are actually coordinated by Golden community members and not the City. Community organizations, such as the Lions Club and the Greater Golden Chamber of Commerce, raise funds, coordinate volunteers, find sponsors and secure donors for their events. Their service and commitment are invaluable to the character of our community. While the City loves to hear the great comments about events in Golden, it is also important to recognize those groups who put forth the effort for your enjoyment. If you enjoyed an event you attended, be sure to give credit where credit is due, and celebrate our community.

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<tr>
<th>EVENT</th>
<th>SPONSOR</th>
<th>WEB SITE</th>
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<td><a href="http://www.goldengreat.org">www.goldengreat.org</a></td>
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<td>Pancreatic Cancer Action Network</td>
<td><a href="http://www.goldengallop.org">www.goldengallop.org</a></td>
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<td>Colorado Railroad Historical Fund</td>
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Environmental Issues

**TALKING TRASH**

At their Aug. 6 meeting, City Council reviewed public comments gathered over several months and weighed the options for improving the city’s current system of waste and recycle collection. Of the comments received, a majority of citizens favored a single waste hauler with a tiered pricing system. The Community Sustainability Advisory Board (CSAB) recommended that Council choose a waste hauler based on their ability to provide the widest range of options for Golden citizens – single stream recycling that includes all possible materials, a pay-as-you-throw pricing system with three sizes of trash containers, a subscription-based service for curbside organic pick up, and a twice annual yard waste pick up. City Council also considered how best to achieve the City’s 25 percent waste reduction goal and which options might reduce residents’ waste bills. In the next several months, Council will obtain more specific pricing from waste haulers, consider an option to amend the City’s trash ordinance, and schedule another discussion to review the options before making a final decision.

City of Golden, Environmental Specialist, Chris Naber talks to attendees at a neighborhood block party.

**Neighborhood Notes**

Over 1,500 residents attended one of this summer’s eight neighborhood block parties, sponsored by the Golden Vision 2030 effort. These block parties were one way of reaching out to neighborhoods to listen and to help neighbors learn more about each other. One of the ways you can now stay connected with your neighborhood is to visit the City Web site for information and to see what’s happening specifically in your area. If you missed the block party in your neighborhood, or want to see videos of the stories heard at the event, visit www.cityofgolden.net/goldenvision2030 and click on the link to your neighborhood.

**Worms and Compost**

Fall is a great time to start composting. An abundance of yard waste material (leaves and garden trimmings) is a great source of “browns” to add to your “greens” for your own compost site. Compost bins can fit in almost any residential yard and even multifamily areas can operate a joint compost site. Join master composter, Kathy Demane to discuss the basics of composting and learn how easy it can be to do at home. Free class will be held from 9 to 11 a.m. on Saturday, Sept. 26 at the Clear Creek History Park. Please RSVP to 303-384-8011 and make your own compost in time for spring! Also this fall, learn about vermicomposting – composting with worms! The great advantage of worm composting is that this can easily be done indoors and outdoors, allowing year round composting. The vermicompost class will be held from 9 to 11 a.m. on Saturday, Oct. 17.
Navigating the Cone Zone

It seems like construction zones have become a part of our daily commute no matter where we live or the roads we travel. Increases in federal funding may also cause an increase in road construction projects. Navigating through the many “cone zones” can be frustrating for drivers. By obeying a few simple safety tips and maintaining their patience, though, drivers can reach their destinations safely and with less stress. The Colorado Department of Transportation (CDOT) provides these valuable tips for safely navigating through construction zones.

- Expect the unexpected: Speed limits may be reduced, traffic lanes may be changed, lane markings may not be in and people may be working near the roadway.
- Slow down: Obey posted construction zone speeds even if workers are not present. A slower speed can give you a faster response time to sudden changes in the roadway.
- Don’t tailgate: Rear-end collisions are the most common type of highway work zone crashes.
- Pay attention to the signs: The warning signs are there to help you and other drivers move safely through the work zone. Observe the posted signs until you see one that indicates you have left the work zone.
- Obey road crew flaggers: A flagger has the same authority as a regulatory sign and they are there for your safety and that of the workers.
- Stay alert and minimize distractions: Dedicate your full attention to the roadway.
- Keep up with the traffic flow. Merge as soon as you know you need to. Avoid waiting until the last minute and then forcing your way into traffic.
- Schedule enough time to drive safely: By expecting delays and leaving a few minutes early, you can reach your destination on time with little frustration.
- Be patient and stay calm: Work zones are not there to personally inconvenience you. The work zone crews are working to improve the road and make your future drive better.

