

Fruita: A Community that Cares

The City of Fruita and the Mesa County Health Department (MCHD) are partnering together in an effort to improve the health and well-being of our community's youth population. Using an evidence-based prevention system called Communities that Care (CTC), community members are beginning to form a coalition to address youth health concerns with a focus on substance use. A grant from the Colorado Department of Public Health and Environment that uses Colorado marijuana tax dollars provides the funding for the process/system/program.

While Fruita is a wonderful place to live and raise a family, we recognize that many of our youth engage in risky behavior and that not everyone in our community has equal opportunities to engage in positive, healthy activities. Listed below are some key health statistics from the Mesa County Healthy Kids Colorado Survey:

- *Approximately 4 in 10 high school students have used marijuana one or more times during their lives. (2016 Survey)*
- *In Mesa County, 12.6% of youth have tried marijuana before age thirteen, compared to 9.2% in Colorado. (2016 Survey)*
- *20.1% of Mesa County youth binge drank (5 or more drinks in a row). (2013 Survey)*
- *18.5% drank alcohol by age thirteen (more than a sip of beer, wine, etc. and other than for religious purposes). (2013 Survey)*

The CTC process has been implemented across the United States and in over 50 other Colorado communities. CTC has been proven to be effective in reducing substance abuse by youth. A randomized trial in 24 CTC communities across 7 states found a 33% reduction in tobacco use, a 32% reduction in alcohol use and a 25% reduction in delinquent behavior compared to control groups.

By tackling the underlying risk factors related to substance abuse, we believe CTC will also positively impact other health concerns in our youth population. CTC has the potential

to improve school safety and academics, to reduce delinquent behavior and suicide and to strengthen family and community cohesiveness.

CTC is accomplished through a cyclical and simple process of getting organized and creating a coalition, developing a community profile, creating a plan, implementing and evaluating programs and policies and repeating the process.



While we want to make an immediate impact, the CTC process follows a data-driven and evidence-based format that will take time to implement and refine.

A CTC coalition of key leaders and community board members has begun the initial steps of the CTC process. There is currently representation from the local business community, Family Health West, local child care providers, each of Fruita's five public schools, faith-based organizations, City of Fruita elected officials and staff (Police, Parks and Recreation and Commu-

nity Development), as well as members of the Fruita youth community. The key leaders and community board members developed a vision for the CTC process in Fruita:

"Fruita is a caring community that inspires and engages youth through positive opportunities in order to promote healthy lifestyles."

The Fruita CTC coalition is comprised of several workgroups including the Risk and Protective Factor Assessment Workgroup, Resource Assessment and Evaluation Workgroup, Community Outreach and Public Relations Workgroup and the Youth Involvement Workgroup. These workgroups are actively gathering data on risk factors that negatively influence our youth and the protective factors that encourage positive and constructive behavior.

The 2017 Fruita Community Survey is currently being developed and will be sent to every Fruita household in the coming month. Questions about our community's risk and

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Fruita City Council If calling City Hall at 858-3663 does not answer your questions, please feel free to contact any of your City Council Members.



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Back to School Safety Tips from the Fruita Police Department

With the start of each new school year, it is important for parents and drivers to be aware of children walking to and from school. Whether students walk, bike, skate, ride or drive to school, it takes all of us to ensure they get there safely.

Walking/Crosswalk Safety Tips:

- Look for traffic at every driveway and intersection. Be aware of drivers in parked cars that may be getting ready to move.
- Obey all traffic signs and signals.
- Wear bright-colored clothes, and carry flashlights or wear reflective gear if it is dark or hard to see.

Cross the street safely:

- Stop at the curb or edge of

the street.

- Look left, right, behind you and in front of you for traffic.
- Wait until no traffic is coming before you begin crossing.
- Keep looking for traffic until you have finished crossing.
- Walk, don't run, ride or bike across the street.

Driving precautions go a long way toward keeping children safe:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn. This forces pedestrians to go around you, which could put them in the path of moving traffic.
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection.
- Always stop for a school patrol

officer or crossing guard holding up a stop sign.

- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas.
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way.
- Never pass a vehicle stopped for pedestrians.
- Be alert; children are often unpredictable, and they tend to ignore hazards and take risks.

Dropping students off at school:

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all students. The following apply to all school zones:

- Don't double park; it blocks visibility for other children and

vehicles.

- Try to avoid loading or unloading children across the street from the school.
- Carpool to reduce the number of vehicles at the school.

REMEMBERour children learn by example. Be sure to follow traffic laws and safety tips at all times. Teach your children these rules and then be sure to follow them yourself as a pedestrian and as a driver.

Colorado state laws establish the rights and responsibilities for both pedestrians and drivers within all of Colorado. For more information on C.R.S. Sections 42-4-802 (Pedestrians' right-of-way in crosswalks) and 42-4-803 (Crossing at other than crosswalks), please contact Chief Krouse at the Fruita Police Department at 858-3008. 📞

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protective factors are being asked in this survey...so, please be sure to complete and return the survey when you receive it.

If you are interested in affecting the youth of our community (or know of someone – including youth) who should be involved in the CTC process, we encourage you to become involved. For more information about Communities That Care in Fruita, please contact Katie Smith, Health Promotions Specialist with Mesa County Public Health at katie.smith@mesacounty.us or Ture Nycum, Fruita Parks and Recreation Director at tnycum@fruita.org. There will also be a CTC information session on Wednesday, September 13th from 6-7 pm at the Fruita Civic Center as part of Cities and Towns Week. 📞

COLORADO CITIES & TOWNS WEEK SEPTEMBER 11-17, 2017



Join us this year in celebrating "Colorado Cities and Towns Week" Monday, September 11th through Sunday, September 17th.

During the week, City employees will be offering information on the following topics:

- Marijuana Update
- Animal Control issues
- General Crime Prevention topics
- Code Compliance topics
- Texting and Young Teen issues
- Vacation Rentals by Owners (VRBOs)
- Irrigation water issues
- Communities That Care Process

These are just a few of the topics that

will be offered during the week. One hour presentations will be given upstairs at the Fruita Civic Center at 325 E. Aspen Avenue during the week from 6:00 – 8:00 p.m.

Look for more details in the near future on the City of Fruita's website www.fruita.org, via an upcoming Public Service Announcement and during the Fruita City Council Meeting on Tuesday, September 5th at 7:00 p.m. More information and additional topics are still coming!

If you have any topic ideas or want more information, please contact Code Compliance Officer Mark Angelo at 970-858-0763 or via email at mangelo@fruita.org. 📞



Capital Projects Update

Kokopelli Section Colorado Riverfront Trail

Construction of two separate sections of the much anticipated Kokopelli Section of the Colorado Riverfront Trail system will begin this fall. The sections are broken up into the East and West Phases. The West Phase will run from the Loma Interchange (I-70 and Highway 139) along the interstate, into the City of Fruita's property east of Reed Wash and terminate at 15 Road. The East Phase will begin at 15 Road, run parallel to the north side of the interstate and terminate at the Little Salt Wash Trail. These phases will connect Fruita and the rest of the valley to the famous Kokopelli Trail System. Part of the trail construction will also include bridge crossings at Reed Wash and Big Salt Wash.

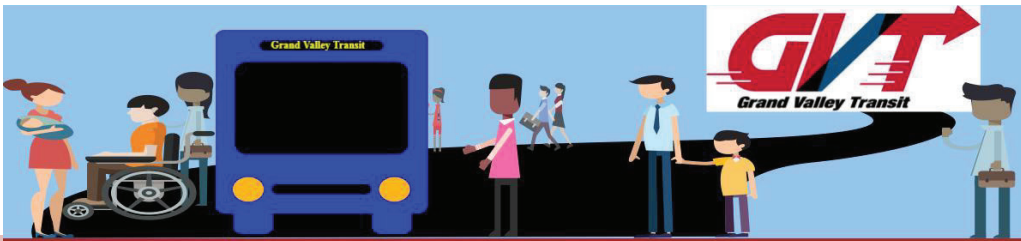
Both phases will combine to add over four (4) miles of 10-ft wide concrete trail to the Colorado Riverfront Trail System. The Kokopelli Section is anticipated to be complete in the spring of 2018.

