

Town of Lyons  
 P.O. Box 49  
 Lyons, CO 80540  
 303-823-8250

Check out the  
 Town of Lyons  
 on Facebook! 

**Upcoming Events:**

**Thursday Night Basketball**

Lyons Elementary  
 8:30pm-10pm

**Power Flow Yoga**

Roger Hall  
 March 10, 17, 24, 31  
 3-4pm

**Restorative Flow Yoga**

Walt Self Building  
 March 13 9am-10am

**Adult Cardio Sculpt**

Walt Self Building  
 March 14, 21, 28  
 6:30pm-7:30pm

**Casino Trip**

March 21st  
 11am

**Cooking Class**

Walt Self Building  
 March 20th  
 March 27th  
 April 3rd  
 6-7pm

**Adult Pottery**

Walt Self Building  
 March 23rd & 30th  
 1-4pm

**Seated Fitness**

Walt Self Building  
 March 27  
 9-10am

**Intergenerational Arts & Crafts**

Walt Self Building  
 March 27  
 2:45pm-4pm



*Parking Passes Now Available*

The Town of Lyons Department of Parks, Recreation & Cultural Events will once again implement a \$5 per vehicle parking fee for those who wish to park in the Meadow or Bohn Park Parking Lots on weekends and holidays. The parking fee will be enforced for the summer season-April 15th thru October 1st. Residents of Lyons will not be charged as long as they utilize a resident of Lyons parking pass. During the summer season motorists are asked to submit \$5 in the numbered payment box slot that corresponds with their numbered parking spot or have a visible parking sticker in their windshield. Golf carts are required to pay parking fees as well. Your one free parking pass per household may be used on your golf cart. Resident parking stickers will be mailed once proof of residency and vehicle information is provided at Lyons Town Hall. Residency is proven by showing a Town of Lyons utility bill. Please be sure to sign up for your passes as you stop in to pay your bill. One free resident parking pass per household, second pass may be obtained for \$25, third pass will be \$45. Non-residents may purchase a season parking pass for a flat rate of \$45.00 per vehicle.

**Sponsorship Opportunities for the 37th Annual Lyons Good Old Days**



The Town of Lyons Department of Parks, Recreation & Cultural Events is looking for enthusiastic businesses and/or individuals willing to sponsor the 2013 37th Annual Lyons Good Old Days Celebration. Please go to [www.townoflyons.com](http://www.townoflyons.com) for a current sponsorship and benefit form. There are five levels of sponsorship to choose from, each offering varying benefits before and during the event. All donations are tax deductible. Please fill it out and return it to the Lyons Town Hall no later than **April 29, 2013** to take full advantage of all sponsorship benefits. Sponsorship applications may be accepted following the April 29th deadline through the end of May although some sponsorship benefits may not be available to participants following the deadline. Should you have any questions or if you wish to volunteer some time to the Good Old Days effort, please contact the department at 303-823-8250, or email [recreation@townoflyons.com](mailto:recreation@townoflyons.com).

**Calling 2013 River Run 5K Sponsors!**

Lyons Parks, Recreation & Cultural Events is seeking enthusiastic businesses and/or individuals to sponsor the 2013 River Run 5k. Please go to [www.townoflyons.com](http://www.townoflyons.com) for current sponsorship information. Sponsors who make a \$350 sponsorship commitment will have a copy of their logo included on all race and promotional materials. All donations are tax deductible. Please fill out a form and return it to Lyons Town Hall no later than April 1st to take full advantage of sponsorship benefits. Sponsorship applications may be accepted following the April 1st deadline through the end of April although some sponsorship benefits may not be available to participants following the deadline. Recognition of all financial contributions, will be made during the awards ceremony. Should you have any questions or if you wish to volunteer some time to the Lyons River Run 5k effort, please feel free to call the Parks & Recreation at 303-823-8250, or email [recreation@townoflyons.com](mailto:recreation@townoflyons.com). Get your sponsorship forms in early to take full advantage of the benefits!

