



COAFCC SNIPPETS

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SELF-CARE IN ADAMS COUNTY

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Looking for some self-care in Adams County? The Rocky Mountain Arsenal National Wildlife Refuge is the place for you! https://www.fws.gov/refuge/rocky_mountain_arsenal/ Located at 6550 Gateway Road in Commerce City, it is easy to find, just North of 56th Avenue and East of Hwy 2. I usually start with the 11-mile drive because that is the best way to see the resident bison. (Did you know CU's mascot is actually a bison?!) The drive often also turns up some mule deer or white-tailed deer.

The Arsenal was started in part to protect the bald eagle nesting, and its 15,000 acres is the homeland to many species of birds. One of my friends who loves birding regularly posts photos of amazing birds seen at the arsenal. I got a beautiful picture of a hawk on one of my trips there.

The arsenal also has walking paths (they don't call it "hiking" when it's all flat) and bike paths. It has two lakes for fishing (catch and release) and anglers under 15 years old fish for free. My favorite is the addition of the black-footed ferrets and their observation area. The ferrets were reintroduced to the area to give them a safe place to live and reproduce and also as a natural way to control the prairie dog population.

As a parent and former preschool teacher, I am impressed with the interactive exhibits and child-appropriate information and activities offered both on the Arsenal website ([https://www.fws.gov/refuge/Rocky Mountain Arsenal/visit/for_educators.html](https://www.fws.gov/refuge/Rocky_Mountain_Arsenal/visit/for_educators.html)) and in the visitor center.

You can get more information at their website:

[https://www.fws.gov/refuge/Rocky Mountain Arsenal/visit/plan_your_visit.html](https://www.fws.gov/refuge/Rocky_Mountain_Arsenal/visit/plan_your_visit.html)

When you're finished at the arsenal, *El Jardin* has great Mexican food! 6460 E. 73rd Ave. Commerce City, CO. 80022 <https://iloveeljardin.com/> Copper Rail is a fun sports bar with good food and great atmosphere. 174 S. Main Street in Brighton. www.copperrail.com