New Golden Cinema Looking for Volunteers

Do you love movies? Wouldn’t it be great to be able to watch a movie in downtown Golden rather than drive out to the mall? Do you want to be part of the new Golden film scene? Then we need you!

The Golden Urban Renewal Authority (GURA), the American Mountaineering Center, and the Foothills Art Center are looking for volunteers to run a year-round cinema. The idea is to use the 350-seat Foss Auditorium located in the American Mountaineering Center to show movies over each weekend throughout the year. This would not be the latest Hollywood movies showing on a huge screen with plush seats, enormous buckets of popcorn and soft drinks, and ear-splitting surround-sound that you get at the mall. It would be way better!

Imagine walking downtown to see a movie you haven’t seen in a while, spending half as much as you would at the mall, and sharing the experience with your neighbors and fellow Goldenites. Our movies would not be first-run. Instead, movies would be selected from studio archives and volunteers can be as creative as the cinema could afford. We could have theme weekends, special screenings and contests. You name it! We don’t yet have all the answers for this project, so we need your input. But most of all, we need your help! We need to create a long-lasting, dedicated, slightly-crazed, and visionary community group that would be responsible for managing and operating this adventure.

If you are interested, please attend our meeting at 7 p.m. on Thursday, Sept. 17 at the Foss Auditorium in the American Mountaineering Center, 710 10th St. For more information, contact Mark Heller, GURA Executive Director, at 303-279-4162 or mark@gura.com.
The Golden Police Department would once again like to thank the Golden community for their generous support of National Night Out held on Tuesday, Aug. 4. It was a great success! The large crowd consumed 900 hot dogs and buns, 32 gallons of ice cream, 528 cans of rootbeer, 528 bottles of water, and 1½ cases of popcorn. Thank you to all of the volunteers and sponsors who made this event possible. It would have been impossible without the contributions of the following community partners:

The Ten-foot Tall Policeman is always a 'huge' hit with attendees of the Golden Police Departments National Night Out event.
The Golden Fire Department kicked off the start of Buffalo Bill Days with their 35th Annual Pancake Breakfast Saturday, July 25 at Fire Station #1, 911 10th St. This community-wide event precedes the Buffalo Bill Days Parade each year. Firefighters were on the job as early as 4 a.m. setting up and preparing food for the event. State Representative Max Tyler and Mayor Jacob Smith worked right beside 68 Golden Firefighters to serve pancakes and bacon to nearly 1,900 people.

“The serving line began around 6 a.m. and was fairly steady,” said Fire Chief John Bales. “By 9 a.m., though, the line had grown to the west along 10th Street the entire length of City Hall.” Workers served the final pancake at 10:45 a.m.

The Fire Department also held a silent auction of goods donated by various merchants, organizations, citizens and firefighters. Funds from this event go into the Golden Volunteer Firefighter’s Fund to assist with the purchase of rescue equipment and training not normally covered in the City’s budget. The department expects to use the nearly $7,000 collected from the breakfast and the silent auction to better serve the community.

“This is our annual public relations event of the year and a Golden Fire Department tradition,” said Station #3 Firefighter Adam Simpkins, the chairperson for the event. “My grandfather was a volunteer firefighter and part of this event for many years. It’s just what we do every July for the community and hopefully we make it better every year.”

The men and women of the Golden Fire Department wish to thank all of the patrons and businesses who made this event a huge success. They look forward to serving breakfast to the community before the Buffalo Bill Days Parade for many years to come.

FREE

Sales and Use Tax Workshop

The City of Golden is hosting FREE Sales and Use Tax workshops taught by our professional staff of auditors and geared toward individuals who need to learn sales and use tax concepts on an in-depth level.

The workshops will be held in the Golden City Hall Conference Room, City Hall, 911 10th St.

Sept. 2, 2009 .......... 8 to 10 a.m.
Oct. 7, 2009 ............ 8 to 10 a.m.
Dec. 2, 2009 .......... 8 to 10 a.m.