**Seasonal Parks Maintenance Worker**

The Town of Lyons has a vacancy for the position of Seasonal Parks Maintenance Worker. The position is seasonal (May-August/ 550 hours) full-time 40 hrs./wk. @ \$10.50/hr- may include varying shifts on weekdays, weekends or holidays. Duties include general maintenance of town parks and open space including all grounds and facilities as assigned by the parks director and/or parks crew leader. Successful applicant will perform mowing and trimming duties, trash removal, assist in irrigation installation and repair, maintain existing landscaped areas, and associated equipment operation and maintenance as required. Must be at least 17 years of age and have a Valid Colorado Driver License. Complete job descriptions are available upon request. Applications available at Town Hall (432 5<sup>th</sup> Avenue) or by request and must be submitted by Friday, April 12th, 2013 at 4:30 P.M.

## Challenger Soccer Camp

The Town of Lyons is pleased to host Challenger Sports, providers of the USA's most popular soccer camp program – British Soccer Camps. The camp will be held August 5th thru August 9, 2013 at the Bohn Park Multi-Purpose Field. The camp is available for 3-16 years olds. All Camps feature the Challenger Coaching staff, t-shirt, soccer ball, poster, individual skills evaluation, and more! Free replica jersey if you register at least 45 days before the camp. Visit the Town of Lyons website to register.

## YOUTH BASEBALL/SOFTBALL



Spring is just around the corner and so is youth baseball and softball in Lyons. Playing baseball and softball is a great way for our kids get active, learn good sportsmanship, meet other kids and HAVE FUN! Please visit [www.lybsa4kids.org](http://www.lybsa4kids.org) for online registration, select either 'Baseball' or 'Softball', then 'Registration' and a window will open. Softball is open to girls from age 5 to 19 and baseball for boys age 5 to 14. Skills clinics will be held before the season begins. Watch for details. Please join us for another great season and LET'S PLAY BALL!

LYBSA is still looking for volunteers to help coach and League and Team Sponsors for this season. Please call Jim Busby at [303-775-4014](tel:303-775-4014) for more details.

## Arbor Day



Colorado's Arbor Day is the third Friday in April-April 19, 2013. The Town of Lyons Ecology Board encourages residents to plant new trees on their property in strategic locations to begin to subsidize the number of older trees that won't be with us much longer or may

have been damaged due to recent storms, drought or disease. The Town of Lyons Ecology Board and the Department of Parks, Recreation & Cultural Events will once again be holding a tree giveaway at the Lyons Elementary School. Students interested in being part of the tree giveaway may pick up an entry form at the Lyons Elementary School office, Lyons Town Hall, or on the Town of Lyons website. An assembly will be held Friday, April 12th at 1:30 p.m. at the school. Students will receive a Colorado Blue Spruce for participating in the contest.

## Raptor Education Program

As part of Lyons Arbor Day Observance the Lyons Ecology Board and Parks and Recreation are pleased to host the Raptor Education Foundation at the Lyons Elementary School at 1:30pm on Friday, April 12, 2013. Parents and community members are welcome to attend, but must check in as visitors at the front desk of the Lyons Elementary School. This hour-long interactive program features different raptors. During the course of the program, participants will learn the natural history of various species, as well as the importance of raptors to ecological diversity. Topics include, predator/prey relationships, habitat, legal issues, anatomy, flight dynamics, behavior, and more. Audience members are treated to several flying sequences, during which one or more of the raptors flies between handlers and catches a lure in mid-air, all at breathtakingly close range. A costumed food pyramid activity gets participants on stage and into the action. Be sure to catch this spectacular program!

## Adult Pottery Class (16+)

Learn a variety of pottery forming techniques to make functional pieces and sculpture. In this series of 2, 3 hour classes students experience pinching, coil building, working with simple molds and slab building. Class will be held Saturday March 23rd & 30th from 1-4pm at the Walt Self Resident Building. 440 + \$10 material fee. **Taught by local artist Priscilla Cohan. Minimum 8 needed in order to hold the class.**

## JUMP BUNCH SPORTS & FITNESS CAMPS



This camp introduces children to a wide range of sports and fitness activities in a fun, friendly, and noncompetitive environment! Everyday JumpBunch Camp involves sports, music, fitness skills, teamwork activities, and games! Camp will be held July 15th-19th All activities are age and developmentally appropriate. Please visit the Town of Lyons website for details and to register or contact the department.

