

**Colorado Safe Routes to School  
Infrastructure Grant Application  
FY-2011**

Comprehensive Plan Implementation Project  
Las Animas, Colorado

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4. Colorado State University Extension Office; Kaye Kasza, Extension Agent
5. Bent County Public Health-LiveWell Bent County; Tammy Pryor, Community Coordinator



## Las Animas Application Questions for FY 2011

### **SECTION 1: Tell us about your project. How do you propose to help solve the problem you identify in Section 2? (Maximum 1 page.)**

- a. *What is the project?*** The Las Animas Safe Routes to School Project is a part of our local Comprehensive Plan and will construct sidewalk, curb and gutter, curb ramps all designed to create a more walkable, bikeable environment. The design, mobilization, and traffic control will also be included. This application is for Phase 1. Phase 2 is shown on the included map for clarity of the overall safe routes project.
- b. *Describe how your project will change the built environment.*** The project will change by clean up and/or removal of broken and heaving sidewalks and curb and gutter, installation of 5 feet sidewalks for phase one area, by accessibility of walking and biking, the usability of sidewalks, curb and gutter, with Americans with Disability Act (ADA) compliant curb ramps and tactical ramps modifications for special needs, by adding or replacing pavement markings and signage, signage to reinforce no tolerance zones (20 mph), by patching asphalt where disturbed, and with 7 inch square pan radius' at corners.
- c. *How will it address the identified participation and safety problems in Section 2? How will you ensure these efforts are sustainable?*** The plan for addressing problems and sustainability are two-fold. First, the recent completion of the 2010 Comprehensive Plan for the city, county, and school district was a joint effort designed to specifically include health in the built environment as a priority. This implementation project meets the number one priority of the community, to improve city walkability by improving sidewalks. Secondly, the youth task force is a strong force for policy and environmental change and has voted safe routes as their first priority. This came about as youth participated in a walking audit and subsequent photo-voice project. These young advocates have already been successful in working with district parents and stakeholders to improve school meals by increasing fruits and vegetables. They were also instrumental in adding language to parent handbooks concerning what were acceptable snacks for parties.
- d. *Who will maintain the facility? List the financial resources and document the commitment to continue maintenance?*** The city does have the authority to make property owners maintain their sidewalks however, it would be the preference of the city to encourage property owners to maintain and/or make future improvements by taking advantage of the city's low interest, monthly, pay back incentive program. Maintenance will remain a high priority as indicated in the 2010 Comprehensive Plan.
- e. *Do you have the right of way clearance for all property involved with your project?*** The public works director has secured proper clearance for all projected improvements.
- f. *Please describe the encouragement/educational component of your project.***  
The project will kick-off an educational campaign to include:
- Training for youth task force and school champions
  - Meetings with the School Health Advisory Council (SHAC) to plan school activities.
  - Staff presentations to discuss program elements, timeframe, and evaluation requirements
  - Pedestrian safety education field trips at both schools
  - Develop school walk route maps with safety tips
  - Curriculum will be the responsibility of the schools district
- g. *How will you collaborate with the school to ensure parents will encourage the children to bicycle and/or walk to school?*** School administrators, school champions, SHAC, and LiveWell Bent County will promote the program to parent groups & community organizations with Walking and Biking to School Community Presentation from the Center For Disease Control. The schools will also look to Kaye Kasza Colorado State Extension Agent to help with special programs and curriculum.
- h. *Who will manage the project if different from the contact person? Please provide a signed statement from the project manager stating their role. See Exhibit:1***

The project manager and contact person for this project is Kenny Wagner, Director of Public Work, and City of Las Animas.

**SECTION 2: What is the Problem? Tell us the current condition for biking and walking in your school area. (Maximum 1 page narrative, plus attachments.)**

**a. What are the current risks and/or obstacles (physical or perceived) to walking and/or bicycling to and from your school sites?**

- Aging infrastructure for city sidewalks, curbs, and ramps
- High road crowns, deep curbs, broken and missing sections, heaving sidewalks, and sidewalks of varying widths
- Starting and stopping sidewalks, lack of sidewalks, and lack of crossing details.
- Major concerns from the parent surveys include: safety of intersections and crossings, speed, amount of traffic, weather, violence or crime, and distance.

**b. Please provide other significant information such as crash detail, speed limits, environmental factors, or other safety issues as appropriate.**

According to Don, Trujillo, Las Animas Chief of Police there have been no documented crashes in 16 years. There is and will continue to be strong visibility and support from local police in the area and the speed limit of 20 MPH will still be strictly enforced.

The main environmental safety issue is the amount of car traffic around the schools.