Although these classes are free, space is limited. Please call 303-384-8024 for your reservation.

FREE

Building Use Tax Workshop

The City of Golden is hosting a FREE Building Use Tax workshop taught by our professional staff of auditors. This class is geared toward individuals who need to learn about building use tax concepts on an in-depth basis.

The workshop will be held in the Golden City Hall Conference Room, City Hall, 911 10th St.

Nov. 4, 2009 .......... 8 to 10 a.m.

The class is free, but space is limited. Please call 303-384-8024 for your reservation.
Sept. 4  
**Golden’s First Friday**  
Enjoy extended shopping hours with Golden’s downtown merchants.  
5 - 8 p.m.

Sept. 5  
**Golden Super Cruise**  
The Golden Super Cruise brings several hundred car enthusiasts with cars of all types to South Golden Road. Cruisers meet at 6 p.m., park, eat, socialize and listen to tunes by DJ Van Jeffries before cruising as a group at 7:30 p.m. down Washington Avenue in historic downtown Golden. Spectators are encouraged. Visit www.goldensupercruise.com

Sept. 5, 12, 19 & 26  
**Golden Farmer’s Market**  
Don’t miss the Golden Farmers Market from 8 a.m. to 1 p.m., located in the parking lot just west of the Golden Public Library at 1019 10th St. You will find fresh fruits, vegetables and jams, sweets & snacks, potted plants, cut flowers, beef, pork, lamb, salmon, buffalo, and the list goes on. The Golden Farmers Market is the only market in Jefferson County approved to participate in the Food Stamp program and accept debit and credit cards through the EBT program. There will also be free horse drawn carriage rides.

Sept. 5 & 19  
**Blacksmith Demo Days**  
A free event from 10 a.m. to 2 p.m. at Clear Creek History Park, 11th and Arapahoe streets. Join Matt O’Callaghan and other guest blacksmiths in our blacksmith shop, and watch them craft metal into useful, everyday items. Dates and times are subject to change and weather conditions. Please call (303) 278-3557 to verify.

Sept. 12  
**Golden Gallop Race to Defeat Pancreatic Cancer**  
Join the Pancreatic Cancer Action Network for the fourth annual Golden Gallop: Race to Defeat Pancreatic Cancer on Saturday, Sept. 12 at The Splash Aquatic Park, 3151 Illinois St. The 10K run, 5K run/walk and 1K fun run will help fund the ongoing programs at the Pancreatic Cancer Action Network, including research grants, patient services and community events to raise awareness, create hope and ultimately find a cure for this terrible disease. Register online at www.goldengallop.org for $25, or sign up at the event for $40. Kids 12 and under can register for the 1K fun run for $10 online or $15 at the event. Registration for the 1K fun run is limited to kids, but adults can accompany them at no cost. Register online to be guaranteed a free event T-shirt, or pay an extra $5 for a New Balance technical T! Shirts will be subject to availability for participants who register at the event. Strollers are permitted toward the back of the starting line, and leashed and well-behaved dogs are welcome. Participants are encouraged to fundraise through their personalized event page. The Golden Gallop kicks-off with on-site registration at 6:30 a.m. The 10K run begins at 7:30 a.m., followed by the 5K walk/run at 8:30 a.m. and the 1K kids’ fun run at 10:15 a.m.

Sept. 12, 13, 19, 20, 26 & 27  
**Day Out with Thomas**  
Thomas, the beloved and courageous storybook engine, is set to roll into Colorado Railroad Museum for the Day Out With Thomas™ 2009: The Hero of the Rails Tour, presented by HIT Entertainment, a worldwide leader in children’s entertainment. This fun-filled event offers preschoolers and their families the opportunity to take a ride with a 15-ton replica of Thomas the Tank Engine, star of the popular Thomas & Friends™ series. Children will ride along with their favorite hero on his latest adventure.

Event is 9 a.m. to 5 p.m. at the Colorado Railroad Museum, 17155 W. 44th Ave. Tickets are $18 for ages 2 and up, and available through Ticketweb at 1-866-468-7630, on the web at Ticketweb.com. Visit www.coloradorailroadmuseum.org for more information.