## Adult Summer Coed Softball

Swing, Batter-Batter, Swing! Anyone interested in putting together a team, packets will be available for pick-up at Lyons Town Hall beginning March 4th. Must have 6 full teams to form a league, start putting yours together today!

## Lyons Natural Running Clinics

Improve your natural running form for fun, performance and less injury with Lyons coach/resident, David Selden. This opportunity is for all abilities. Clinics will be held April 11th and 15th from 6:15-7pm. There is a \$10 fee per session. There must be a minimum of 5 and a maximum of 20. Dress to run. Please register online or stop by Town Hall. Direct questions to David Selden at [ngoraselden@gmail.com](mailto:ngoraselden@gmail.com)

## Adult Cardio Sculpt Fitness

This class is designed to help maintain your cardiovascular health by combining high intensity cardiovascular routines with strength training. We welcome you to come and enjoy the benefits of working out in a group setting. Must be 18 years or older. Classes will be held at the Walt Self Resident Building Thursdays 6:30pm-7:30pm March 14th-April 18th. There will be no class on April 4th. Classes \$10.00 each or pre register for all five classes for \$50. Must have 8 preregistered in order to hold the class. Please register online or stop by Town Hall during business hours.

## Beginner & All Levels Power Flow Yoga

Focusing on Vinyassa Flow Yoga with an emphasis on functional strength, core stability, flexibility and proper alignment. Participants will connect traditional yoga postures using breath. Adding elements of organic movement, participants will move, flow and engage in new, fun and challenging ways. Classes will be held Sundays from 3pm-4pm March 10th– March 31st. This class is for the beginner and experienced yoga participant 18 and older or with an adult and will be held at Rogers Hall. Class is \$17 for drop in rate or \$60 to register for all four classes. Must have 5 preregistered to hold the class. To see a complete bio on instructor Blake Curton check out his website [www.ygovoga.com](http://www.ygovoga.com). Please register online or stop by Town Hall.

## Casino Trip to Black Hawk



Take a trip and test your luck at the Lady Luck Casino in Black Hawk! Join us for a day of casino action, delicious dining, thrilling giveaways and great entertainment. Thursday March 21<sup>st</sup>, from 11am till 5pm. Transportation will be provided for this event and is free. Persons attending will be responsible any casino expenses and for cost of food & beverages. There must be a minimum of 30 participants. It is recommended that persons attending bring a sack lunch. For more information, or to sign up, please contact the department.

### *Seated Fitness*

This class is designed to help maintain your cardiovascular health, strength, and flexibility while sitting. We welcome you to come and enjoy the benefits of working out in a group setting. This class is for ages 50+ and is free. Classes will be held the last Wednesday of each month at the Walt Self Community Building. Next class will be held March 27<sup>th</sup> from 10am-11am. There must be a minimum of 5 Participants in order to hold the class.

### Intergenerational Art & Crafts

Lyons youth are invited to take part in a Easter arts and crafts activity with local Lyons seniors. Simply show up to participate in this program. This activity will be held March 27<sup>th</sup> from 2:45-4pm at the Walt Self Community Building. For questions please call at 303-823-8250.

### Cooking Classes

A series of cooking classes for children and parents taught by Linda Pecone. Three cooking classes will be held at the Walt Self Community Building. Classes will be March 20<sup>th</sup>- Gluten Free Baking, March 27<sup>th</sup>-Dairy Free Desserts, & April 3<sup>rd</sup> -Mama Ps Italian Comfort Food from 6-7pm. You must register by March 13<sup>th</sup> and there must be a minimum of 10 preregistered and a maximum of 20 per session. You can register for one session at \$20 or for all classes for \$50. Please contact the department to register.

### Monthly Activities at the Walt Self Building

#### Active Adult Social Hour

Join friends for coffee and conversation the second Thursday of every month at 9am. March 14<sup>th</sup> this month.



#### Monthly Movie Matinee

Come join in the fun and enjoy a movie with munchies. Monthly Movie Matinee is held the third Thursday, of every month and will be held on March 21<sup>st</sup> from 10am-12pm.