**c. Complete the following information for each school affected by the proposed program:  
All Schools in Las Animas, Colorado**

<u>School</u>	<u>Population</u>	<u>Grades</u>	<u>Demographics</u>	<u># walk</u>	<u># bike</u>	<u>% 2- miles</u>	<u>Busing Distance</u>	<u># Benefit</u>	<u># F/R Lunch</u>
Middle School	110	6-8	C38% L56% O6%	17%	5%	94%	none	110	89%
Elementary School	267	K-5	C50% L47% O3%	15%	11%	81%	none	267	79%

**d. Describe any existing programs:**

- Attach school or school district wellness policy to application- See Exhibit 2
- Walking/biking/safety curriculum taught by the school and at what grade levels

Bicycle safety is presented to all students K-5at the elementary school during the fall of the year around homecoming time. The physical education teacher implements the hands on curriculum and personally trains each child proper hand signals, defensive riding, and the importance of wearing a helmet.

- Frequency of and participation in Walk to School or Bike to School events.

Preschool aged children through high school students have participated in Walk to School since 2008.

- Programs taught by those outside the school (police, fire, bicycle organizations, etc.) N/A
- Crossing Guard programs

The Elementary School has two guards and both have been trained through a regional program.

**e. Provide a map indicating a 2-mile radius of the school. See Exhibit: 3. Exhibit: 4 is a close up of the project**

**f. Provide photos indicating existing conditions See Exhibit:5**

**SECTION 3: Please describe your timeline from project start to finish.**

**See: Exhibit 6**

**SECTION 4:**

- a) Partners Involved in the Safe Routes to School: Jerry Nickell, Superintendent of Schools; Elsie Goines, Middle School Principal; Gary Nickell, Elementary Principal; Lawrence Sena, Mayor; Kenny Wagner, Director of Public Works; Charmaine Tripp, City Clerk & Recorder; Joe Gagliano, Project Agent & Engineer; Don Trujillo, Chief of Police; Steve Keefer, Division of Wildlife; Kaye Kasza, Colorado State University Extension Agent, & Tammy Pryor, LiveWell Bent County Community Coordinator.

Each partner plays a key role for the success of this project. The main roles of each include: Mayor Sena will be in charge of encouraging the community to maintain sidewalk improvements and enforce city ordinances for maintenance when needed. Jerry Nickell, Elsie Goines, & Gary Nickell will encourage parents support walking and biking events and reinforce how research informs us that increased physical activity improves academic scores. Jerry, Gary, and Elsie will also advocate for the program at various district meetings, in the local papers, and through the school newsletter. Don Trujillo will be in charge of informing parents of the steps to be taken to ensure the safety of their children by strategically placing officers at key locations around town. Kenny Wagner was in charge of completing the assessment of need for the projected area as well as act as the project manager. Joe Gagliano will be the project agent and chief engineer. Charmaine Tripp will complete the required reporting. Pictures of the area were taken by taken by a former city employee and by the youth task force during a summer walking audit & photo-voice project. If an environmental study is needed for the project to determine any other potential danger, Steve Keefer, Division of Wildlife will provide it. Kaye Kasza and Tammy Pryor will be working the youth task force to implement programs, advocate for walking and biking, and encourage participation in events.

This community has put a lot of effort into building strong collaborations. This is evidenced in several ways. There are many ongoing local health initiatives with active task force participants. It was also evidenced as the city, county, and school district came together to revamp the 2002 comprehensive plan. In January this group was brought together to discuss how to improve the health through the built environment. Our partners LiveWell Bent County brought new partners from the University of Colorado's Rural Design Team; Colorado Center for Community Design (CCCD) to the table to help with organizing the process.

The distribution of a community assessment was the first step and after a strategic plan to reach a large number of county residents. A whopping 10% of the population responded and were very vocal about their thoughts on the inclusion of health, improving the walkability and bikeability by seeking Safe Routes to School Funding, and many other ideas for improving active community environments. In August stakeholders were joined by over 60 community members in the visioning process and in early November the city council and county commissioners gave CCCD the nod to finalize the document.

Additionally, stakeholders will be again working with LiveWell Bent County and CCCD to develop regulatory documents for transportation and parks, trails, and open space. All in all, this community is in prime position to implement Safe Routes to School and all of the said partners above will be of great support to the overall project.