Sept. 18  
**Cosy Sheridan in Concert**  
Live audiences quickly learn why she been called “one of the era’s
The Golden Informer

SEPTEMBER 2009

finest and most thoughtful singer/songwriters.” Acoustic Guitar Magazine wrote, “If I were going to throw an all-girl dinner party at which I wanted to laugh and cry from the hors d’ouevres to the chocolate pudding, Cosy Sheridan is the first woman I’d invite.”

Playing at Acoustic Alley at Miners Alley Playhouse, 13th Street and Washington Avenue. Doors open at 6:45 for the 7:30 p.m. show. Tickets are $15 in advance, $18 the day of the show. Tickets available on-line at www.acousticalley.org or by calling 303-973-3687.

Sept. 19
Dan Navarro in Concert
For twenty years, Eric Lowen and Dan Navarro have written, recorded and toured for a growing national audience as the duo Lowen & Navarro. Their works have been recorded by artists as diverse as Pat Benatar, The BANGLES, The Four Tops, Dave Edmunds, The Temptations and a host of others.

Five years ago, Eric was diagnosed with ALS (“Lou Gehrig’s Disease”) and is sadly no longer able to perform. We’re proud to be presenting the Colorado solo debut of Dan in a poignant celebration of life lived, loves lost and dreams regained. Playing at Acoustic Alley at Miners Alley Playhouse, 13th Street and Washington Avenue. Doors open at 6:45 for the 7:30 p.m. show. Tickets are $15 in advance, $18 the day of the show. Tickets available on-line at www.acousticalley.org or by calling 303-973-3687.

Sept. 24 through Nov. 1
“A Picasso”
at Miners Alley Playhouse
It’s 1941 in Paris and Picasso has been summoned by German forces. The question...which confiscated Picasso paintings are real? Is this about an honored exhibit or something more subversive? Don’t miss the cat and mouse between Picasso and his beautiful interrogator. “A Picasso” shows at 7:30 p.m. on Friday and Saturday, 6 p.m. on Sunday. The Nov. 1 performance is at 2 p.m. Playing at Miners Alley Playhouse, 13th Street and Washington Avenue. Tickets are $20 with senior, student and group rates available. Contact Rick Bernstein at 303-935-3044 or mtckid@earthlink.net for more information.

Tell them you read about them in the Golden Informer!

Information is subject to change. Please use contact information to confirm the details of an event. To list a community event happening in Golden here, please send your listing to: Golden City Hall, Communications Dept., 911 10th St., Golden, CO 80401, or by e-mail to ktilley@cityofgolden.net. Listings should include the date(s), the event name and a brief description of the event, which may include cost, location and contact information. Submissions must be received by the first of the month prior to the issue you would like them printed in (i.e., Jan. 1 for the February issue).

Call 303-384-8132 with questions or for more information.
Trees Get New Life

Under the direction of Parks, Forestry, and Cemetery Manager Paul Burkholder and City Forester Dave High, Golden transplanted 38 trees slated for destruction in the Earl Johnson Road improvement project. These trees now provide shade and a wind block at Splash at Fossil Trace Aquatics Park and Tony Grampsas Sports Complex. The trees’ energy benefits are one of many environmental improvements provided by Golden’s strategic urban forestry activity.

This project was made possible with the help of a Strategic Tree Planting Plan for Environmental Improvement prepared by the nonprofit Institute for Environmental Solutions (IES). IES helped the Forestry Division position the trees to conserve building energy by shading the building and blocking wind.

“Trees can provide the community with many benefits,” said Golden’s City Forester Dave High. “The Strategic Plan quantifies those benefits and helps us to see the impact of planting decisions.”

The Strategic Tree Planting Plan was one result of The Tree Project: Integrated Urban Environmental Improvement Through Tree Selection and Management, a study conducted by IES in Golden from 2005 to 2008. IES, City of Golden Parks and Recreation Department staff members and volunteers researched the environmental impacts of Golden’s trees in order to improve tree selection, location and maintenance. IES researchers measured the urban forest’s effects on air quality, energy conservation, carbon sequestration, water use and stormwater runoff. The study showed that trees can have both positive and negative impacts on the environment and that planting the right tree in the right place can make a big difference.

The Golden Strategic Tree Planting Plan and other information on the environmental impact of Golden’s urban forest are available at the IES Web site, www.i4es.org.
**“Wage Subsidy” Program to Launch in September**

**Golden Urban Renewal Authority (GURA)** obtained $165,000 of federal stimulus money for GURA district employers to hire at least 11 workers over the age of 55.