#### Active Adult Game Day

The first Thursday of every month stop by Walt Self for a game or conversation. This month it will be March 7<sup>th</sup> from 9-11am This is for ages 50+. The coffee is always on.

## Restorative Flow Yoga

Focusing on free form "conditioning movements" and "yoga exercises" that encourage deeper body awareness and self inquiry, participants will follow their breath, move consciously and create freedom in their bodies. This class is for ages 50+ and is free. Class will be held March 13<sup>th</sup> from 9-10am. There must be a minimum of 5 participants in order to hold the class. To see a complete bio of instructor Blake Curton check out [www.ygoyoga.com](http://www.ygoyoga.com). Please register at [www.townoflyons.com](http://www.townoflyons.com) or stop by Town Hall.

### Fall Prevention Exercise Class



As people get older, they may develop a fear of falling. This can be the result of having a fall or knowing about someone who has experienced a fall. To protect themselves, some people begin to limit their activities. Withdrawing from activities can result in reduced physical strength, increased social isolation and actually INCREASE a person's risk of falling. A Matter of Balance: Managing Concerns About Falls is an eight week program designed to reduce the fear of falling and increase activity levels. Classes will be held Mondays April 1<sup>st</sup>- May 20<sup>th</sup> at the Walt Self Community building. Classes meet weekly for two hours from 9:30am-11:30am and include about 30 minutes of gentle exercise. Matter of Balance is offered by Boulder County's Area Agency on Aging and is free to county residents 60 and older. Donations are appreciated. Please call to sign up 303-441-3599 or email [mpruitt@bouldercounty.org](mailto:mpruitt@bouldercounty.org)

### Creative Writing Classes



A series of themed creative writing classes will be taught with Linda Pecone. Be sure to bring along your favorite journal and writing utensil as well as your imagination. These classes are for ages 8+. The fee for the class is \$5 per session or \$10 for all. Classes will be held April 16<sup>th</sup> - Poetry, April 23<sup>rd</sup>- Short Stories, April 30<sup>th</sup> -Creative Journaling from 6:00 - 7:00 PM at the Walt Self Building. Class size minimum 5/ Maximum 20. Registration Deadline April 9<sup>th</sup>.

### Coexisting with Bears

With sightings of bears common in our parks and community, we want citizens to know what to do in case they encounter a bear. Join the Colorado Division of Wildlife for this informative program about Colorado bears. Other areas to be touched on during this class include where they live, how to avoid conflicts, and more. This is free and will be held April 9<sup>th</sup> from 5:30-7:30. This class is for ages 8+ and must have a minimum of 10 preregistered and a Maximum of 30 participants. Registration deadline is April 7<sup>th</sup>. To register for this class please call 303-823-8250. Please provide the names of those who will be attending and contact information.

## Old Time Square Dance

Come out and help celebrate a decade of fabulous dancing and live old-time music! Next dance will be held **April 6, 2013** with Caller Chris Kermiet with live music from The Devil's Dream at Smokin Dave's Cabin, 228 Main St. from 7 –10 p.m. For more information call (303) 823-0816 or email [oldtimedances@musicinlyons.com](mailto:oldtimedances@musicinlyons.com)

## Adopt-A-Park, Trail or Landscape

This program provides additional maintenance to the Town's parks and open spaces. The program encourages businesses, organizations, clubs, churches, schools and individuals to volunteer their time, talents and/or money to the maintenance and improvements to the Town parks, trails and open spaces. An individual or group may adopt a park, trail or landscape with the assistance of the Parks and Recreation Department. Your commitment to the program is one year except in the first year when all contracts are written through December 31.

Call 303-823-8250 or visit us online. Your application will be reviewed and a representative from the department will contact you to coordinate your program and a contract will be prepared for your review and signature.