**SECTION 5: Progress reports will be required at appropriate intervals of your**

**project. Dates of reports will be determined based on the timeline of your project. Pre- and Post-Safe Routes to School Evaluations are required. A final accomplishment report form is due when the project is complete. (Maximum 1 page narrative, plus attachments.)**

a) *What are your project outcomes?*

Project outcomes include: Increase daily levels of physical activity for children, increase likelihood that students and families will choose to walk and bike more often, improve neighborhood safety, less traffic in the neighborhood, less congestion in the pick-up and drop-off points at the school, and increase community building as people interact more with one another.

b) *How will you conduct pre- and post-project surveys to indicate your outcomes? At a minimum, a pre- and post-evaluation of the Safe Routes to School student in-class travel tally and parent survey are required, including the collection and reporting.* District administration and staff coordinated the evaluations. The student data was collected during parent teacher conferences.

c) *What kind of information sharing will you do as a follow up?*

Community partners will continue to have a presence at various community events, such as: sporting events, fairs, back to school nights, parent teacher conferences, accountability meetings (etc.). The partners will continue to share our vision for health, our plan for implementation, and the steps we have taken to ensure safety, the plan for maintenance, and the resources for sidewalk improvements.

d) *How are you going to work with your data after the project is built?*

e) *What type of information-sharing will you do as a follow-up to your project?*

f) *Extra Credit: Your measurements should minimally include before and after data of the following:*

*Elementary School = EL; Middle School = MS*

- Total number of students reached: 256EL+110MS=366
- Number of students walking: 38EL + 19MS= 57 total
- Number of students biking: 28 EL + 6MS= 34 total
- Number of students busing: 86EL+ 64MS =150
- Number of students driven: 94EL+ 31 MS=125



# CITY OF LAS ANIMAS

532 Carson Avenue  
P.O. Box 468  
Las Animas, Colorado 81054  
FAX No. (719) 456-1210

Chief of Police (719) 456-1313  
City Clerk & Treasurer (719) 456-0422  
Director of Public Works (719) 456-2571  
Municipal Utilities (719) 456-1621

November 29, 2010

Safe Routes to School Selection Committee:

This letter is to confirm that I have accepted the responsibility of Project Manager and will rely upon our Project Agent and Engineer, Joe Gagliano for any technical concerns that may arise.

I will ensure that all processes and requirements of the grant are administered properly.

Sincerely,



Ken Wagner  
Director of Public Works

## School Wellness

Pursuant to federal law, the following parties have jointly developed this school wellness policy: members of the Las Animas School District Re-1 Board of Education, Director of Food Services, Health Teachers and the District Advisory Committee which is made up of staff, parents and administrators.

The Board promotes healthy schools by supporting student wellness, good nutrition, and regular physical activity as part of the total learning environment. Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential, as children who eat well-balanced meals and are healthy are more likely to learn in the classroom.

The current District Advisory Committee shall serve as Nutrition and Physical Activity Advisory Council. The purposes of the council shall be to monitor the implementation of this policy, evaluate the district's progress on this policy's goals, serve as a resource to schools (i.e. provide lists of healthy incentives, snacks, etc.) and recommend revisions to this policy as the council deems necessary and/or appropriate.

To further the Board's beliefs stated above, the Board adopts the following goals:

Goal #1. The district will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Such learning environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.

The goal of providing a comprehensive learning environment shall be accomplished by:

The adoption of a district content standard for health and nutrition education that teaches students about the effects of nutrition and physical activity on their health.

- The provision of age-appropriate and culturally sensitive instruction to students that teaches them lifelong healthy eating habits and a healthy level of physical activity.
  
- The availability of nutrition education in the school cafeteria as well as the classroom, with coordination between the district's food services staff and teachers.
  
- The participation of schools in USDA nutrition programs that involve students, parents and the community.
  
- Active promotion of healthy eating and physical activity to students, parents, school staff, and the community at school registration , parent-teacher meetings, open houses, staff in-services, etc.
  
- Encouragement to teachers to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts, as applicable.
  
- The availability of staff educational opportunities to inform them about nutrition and physical activity, including how to integrate these topics into their core instruction. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.
  
- The availability of parent educational opportunities to inform them about nutrition and physical activity, including information about healthful foods and beverages to provide to their child and to bring to school activities and events. These educational opportunities may include, but not be limited to, education provided in the form of handouts, postings on the district's web site, articles and information provided in

district or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

**Goal #2.** The district will support and promote proper dietary habits contributing to students' health status and academic performance.

All foods and beverages available on school grounds and at school-sponsored activities shall meet or exceed the district's nutrition standards. All schools participating in the School Breakfast and/or National Lunch Program shall comply with any state and federal rules or regulations regarding competitive food service and the service of Foods of Minimal Nutritional Value, as defined by the USDA.

The goal of supporting and promoting proper dietary habits shall be accomplished by:

- Adoption of district nutrition standards that limit the amount of fat and sugar content and limit portion sizes.
  