If you are an employer within the GURA District and you do not have sufficient cash flow or confidence in the economy to hire a permanent employee, GURA could subsidize wages up to $15,000 per employee until August 31, 2010.

**Jefferson County Community Development** will administer this program in partnership with GURA, Jefferson County WorkForce, and Red Rocks Community College. The full grant is for $495,000, which will be split equally among the three grant partners.

Jefferson County WorkForce will focus on employing youth between the ages of 17-24. Contact Jessica Aragon at jaragon@jeffco.us for more information on their 17-24 program.

Red Rocks will focus on employing Veterans. Contact Colleen Jorgensen at colleen.jorgensen@rrcc.edu 303-914-6402 for more information on their Veterans program.

**GRANT CRITERIA**

- The employer must be within the GURA District;
- The employee must be over age 55 and be a Jefferson County resident;
- The employee must not currently have income above 200% of the poverty level for our area (equivalent to between $5 and $10/hr depending on the family);
- The position should have at least the living wage for our area (equivalent to $9.25 - $30.00/hr depending on the family);
- The position must be intended to be a permanent position;
- The grant will be available only between Sept. 1, 2009 through Aug. 31, 2010. After the grant period, the employer will responsible for 100% of the wages for the employee hired under this grant.
- Grants will be made on a first-come, first-served basis;
- Applications will be accepted online only beginning at 10 a.m. on Tuesday, Sept. 1, 2009 and can be downloaded from www.gura.com.

**GRANT PROCESS**
Here is how the program works for employers selected to participate:

**Step 1:** The employer enters into a contract with GURA governing the use of grant funds;

**Step 2:** The employer reviews employee applications submitted through Jefferson County WorkForce, and then selects candidates to interview;

**Step 3:** The employer hires their employee from those candidates and treats that person exactly as they would any other employees or contractors in terms of training, discipline, paid time off, benefits, etc, except that;

**Step 4:** The employer would submit pay applications to GURA documenting hours worked and wage rate; and

**Step 5:** GURA issues the paycheck to the employee.

We expect a very high level of interest for this program, so start thinking now about how to build your business through this opportunity and be ready to apply on Sept. 1!

If you have questions, please contact GURA Executive Director Mark Heller at mark@gura.com or 303-279-4162.

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**FLU SHOTS ARE JUST AROUND THE CORNER**

It’s time to be thinking about getting your flu shot. The City of Golden will offer flu shots to the public for $25 from 7 to 10:30 a.m. and 3:30 to 6 p.m. on Thursday, Oct. 8 in the Bear Creek Room upstairs at the Golden Community Center, 1445 10th St.

There is no charge for Medicare Part B holders, but you must have your card with you. For those with other insurance (i.e. Rocky Mountain Health Plan, Secure Horizons, etc.) you’ll need to check on site on Oct. 8 to see what carriers they are able to take in addition to Medicare.

You must be at least 4 years old to take part and children under 18 years old must have a parent with them.
Important Election Information

The City of Golden will hold a general municipal election Nov. 3, 2009 for Councilors for Wards One, Two, Three and Four. It will be a mail ballot election coordinated with Jefferson County.

The nomination petition to run for City Council had to be turned in by Aug. 24. Official candidate’s names are posted online at www.cityofgolden.net after their petitions are verified by the City Clerk’s office.

Jefferson County will mail ballots to registered voters between Oct. 9 and 19.

If you will be out of town and unable to receive your ballot you may apply for a mail-in ballot (absentee) from Jefferson County. The form is on-line at www.co.jefferson.co.us

The last day to register to vote in the Nov. 3 election is Tuesday, Oct. 5. Voter registration information is available at www.co.jefferson.co.us or by calling 303-271-8111. Don’t wait until the last minute!

To register to vote, you must be a U.S. citizen, at least 18 years old on or before Election Day, a resident of Colorado and at your present address at least 30 days prior to the election. If you do not meet all of the requirements outlined above you cannot register to vote.

You must meet the following additional requirements to be eligible to vote in City of Golden elections:
You must reside within the city limits of the City of Golden and be registered at your current address at least 29 days prior to the election.

If your Jefferson County voter registration is current and you live within the city limits of Golden, further registration is not necessary.

