

Brighton window



Mary Zink, a founding member of Brighton Sister Cities 25 years ago, receives a lifetime membership certificate from outgoing Sister Cities President Neil Fleischauer and new President Bonnie Simcox during the annual Sister Cities dinner/auction on Saturday at the Brighton Recreation Center. More photos on page 2. *Daily Post photo*

Youth Commission earns Healing Hearts honor

The Brighton Youth Commission will receive the Pennock Center for Counseling's annual Healing Hearts Award on Feb. 22, during the center's annual Healing Hearts benefit at the Armory Performing Arts Center.

Pennock Center recognizes an individual or organization that shows commitment to improving mental health and substance-abuse problems, works to reduce the stigma associated with mental health problems, and connects those in need with mental health services or to create programs to address mental health needs.

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The Brighton Youth Commission affects the community in many ways, especially with its annual Suicide Prevention Education and Knowledge (SPEAK) Week each year, the Pennock Center announced in its news release.

The Youth Commission started SPEAK Week in 2012 and it has become one of its largest projects. Reeling from the suicide of friend and classmate Josh Dillon, Youth Commission members wanted to find a way to educate their peers and community about the warning signs of suicide and provide resources to those in need, as well as to show the impact of the loss in the community. From two schools the first year, SPEAK education and counseling

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Two Days

Today

9:30-10:15 a.m. & 2:30-3:15 p.m. – Baby Bounce, Anythink Brighton; songs, rhymes and stories for babies and their caregivers; for ages birth-23 months.

10-11 a.m. – Drop-in Tech Help, Anythink Brighton; an informal discussion of email, resumé's, Internet searching, e-readers and more. Drop in anytime. All ages.

4-5 p.m. – STEAM Tuesdays, Anythink Brighton; Discover Challenge – Explore STEAM principles to build and create; for grades K-5; RSVP online

5-7 p.m. – Total Joint University, Platte Valley Medical Center; for patients scheduled for or contemplating a joint replacement; info from pre-op to recovery; RSVP dclements@pvmc.org or 303-498-1840.

5:45-6:30 p.m. – Pilates Mat Class, Platte Valley Medical Center, Suite 130 Medical Plaza 1; strengthen, tone your abdominals, hips and shoulders, increase flexibility, overall fitness, health; taught by licensed physical therapist, certified Pilates instructor, \$9, RSVP 303-498-1840.

6:30-7:30 p.m. – Pen and Ink Techniques, Anythink Brighton; explore techniques using pen and ink. RSVP.

7 p.m. – Bible Study Fellowship, Men's group at Zion Congregational Church on 27th Ave.; Women's group at Brighton United Methodist Church on Eighth Ave.; interdenominational, in-depth Bible study. All welcome. To learn more: Kristen, 303-654-0972; or Caroline, 303-659-4686.

Wednesday

9 a.m. -3 p.m. – Free Income Tax Preparation, Adams County Gov. Center, 4430 S. Adams County Pkwy., drop-in, no appointments, west entrance; Free income tax preparation and electronic filing for all Adams County taxpayers with an income of \$56,000 or less. Bring your 2018 completed tax return, photo ID, Social Security card, W-2s, 1099 forms, proof of other income, and deductible expenses. Information: Adams County Treasurer Office 720-523-6160

9:30-10:15 a.m. – Baby Bounce, Anythink Brighton; songs, rhymes and stories for babies and their caregivers; for ages birth-23 months.

10:30-11:30 a.m. – Primitime for Preschool, Anythink Brighton; stories, finger plays, songs and other activities for preschoolers ages 3-5.

11 a.m. – Kindness Counts, Eagle View Adult Center; fun, easy ideas to spread a little kindness in the community; brighten the day for others; a new project each month.

4-5:30 p.m. – Let's Talk Diabetes, Platte Valley Medical Center Medical Plaza 2, second-floor conference room; free class will cover overview of diabetes and pre-diabetes, blood-sugar monitoring, managing diabetes with your diet, meal-planning techniques to fit your lifestyle, medication management, prevention of chronic diseases and wound care, and exercise and activity. To RSVP or for more information, call 303-498-1699.

6-7 p.m. – Board in the Library, Anythink Brighton; Welcome the library's latest board game additions with a Saturday morning-themed party. That means cartoons, cereal and the cutting edge of board games; for all ages.

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Gas gauge

\$1.84⁹ Lowest unleaded price at 5 p.m. Monday
at Gas-a-Mat on South Main Street.

Sister Cities 2019 auctions



Vayo Rodriguez, new vice president of Brighton Sister Cities, joins local students to help present the goods available during the live auction, conducted by Ken Kreutzer during the Sister Cities annual dinner/auction on Saturday. *Daily Post photos*



Activity heats up Saturday at the silent auction tables as the time deadline nears.

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services have grown to 15 participating schools, always followed by a community walk.

The Brighton Youth Commission consists of 22 youth and six adults appointed by the City Council to study matters affecting youth and families in Brighton.

As SPEAK has expanded, the BYC has worked to not only educate about suicide prevention and resources but to also break down the stigmas surrounding mental health.

Healing Hearts Benefit ticket information can be found at www.pennock-counseling.org or through Eventbrite.

Funeral notices

Cele Jean Czarnecki, 54, of Brighton, died Feb. 9. She was born in Columbia, S.C., to Robert Nolan and Vivian Lesley Bowen. The family moved to Michigan when Cele was still a baby. She grew up in Ann Arbor and graduated from Pioneer High School there. She majored in geography at Western Michigan University in Kalamazoo, and graduated in 1987. Cele worked in hotel management for Marriott Hotels in Michigan and Florida. She moved to Colorado in 1991, where she met and married her husband Dave. Survivors include her husband, David, daughter Samantha Lynn, and son Nicholas Lesley. Memorial services, 11 a.m. **Friday** at Tabor-Rice Funeral Home, followed by interment at Fairview Cemetery in Brighton. For those interested in making a donation in her memory, the family requests they be made to the American Cancer Society. [Full obit Tabor-Rice](#)

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