- A requirement that all students have access to healthful food choices in appropriate portion sizes throughout the school day, including healthful meals in the school cafeteria with an adequate time to eat; healthful items in vending machines, pursuant to C.R.S. 22-32-124; and healthful items for fundraisers, classroom parties, and rewards in the schools.
  
- A prohibition or restriction on student access to vending machines, school stores, and other venues that contain foods of minimal nutritional values.
  
- The adoption of rules specifying the time and place at which competitive foods may be sold on school property to encourage the selection of healthful food choices by students.
  
- A prohibition or restriction on using food as a discipline or reward for students.

- Accessible information to students and their parents/guardians concerning the nutritional content of foods and beverages sold by or available to students, as well as the nutritional content of competitive foods sold or available on school district property.
  
- An assurance that the school cafeteria is as pleasant an eating environment as possible, including displays of student art, plants, natural light if possible, small tables, and reduced noise, if possible.
  
- A requirement or encouragement that at any school junction (parties, celebrations, receptions, festivals, sporting events, etc.), healthy food choice options be made available to students.
  
- The encouragement of nonfood fundraisers such as flowers, gift-wrap, sporting events, and family fun runs.
  
- A requirement that all students have access to a school facility with a sufficient number of functioning water fountains in accordance with local building codes, or other means to provide students with sufficient water.

**Goal #3.** The district will provide more opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the district's content standards, as well as co-curricular activities and recess.

The goal of providing more opportunities for students to engage in physical activity shall be accomplished by:

- Encouragement that the periods of physical activity be at least 150 minutes per week for elementary students and at least 225 minutes per week for secondary students.
  
- A requirement that all students have access to age-appropriate daily physical activity.
  
- Opportunities for physical activity through a range of after-school programs such as intramurals, interscholastic athletics, and physical activity clubs.
  
- Opportunities for physical activity during the school day through daily recess periods, elective physical education classes, walking programs and the integration of physical activity into the academic curriculum.
  
- Encouragement that schools follow the recommendations of the National Association of Sport and Physical Education (NASPE), which guide students through a process that enables them to achieve a high personal level of fitness.
  
- An encouragement that secondary schools administer a health-related fitness assessment to students to help students determine their own level of fitness and create their own fitness goals and plans.
  
- Beginning at an early age, schools introduce developmentally appropriate components of a health-related fitness assessment.
  
- The promotion of walking or bicycling to and from school
  
- The availability of health-promotion activities and incentives for students, parents and staff that encourage regular physical activity, such as speakers, recreational

demonstrations, and walking clubs.

June 27, 2006

LEGAL REFS: Section 204 of P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)

C.R.S. [22-32-124](#) (nutritious choices in vending machines)

C.R.S. [22-32-136](#) (policies to improve children's nutrition and wellness)