City to Subsidize Historic Structure Plaques

The Historic Preservation Board is reviving a previous program to assist owners of historic properties in Golden in the purchase of bronze plaques denoting historic structures. For a number of years, the City coordinated the ordering of such permanent bronze plaques for owners, with the owners paying the full price for the type of marker shown in the photo. The Historic Preservation Board now wants to encourage more recognition of our designated historic structures by subsidizing the purchase of these markers. Eligible properties include locally designated structures, “contributing structures” in the three residential historic districts, and structures on the state or National Register of Historic Places. The current cost for such bronzemarkers is about $300. For those properties that commit to permanently attach the bronze marker to the building in a prominent location (including a promise to leave it with the building upon sale) the City will subsidize 50% of the cost of the purchase of the bronze marker if ordered through the City program. Funds are available for up to eight properties this year, and come from the application fees paid by applicants for the historic structure income tax credits administered on behalf of the state. These funds can only be used for historic preservation purposes. For more information on the program, contact HPB@cityofgolden.net, or call 303-384-8097.
Hula hooping is a fun way to get fit with the potential to burn 600 calories per hour. Hula hooping is an internationally recognized variety of fitness. It is a great way to strengthen, tone, increase flexibility and fluidity, all while relieving stress.

The new beginner series of hula hooping classes at the Golden Community Center will teach kids and their parents how to hoop around the waist, torso and legs, as well as how to hoop off the body. Instructor, Danielle Odette, is a certified and licensed HoopGirl HoopDance Instructor who uses the hoop as a form of exercise and dance expression. Students will use their imagination to visualize different hoop moves, increase balance and hand-eye coordination. It is hard not to smile while you are inside a hoop; hula hooping brings fun to any workout. Kids and adults will be amazed at the possibilities that a hoop has to offer as a fitness tool and portal to a happier, healthier lifestyle. Try something new and step into a hoop. Exercise will never be the same again.

Parents and guardians are welcome to join this class. Classes are held Tuesdays from 5 p.m. to 6 p.m. this fall. Professional hoops are provided for class use. For more information on the new hula hooping classes at the Golden Community Center, visit www.goldenrec.com or contact Tracy Hagelund at thagelund@cityofgolden.net.

HULA HOOP FACTS

The Hula Hoop was introduced in 1958, but the use of hoops for play and exercise dates back thousands of years when children made the hoops from dried grapevines.

Trademarked by the Wham-O toy company, 25 million Hula Hoops were sold in its first four months on the market.

Hula Hooping can increase core strength and improve balance, flexibility, hand-eye coordination and rhythm.

Larger hoops may be easier for beginners. To find the right size to learn with, measure the distance from the floor to the mid-point between your navel and chest while standing straight. This measurement represents the appropriate diameter of your first Hula Hoop.

Hula Hooping by the numbers

100  The number of calories you can burn in 10 minutes of Hula Hooping

105  The most hoops twirled simultaneously

45.55  In feet, the largest hoop successfully twirled

2,290  The number of people who simultaneously Hula Hooped for more than two minutes at a single gathering

90  In hours, the duration record for continuous Hula Hooping
Check out the programs offered this fall at the Community Center
To register, visit www.goldenrec.com

**Kids Nite Out**
Every Friday night the Golden Community Center hosts Kids Nite Out. Each week has a different theme with various activities such as sports games, dancing and a DJ, inflatables, climbing, swimming and prizes! Each new season a parent or guardian must fill out and sign new waivers before dropping off their children. The City of Golden waiver is available at www.cityofgolden.net/parksandrec then choose the Kids Nite Out quick link. The Kids Nite Out waiver is available at www.kidsniteout.org then choose the Parent’s Pages quick link.

- **Ages:** 8-14 years
- **Fridays, 7 - 10 p.m.**
- **September 11 - May 14**
- **$10 cash only**

**Golden Community Dance Arts**
New and exciting dance classes begin this fall including ballet, tap, hip-hop, jazz, contemporary and vocal music theater. This season also kicks off an all-boys hip-hop class on Wednesdays starting Sept. 9th. For more information and to register, visit www.goldenrec.com.