North Aspen Alley

Construction of drainage and paving improvements also begins this fall for the alley north of Aspen Avenue between Mulberry and Peach Streets. The improvements include undergrounding many of the overhead utilities. A new storm drain will be installed that will help reduce the impacts to the Mulberry Street and Aspen Avenue intersection. Additionally, the east-west section of the alley will be paved to provide for better pedestrian travel as well as help with

drainage. To start, overhead power, cable television, and phone lines will be relocated underground with work on those utilities beginning in August and an estimated completion date prior to the Fruita Fall Festival. After the festival is over, the City will have a contractor install the storm drain and pave the alley, which should be completed sometime this fall.

In addition to these projects, there will be a number of smaller projects in the coming year. The City recognizes that each of these projects will impact various stakeholders and appreciates your patience during construction. If you have questions on any of these projects, please feel free to contact the Engineering Division at (970) 858-8377. ☎



Learn to Ride the Grand Valley Transit (GVT)

This FREE program will enable any individual interested in riding Grand Valley Transit (GVT) to gain the confidence and knowledge necessary to utilize GVT services. The GVT Travel Training Program teaches participants how to use GVT's Fixed Route, read schedules, plan a trip, locate and transfer to other buses, pay fares, purchase tickets and passes and use a wheelchair lift and the bicycle rack. To help make trainees comfortable with the GVT service, GVT is offering a free 11-Ride Fixed Route pass to any individual (12 years of age and older) who successfully completes the travel training program. Residents are welcome to take the course multiple times, but are only eligible for one 11-Ride pass. All ages are welcome to participate, but children under 12 must be accompanied by an adult. The training schedule is as follows:

Community Survey Coming Soon

The City of Fruita and our partners, Family Health West and the Mesa County Health Department have teamed up and are conducting a community survey to obtain feedback from Fruita residents about a wide range of issues including police services, road maintenance, recreation services, hospital services, and various other topics. Some of the information requested in this survey helps provide trends with past community surveys, which we use to gauge our progress and priorities on City services and programs, as well as in decision-making that impacts the community. As the physical, emotional and mental health of our residents is critical to our community, we celebrate our partnership with Family Health West and the Mesa County Health Department and emphasize the importance of the information we collectively seek from all residents.

Community surveys will be mailed in late August and results will be available by November 2017. So watch your mailbox! This is your opportunity to give feedback on important issues that affect you, the City of Fruita, and our partners. ☎

When: Saturday, October 21 from 9:30 to 11:30 a.m.

Where: Fruita Community Center meeting rooms
324 N. Coulson Street

Fee: FREE!

RVSP: (970) 623-8473

Upcoming Events in Fruita			
September 2	Fruita Farmers Market	8:30 am - 12:30 pm	Civic Center Park
September 9	Dog Daze	10:00 am - 12:00 pm	Fruita Community Center
September 9	Fruita Farmers Market	8:30 am - 12:30 pm	Civic Center Park
September 15	Night at the FCC	7:00 - 10:00 pm	Fruita Community Center
September 16	Fruita Farmers Market	8:30 am - 12:30 pm	Civic Center Park
September 22-24	Fruita Fall Festival		Downtown Fruita
September 29-30	Tour of the Moon		Civic Center Park
October 21	GVT Training	9:30 - 11:30 am	Fruita Community Center
October 28	Truck 'n Treat	10:00 am - 12:00 pm	Civic Center Park
October 31	Trick or Treat Street	3:00 - 5:00 pm	Downtown Fruita
November 4	Rim Rock Marathon	8:00 am - 12:00 pm	Circle Park
November 17	Night at the FCC	7:00 - 10:00 pm	Fruita Community Center
December 9	Holiday Arts and Crafts Fair	10:00 am - 3:00 pm	Fruita Community Center
December 9	Parade of Lights	Dusk	Downtown Fruita
December 20	Cookies 'n Clause	6:00 pm	Fruita Community Center
SAVE THE DATE: March 10, 2018	Evening of Art	7:00 - 10:00 pm	Fruita Community Center



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