CROSS REFS: [EF](#), Food Services

[EFC](#) and EFC-R, Free and Reduced-Price Food Services

[EFEA](#), Nutritious Food Choices

EFEA-E, Guidelines for Nutritious Choices in Vending Machines

IA, Instructional Goals and Learning Objectives

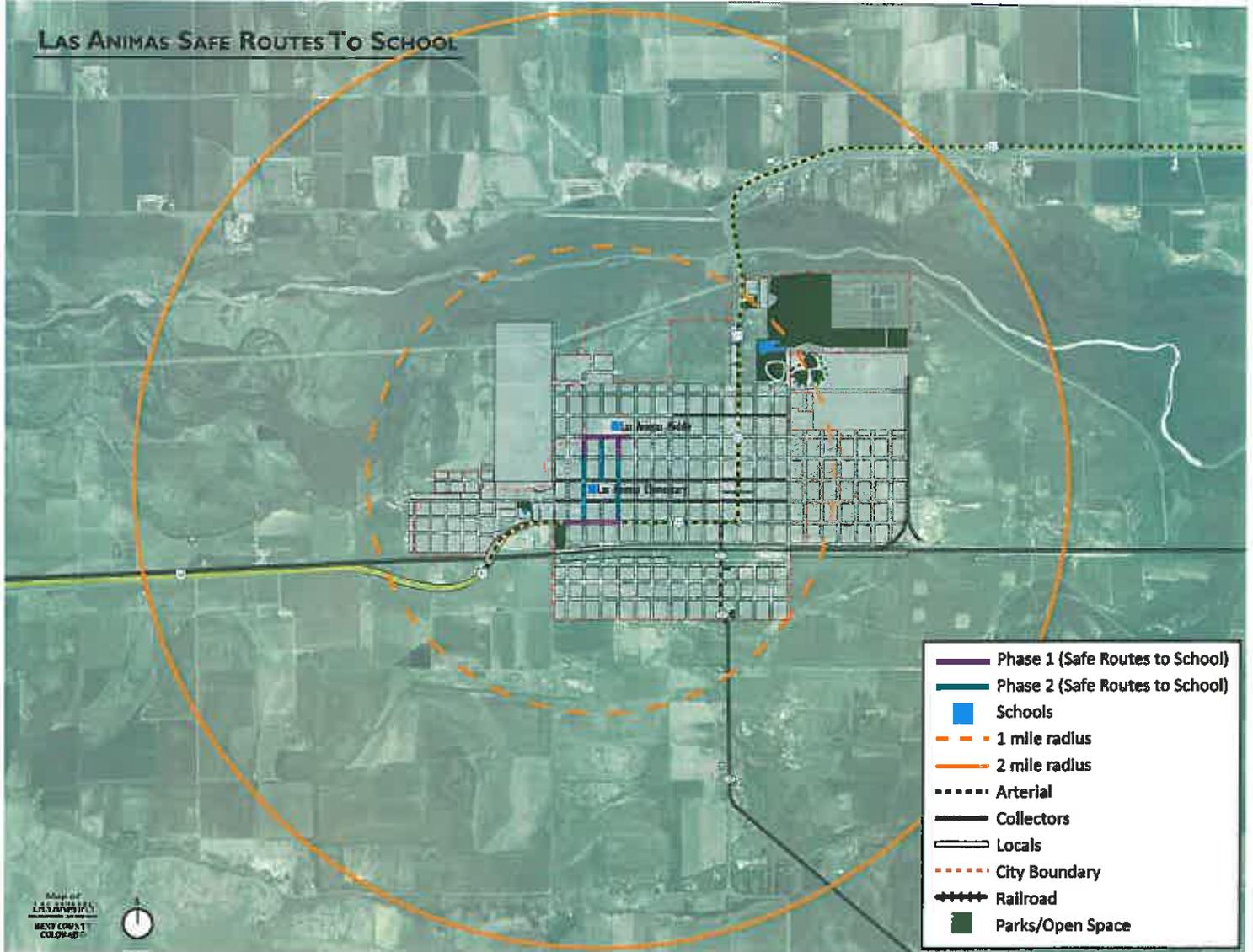
IHAE, Physical Education

[IHAM](#) and IHAM-R, Health Education

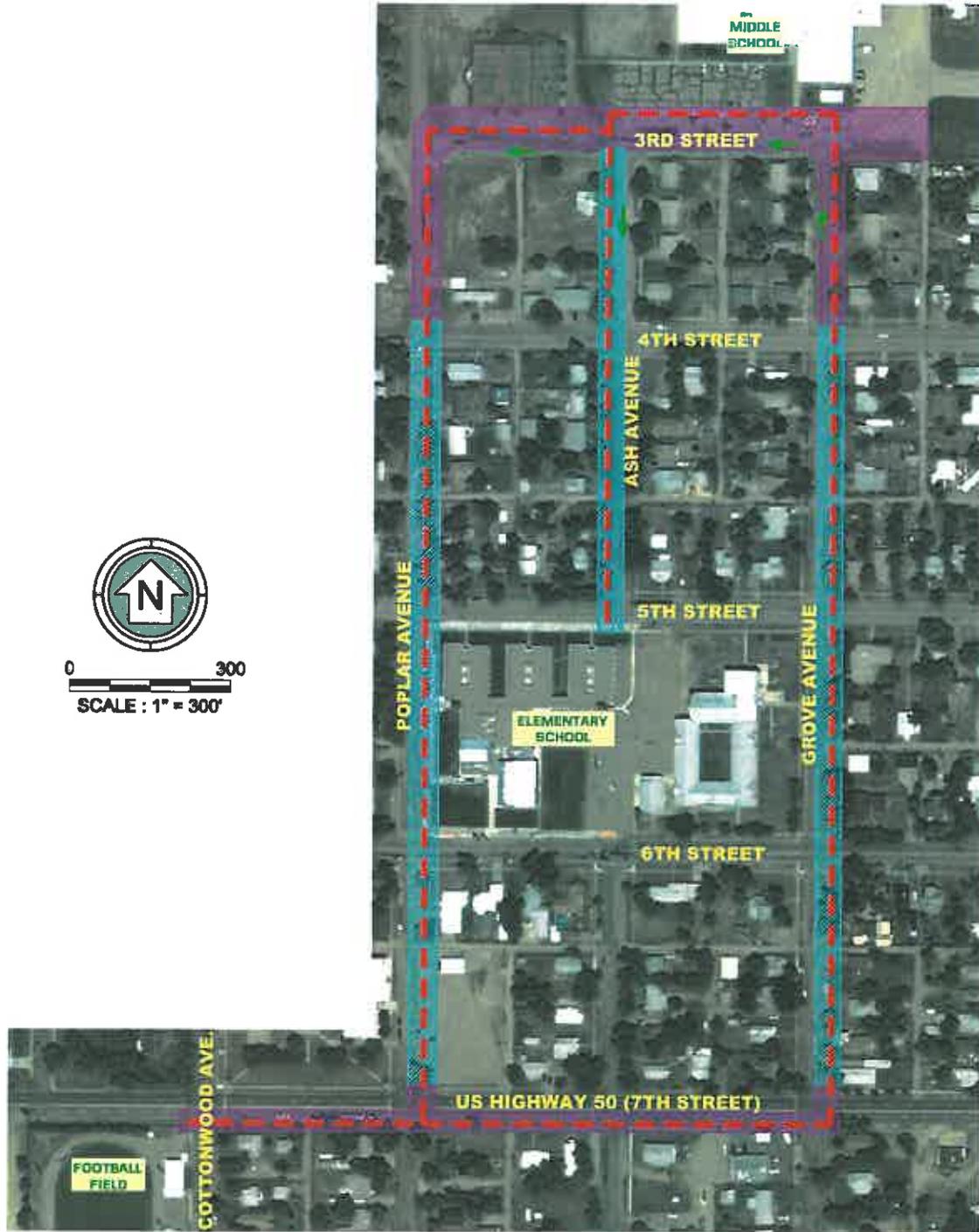
[IHAMA](#), Teaching About Drugs, Alcohol and Tobacco