**JumpNRope**
Join other jumpers in the new jump rope class taught by world renowned and certified jump rope specialists. This energetic class will get your heart pumping while enjoying a “fun” challenging environment. You will learn the fundamentals of jump rope, including single rope skills, double dutch and Chinese wheel. With over 10,000 tricks, your kids are guaranteed to never have a dull moment.

- **Beginners**
  - **Ages:** 7 - 16 years
  - **Tuesdays, 4 - 5 p.m.**
  - **September 8 - 29**

- **Intermediate**
  - **Ages:** 7 - 16 years
  - **Tuesdays, 5 - 6 p.m.**
  - **September 8 - 29**
  - **October 6 - 27**
  - **$32 Resident, $37 Non-resident**

**Advanced Care Babysitting Courses**
This course is designed for the pre-teen (11-13 year olds) and helps to prepare for those first babysitting opportunities. Students will learn to identify their own responsibilities, such as routine child care duties (feeding, bathing and diapering). They will also understand basic child development and be able to provide activities for the developmental stages. Also stressed will be home and fire safety, infant and child CPR, rescue breathing and choking procedures. Certification provided.

- **Ages:** 11 years and older
- **Saturday, 9 a.m. - 3 p.m.**
- **September 19**
- **$65 Resident, $70 Non-resident**

**A VENUE WITH A VIEW**
Located at the base of the foothills, the Golden Community Center is a venue with a view!

Perfect for weddings, graduations and other events, put your mind at ease with the support of professional staff members and the convenience of an adjoining caterer’s kitchen.

Call **Larry Rock at 303-384-8133** for availability, facility tours and rates.

**Make your event special – have it at the Golden Community Center.**
Check out the Golden Community Center’s Front Porch - designed specifically for people 50 and older.

The Front Porch offers respite and entertainment, coffee, healthy snacks and cookies. There is a full schedule of games, sports, social events, trips and volunteer activities. Shoot some pool, surf the internet, work on a puzzle, or just relax before you hit your next fitness class.

**GENERAL ANNOUNCEMENTS:**

**Beginning Mah Jongg** lessons start Thursday, September 17 - sign up at the Front Porch. $6 per person, 1 - 3:30 p.m.

Watch for these free seminars coming up in October: Home Instead will be presenting a seminar for caregivers in our community, and teaching ways to cope with caregiver stress. Common Cents will be here to offer helpful hints in budgeting and monitoring financial transactions, and retaining financial independence in the later years.

**Celebrate Health!**

Friday, September 4 and October 2

Free blood pressure checks and healthy goodies!

Chair massages................. $13 for 15 minutes
Reflexology sessions ........ $13 for 15 minutes
Footcare with Chalyce...... $15 per pedicure

**TRIPS & TOURS:**

**Colorado Rockies vs Arizona Diamondbacks - #35010**

Sunday, Sept. 6

Register/Cancel by Aug. 31

11:30 a.m. to 5 p.m.

$26 (van, parking, admission)

**Rosemount Museum and Riverwalk, Pueblo - #35023**

Tuesday, Sept. 15

Register/Cancel by Sept. 10

8 a.m. to 5 p.m.

$25 (van, admission; bring $$ for lunch)

The grandeur of a bygone era awaits you, both at the Rosemount Museum and the Union Avenue Historic District. We will tour Rosemount, a 37-room mansion built in 1893, and enjoy lunch at the Carriage House Restaurant. Explore the historic shopping area or the riverwalk.

**The 25th Annual Putnum County Spelling Bee, Boulder’s Dinner Theatre - #35025**

Wednesday, Sept. 23

Register/Cancel by Sept. 21

5 to 10:30 p.m.

$55 (van, admission, dinner)

In this musical comedy, six young people in the throes of puberty, overseen by grown-ups who barely managed to escape childhood themselves, learn that winning isn’t everything and that losing doesn’t necessarily make you a loser.

**Here’s what’s happening this month:**

Monday Night Bridge players - Jean is obviously a winner!