## LES PTO presents Milk Caps for Moooola



**MILK CAPS for MOOOLA** is a program sponsored by the Longmont Dairy that helps our schools earn money and keeps the plastic caps out of the trash. Longmont Dairy milk caps are worth 5¢ each!!! All funds raised

this year have been earmarked for Mrs. Briggs Art Department. Anyone can drop caps in the collection bin at the Stone Cup and students can drop them off at the LES Library. Send in all eligible caps: *Milk, Chocolate Milk, Strawberry Milk, Half & Half, Whipping Cream, Orange Juice, Lemonade, Raspberry Lemonade, Classic and Cinnamon Eggnog*. Save as many as you can from your bottles, or collect them from your family and neighbors. Thanks so much for being a part of this fundraiser today, tomorrow and throughout the year!!!

## The Lyons 9Health Fair is coming soon!!



The 5<sup>th</sup> Annual Lyons 9Health Fair will be held on Saturday April 20<sup>th</sup> at Lyons Middle/

Senior High School-Main Gym from 7AM- 12PM. This great community event will provide free and low cost health screenings such as hearing, vision, bone health, spinal health, breast exams, blood pressure, BMI, and even blood chemistry tests for blood counts, Vitamin D, Hemoglobin, and gluten sensitivity. These are just a few of the screenings available, go to [9HealthFair.org](http://9HealthFair.org) to see a complete list and to pre-register. We need lots of volunteers (medical and non-medical) to make this a successful fair. To sign up as a volunteer go to [9HealthFair.org](http://9HealthFair.org) and follow the directions to sign up, Lyons site number is 811, or you can email Reena Rotz at [reenarotz@gmail.com](mailto:reenarotz@gmail.com). **The Lyons 9Health Fair is sponsored by the Lyons Community Foundation.**

## Attention Artists: Call for 2013 5K



The Town of Lyons Department of Parks, Recreation & Cultural Events is reaching out to local artists to take part in a contest to create this year's Lyons River Run 5K

race logo. The River Run 5K will take place on Sunday, June 28, 2013. The contest is open to all age groups. Judging will take place during the third week of February (**Entry Deadline Extended: Friday March 1st, 2013 by 4 P.M.**). The winner will receive a **\$250.00 Grand Prize** in exchange for the logo. All contestants must submit both a hard and soft copy of their work. For official guidelines, please visit the website.

## Lyons Organic Community Garden

Get outdoors and garden with your friends and neighbors! The Community Garden in Bohn Park offers 10ft X 10ft garden plots for just \$25.00. Each plot can be rented for the season and is yours to maintain according to the established rules. Gardeners are asked to set aside four hours of their time during each growing season toward maintenance of the public areas of the garden such as the paths. The Town of Lyons will provide water during irrigation schedules for Town parks. Individual owners will be responsible for additional watering of garden plots. To register for a garden plot please visit [www.townoflyons.com](http://www.townoflyons.com)



## Discount Dog Days



The Town of Lyons will be offering discounts on dog licenses every Friday thru the month of April at Lyons Town Hall from 8am -4:30pm starting Friday, April 5th. Annual dog licenses are valid from May 1 to April 30 of each year. Discounted prices will only be available on Friday's thru April. Those who are unable to come in to Town Hall during normal business hours may visit the Town of Lyons website to download the application and may place it, along with proof of rabies vaccination and the necessary fees in the green utility drop box in front of Town Hall (Must be placed in drop box Thursday night for Friday morning processing)

2013 Dog Licensing Cost Information:

1<sup>st</sup> dog license: \$30.00...but with discount is \$20.00!

2<sup>nd</sup> and additional dog license: \$20.00...but with discount is \$10.00!

Note that the town will need proof of your dog's current rabies vaccination, so be sure to bring an extra copy for the town to keep.

## Composting & Vermiculture

Our Colorado climate creates some unique challenges that require a few tricks to have composting success. If you have attempted backyard composting with less than ideal results, or if you have heard of the value of building your soil through composting but never tried it, this class is geared toward giving you the practical knowledge you need to successfully turn your household food and yard waste into gardening gold. Home composting also happens to be one of the most effective things you can do to minimize climate change, so come get inspired! The class will be led by Dan Matsch, manager of Eco-Cycle's composting department and passionate life-long backyard composter and gardener on Saturday March 9th. For more information please visit [www.lyonsfarmette.com](http://www.lyonsfarmette.com). To register for this class please email [betsyburton@mac.com](mailto:betsyburton@mac.com).