[IHAMB](#) and IHAMB-R, Family Life/Sex Education

# LAS ANIMAS SAFE ROUTES TO SCHOOL



# CITY OF LAS ANIMAS, COLORADO SAFE ROUTES TO SCHOOL



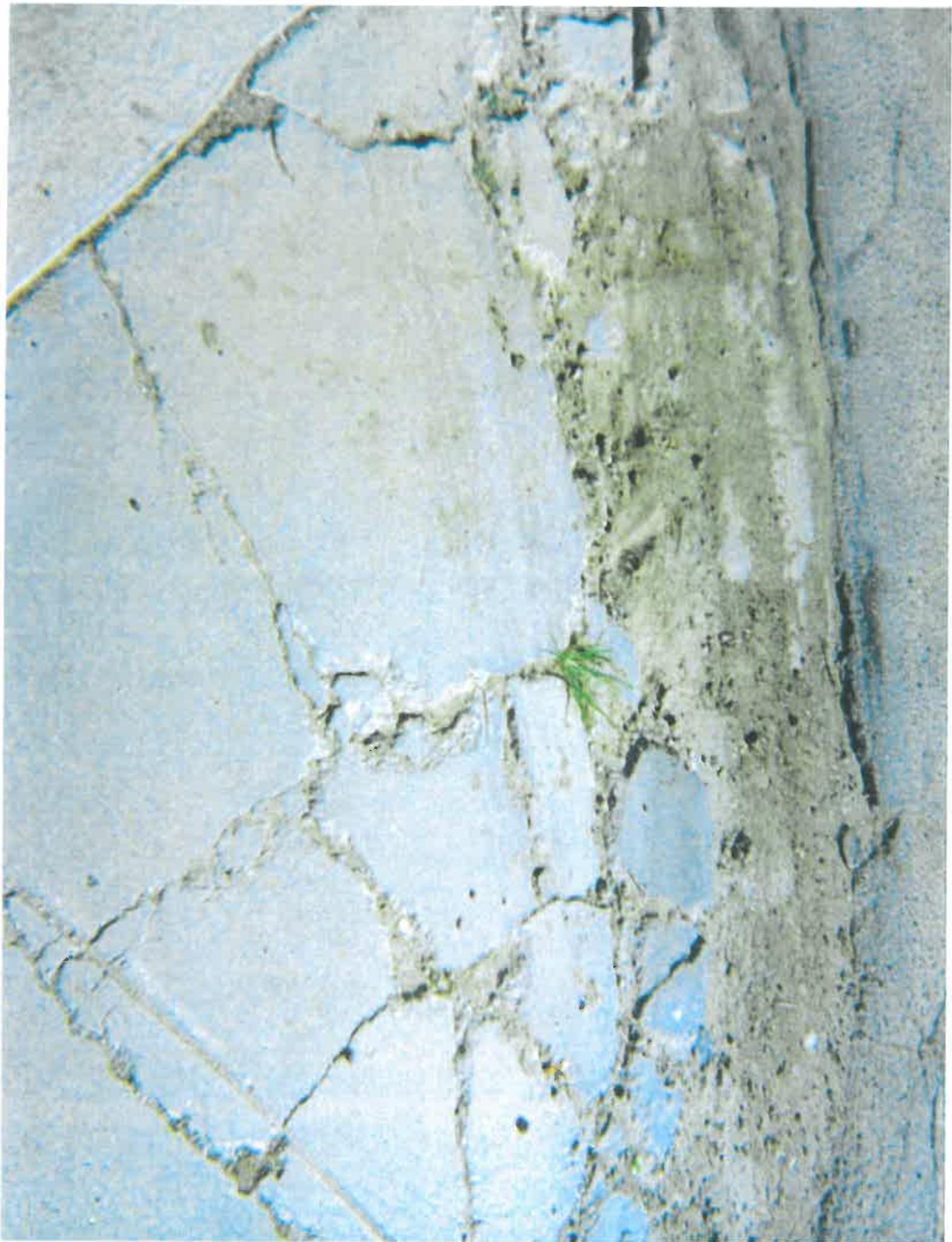
LEGEND	
	Proposed Primary Pedestrian & Bike Route
	Proposed Phase 1 Area
	Proposed Phase 2 Area
	Existing One-way Streets