**Receive the Front Porch News online!**

Stay up-to-date about Games, Classes & Clubs, Volunteer Activities, Wellness, Trips & Events. www.cityofgolden.net/page.asp?navid=334 or sign up for email!
Registration Form

RACE DAY OCT. 10, 2009

First Name ______________________________   Last Name ______________________________   Birthdate ______________________ (mm/dd/yyyy)

Day Phone ______________________________ Evening Phone __________________________ E-mail _________________________

Address ______________________________________________________________________________

City ______________________    State __________ Zip Code _______________

Dog Name (if applicable) _______________________________________________  Dog Breed(s)_______________________

One person/dog per registration. Photo copies are accepted
For guaranteed shirt on race day entries must be postmarked and mailed no later than 6:00 pm Friday, September 4th, 2009 to:

Golden Community Center
Golden Recreate 5K
1470 10th Street
Golden, CO 80401

Pay in person at the Golden Community Center. Deadline is 6:00 pm Friday, September 4th, 2009.
Registration after September 4th will not guarantee a shirt on race day, but you will receive a shirt as soon as they are available
(Race day registration is an extra $5.00.)

RACE BAG PICKUP STARTS October 5th 10am @ the Golden Community Center

Pre-registration for Run/Walk:  (See deadlines above)
Are you a runner or a walker?
I would like to run @ 9am (no strollers or dogs) ____________   I would like to walk @ 9:30am_____________

Entry Fee: $15.00 includes T-shirt and breakfast Kids 5 and under are free (no shirt, please list names and ages below)

T-Shirt Size:  _____ Youth S (6/8)   _____ Youth M   _____ Youth L   _____ Youth XL (18/20)
              _____ Adult S   _____ Adult M   _____ Adult L   _____ Adult XL   _____ Adult XXL

Kids 5 & Under: Name_____________________________  Age_____________
Name_____________________________  Age_____________
Name_____________________________  Age_____________

Select payment method:  Check# __________ Make check payable to: City of Golden       Cash _________
(Please do not mail cash.)

Visa _____ MC _____ Amex _____ Discover _____

Credit Card Number________________________________________________ Exp. Date _______________

Signature ______________________________________________________________________________

Waiver & Release – Please Read & Sign
By signing below, you agree, warrant and covenant as follows:
I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event including but not limited to falls, contact with other participants (including dogs), effect of weather, traffic, and conditions of the trail/road/sidewalks. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, representatives, successors and assigns, and all other persons associated with the event, for all my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event. Entries from minors will be accepted only with a parent legal guardian’s signature.

Signature of Participant     Signature of Parent or Legal Guardian                                                Date
(For participants under age 18)

REGISTRATION IS INVALID WITHOUT SIGNATURE ON THE WAIVER!
Golden is unique.
We have our own small-town character and our local stores reflect our interests and attitudes. How many towns do you know that have stores for gold panning, mountaineering, fly fishing, kayaking, and bicycling all within a mile of each other?

Golden merchants support the community.
From sending free pizzas to the schools to donating merchandise for fund-raising auctions, our local merchants are part of what keeps Golden such a special place.

Shopping in Golden keeps your sales tax in Golden.
Every purchase you make supports walking trails, pedestrian bridges, and parks, as well as street repairs, snow removal, and all the other things we’re able to take for granted in Golden.

Golden merchants are part of the community.
Many of them live here, shop here, and send their children to school here. It’s nice to see local business owners at a PTA meeting or walking along the creek.

Golden’s stores are already here.
Why encourage urban sprawl by shopping at a new mall where there used to be a prairie or a pasture?

Golden’s stores are close.
Shopping locally saves time and gas, reduces air and water pollution. Walking or riding a bike to stores is both environmentally friendly and heart-healthy!

Local stores provide choices.
Chain stores serve an important role, but we need small independent stores as well, to ensure competition and a wider selection of merchandise. Locally-owned stores provide outlets for local industry, artisans, and farmers.

Golden merchants value you.
It doesn’t take long to become a “regular” at a local business. Business owners like to provide special customer care and service to people who shop in their stores regularly.

Golden merchants reward you just for having fun.
Take the Coors Brewery tour or attend Golden special events and you can snag a Golden Ticket, good for discounts of up to 20%!

Golden doesn’t charge you just to hang out.
There isn’t a single parking meter in Golden. Our parking is free and plentiful!
When you live in Golden, there’s two hours of fun, two minutes from home. So we suggest getting away by staying right here. Get a double scoop of ice cream and meander down Washington Avenue. Stroll through our amazing art galleries or museums. Shop in one of our unique stores. You’ll be surprised at all there is to do right here under your nose. Visit 2HourVacation.com for more great ideas.