EXHIBIT - 5

















## PROJECT TIMELINE

PROJECT TASK	2010												2011												2012					
	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun							
<b>PROJECT DEVELOPMENT</b>																														
Project Identification																														
Project Development																														
Grant Application																														
<b>INFRASTRUCTURE</b>																														
Design (construction plans and documents)																														
CDOT Review & Clearances																														
CDOT Issues Notices To Proceed																														
CDOT approval of Contract Documents																														
Competitive Bid Process																														
Award contract																														
Construction of Project																														
Project Closure																														
<b>EDUCATIONAL</b>																														
Develop Educational Program																														
Promote Educational Program																														
Arrange Kick-off Event																														
Initiate Program																														
Kick-off event																														

# CITY OF LAS ANIMAS

532 Carson Avenue  
P.O. Box 468  
Las Animas, Colorado 81054  
FAX No. (719) 456-1210

Chief of Police (719) 456-1313  
City Clerk & Treasurer (719) 456-0422  
Director of Public Works (719) 456-2571  
Municipal Utilities (719) 456-1621

November 29, 2010

Lenore Bates  
Safe Routes to School Coordinator  
Colorado Department of Transportation, DTD  
4201 East Arkansas Ave. Shumate Bldg.  
Denver, CO 80222

Dear Ms. Bates:

Please accept this letter of support for the grant application being submitted under the Safe Routes to School Program.

The sidewalks leading to and from school are either not in good repair or non-existent so the construction of the walkways will be of great benefit. Currently our school children walk along the side of several streets to school so the safety of the children is compromised.

We are hopeful that homeowners along the school route will maintain the walks properly without urging on the City's part. But if not, the City has ordinances in place which will be enforced to insure that the walks are maintained.

Thank you for the consideration you will give to our application. I urge you to approve it so we can carry out a badly needed project.

Sincerely yours,



Lawrence Sena, Mayor  
City of Las Animas



# *Las Animas School District RE-1*

1021 Second Street  
Las Animas, CO 81054

(719) 456-0161 Phone  
(719) 456-1117 Fax

*Jerry Nickell, Superintendent*

November 16, 2010

Lenora Bates, Safe Route to School Coordinator  
Colorado Department of Transportation  
4201 E Arkansas Ave, Shumate Building  
Denver, Colorado 80222

To Whom It May Concern:

The Las Animas School District would like to give our full support to the Safe School Routes project. Providing sidewalks and handicapped access ramps on all school route streets is a very worthwhile endeavor.

Our elementary school does a bicycle safety program each year, so we will incorporate the designated safety routes and encourage students to use them. We will also educate our parents regarding the routes, so they can help us direct students to use the routes as they come to and from the school buildings. Even our driver's education classes will be able to include lessons on the proper method for yielding to pedestrians at the crosswalks.

Ensuring the safety of our students on their way to and from school is extremely important to everyone in our small community. Having designated crosswalks and handicapped ramps on the sidewalks will also serve to enhance the overall look of the entire town. The school district looks forward to joining forces with the city of Las Animas to make this project a reality.

If we can be of further assistance in this process, please feel free to contact us.

Sincerely,

Jerry Nickell



# **LAS ANIMAS POLICE DEPARTMENT**

**326 Prowers Court Las Animas, CO 81054**

**Phone: (719) 456-1313 Fax: (719) 456-6051 Email: [lapd1@bentcounty.net](mailto:lapd1@bentcounty.net)**

**Donald Trujillo, Chief**



**11/18/2010**

**Colorado Safe Routes to School**

**RE: Letter of Support**

**The Las Animas Police Department fully supports the Safe Routes to School grant application submitted by the City of Las Animas.**

**The current sidewalks are very old, broken, tilted, non-existent or too narrow on all routes to the Las Animas Middle School. The condition of the sidewalks causes children to walk on the roadways causing traffic safety issues.**

**The Las Animas Police Department will continue to patrol the major routes to school during the times when students will be using those routes going to school and returning home. We also monitor crossing areas and speed zones surrounding the schools. Our patrols and static posts allow for the close monitoring of speeds by motorist with strict enforcement of speed, stop signs and crosswalks.**

**I fully support this worthwhile project and urge you to consider funding this project.**

**Sincerely,**

A handwritten signature in black ink, appearing to read "Donald Trujillo".

**Donald Trujillo, Chief of Police  
Las Animas Police Department  
Las Animas, CO 81054**



**Southeast Area  
Extension**

**County Extension  
Offices**

**Baca County**  
772 Colorado St.  
Springfield, CO 81073  
719-523-6971

**Bent County**  
1499 Amb. Thompson Blvd.  
Las Animas, CO 81054  
719-456-0764

**Cheyenne County**  
425 S. 7<sup>th</sup> W.  
P. O. Box 395  
Cheyenne Wells, CO 80810  
719-767-5716

**Crowley County**  
603 North Main St.  
Courthouse Annex  
Ordway, CO 81063  
719-267-4444, ext. 7

**Kiowa County**  
1305 Goff  
P. O. Box 97  
Eads, CO 81036  
719-438-5321

**Otero County**  
411 N. 10<sup>th</sup>  
P. O. Box 190  
Rocky Ford, CO 81067  
7190-254-7608

**Prowers County**  
1001 S. Main  
Lamar, CO 81052  
719-336-7734

Lenore Bates, Safe Routes to School Coordinator  
Colorado Department of Transportation  
4201 E Arkansas Ave., Shumate Building  
Denver, CO 80222

November 22, 2010

Dear Ms. Bates,

I strongly support the Safe Routes to School grant application being submitted by the City of Las Animas. Elementary students in Las Animas would be able to more safely walk and bike to school if this grant is awarded. This increased physical activity would benefit the youth now through increased health, and help prepare them for a lifelong healthy, active lifestyle. Walking and biking to school will also increase opportunities for social interaction among the students and their parents, and allow youth to learn and exercise responsibility.

Physical activity is a proven protective factor against many chronic diseases, including heart attack, diabetes and high blood pressure. Additionally, physical activity helps in the maintenance of healthy weight, contributes to healthy muscles and bones and can reduce the impact of arthritis and depression. Colorado State University Extension is focusing on increasing physical activity in communities across Colorado. Our 4-H Youth Development Bicycle and Nutrition curriculums will be used in school enrichment activities led by my office to encourage youth to walk and bike to school.

I encourage you to award the Safe Routes to School grant to the City of Las Animas to increase the health and well-being of students and adults in Las Animas and Bent County.

Sincerely,

Kaye Kasza  
Extension Agent, Bent County



Lenore Bates, Safe Routes to School Coordinator  
Colorado Department of Transportation  
4201 E Arkansas Ave., Shumate Building  
Denver, CO 80222-3046

To Whom It May Concern,

Thank you for the opportunity to be a part of the Safe Routes to School Project. As the program coordinator for LiveWell Bent County I am very concerned about the rising number of children in our schools that are obese. In September of this year every child in the Las Animas School District had their height and weight checked by the school nurses. At that time 19.2% of the students in the district were overweight or at risk for overweight and 6.9% were considered obese. These statistics say to me that as a school and community we need to take every opportunity to make positive changes for the overall health of our neighborhoods. The Safe Routes to School Project is a perfect opportunity to do just that. In fact, the environmental changes will not only encourage more walking and biking by students but will have a positive outcome on families as well.

I will continue to be an advocate for increasing the amount of physical activity students receive during the day. I will also promote special walking and biking events. As a member of the School Health Advisory Council I will promote the inclusion of these events and the importance of walking and biking as a regular activity in the school wellness policy.

I personally participated in the community visioning meetings for the 2010 Comprehensive Plan. Sidewalk improvements were always a topic of discussion and were consequently the number one priority in Las Animas.

Thank you so much for your kind consideration of this project. I sincerely look forward to working with you in the future to make Las Animas a healthier place to live, work, and play.

Respectfully,

A handwritten signature in black ink that reads "Tammy Pryor". The signature is written in a cursive, flowing style.

Tammy Pryor  
LiveWell Bent County Community Coordinator