

Bushmaster Park

Concept Design Project

April 11, 2013

Prepared by: Dr. Charles Hammersley, Professor
Northern Arizona University, Parks and Recreation Management Program

Table of Contents

| | |
|--|---|
| Introduction | 1 |
| Community Involvement Process | 1 |
| Community Concerns | 2 |
| Bushmaster Park Concept Design 1 | 3 |
| Bushmaster Park Revised Concept Design 2 | 4 |
| Appendix A – Bushmaster Park Public Meeting Agenda - March 27, 2013 | |
| Appendix B - Bushmaster Park Public Meeting Focus Group Questions - March 27, 2013 | |
| Appendix C - Bushmaster Park Public Meeting Focus Group and Email Comments – March 27, 2013 | |
| Appendix D - Bushmaster Park Public Meeting Agenda - April 10, 2013 | |
| Appendix E – Bushmaster Park Public Meeting Attendees and Email Comments – April 10, 2013 | |
| Appendix F - Crime Prevention through Environmental Design Survey of Bushmaster Park | |
| Appendix G – A Beautiful Life – Hermosa Vida – Nizhoni Iina – Summer 2010 | |
| Appendix H – Selected Resources | |
| Appendix I – Bushmaster Park Public Meeting Information Flyer – We Need Your Ideas | |
| Appendix J - No time like present to take back Bushmaster | |
| Appendix K – Hermosa Vida Change.Action.Network Letters | |
| Appendix L – City of Flagstaff Public Participation Policy | |
| Appendix M – Bushmaster Park Concept Design – 1 | |
| Appendix N – Bushmaster Park Revised Concept Design - 2 | |

Introduction

The Bushmaster Park Concept Design Project was initiated by Steve Zimmerman, Parks Manager, City of Flagstaff Parks Division in early March 2013. At that time Mr. Zimmerman invited Dr. Charles Hammersley with Northern Arizona University, Parks and Recreation Management Program to organize two public meetings (See Appendices A & D) and to create a concept design for Bushmaster Park. The park design was to incorporate previous related information concerning the park (See Appendices F & G) and information collected from community members at the March 27, 2013 Bushmaster Park Public Meeting (See Appendix C). Dr. Hammersley has been a professor of parks and recreation for over 25 years and has designed 11 parks for counties and small communities in Northern Arizona over the past 15 years. Some of his previous park designs include Sawmill Park, Peaks View Park, Louise Yellowman County Park, Raymond Park and Harrenburg Wash Nature Viewing Area. . He has served on the Coconino County Parks and Recreation Commission for 12 years (1998-2009) and the Flagstaff Parks and Recreation Commission for seven years (2005 to present).

Community Involvement Process

The first public meeting was scheduled for Wednesday, March 27 at the Flagstaff Aquaplex from 5:30 pm to 7:30 pm in the community room. The meeting was advertised on the City of Flagstaff web site, City of Flagstaff Facebook-Sustainability-Recreation Services pages and with an informational flyer (See Appendix I). This flyer was also distributed in Spanish to Bushmaster Park users. Dr. Hammersley organized the focus groups using his Park and Recreation Management students as moderators and recorders (See Appendix B). Over 48 community members were present for the meeting and their suggestions and comments were recorded (See Appendix C).

Public comments gathered at the March 27th meeting were the primary design focus. However, the Crime Prevention through Environmental Design Survey of Bushmaster Park (See Appendix F) and A Beautiful Life – Hermosa Vida – Nizhoni lina (See Appendix G) were also considered in the new design concept (See Appendix M).

A second public meeting was scheduled and advertised for Wednesday, April 10, 2013 at the Flagstaff Aquaplex in the community room. This meeting presented the Bushmaster Park Concept Design and gathered additional public comments (See Appendix E) on the proposed park design. There were approximately 56 attendees at this meeting. To review the City of Flagstaff Public Participation Policy (See Appendix L).

Community Concerns

Safety. There is a long standing list of community safety concerns related to Bushmaster Park. These public safety issues were repeated by citizens at the March 27, 2013 public meeting, the Flagstaff Police Department (See Appendix F) and the local newspaper (See Appendix H). Public intoxication, lewd behavior, assault, rape, robbery, indecent exposure and a recent shooting are examples of criminal activities that have taken place in the Park (See Appendix H, 3 stabbed in Bushmaster brawl & Bushmaster neighbors: increase park use). Immediate and substantive measures are necessary according to the residents, police, park users and City Park and Recreation Services managers. The Flagstaff Police Department's recommendations include new vehicle access, fencing, and more facilities/activities to attract more park users. More park lighting was also suggested.

Community Health. Community health was also a common theme in the March 27 public meeting. Flagstaff residents and representatives from Northland Family Help Center, Coconino County Health District and Hermosa Vida proposed more community health efforts in any new park design. These suggestions included a community garden, adult fitness/playground area (See Appendix H, Mom, Dad this playground is for you), a par course on the perimeter sidewalk (See Appendix H, Par Course Exercise Outdoor Fitness for Everyone), and distance markings for runners and walkers.

New Facilities. An amphitheater with a grassy area was a popular suggestion in the March 27 public meeting. This facility would bring small arts & crafts fairs and concerts to the Park. This would help increase park use and bring more cultural events to the neighborhood. Additional family ramadas was a frequent suggestion in the public meeting.

Dog Park. There have been on-going noise complaints from residents closest to the existing dog park and moving the dog park to a more central area was a popular idea (See Appendix C, Bushmaster Park Public Meeting Focus Group and Email Comments).

Stormwater. Another issue not brought up by the public, but by Kyle Brown a stormwater hydrologist with the City of Flagstaff. Mr. Brown has been in communication with Mike O'Connor and Steve Zimmerman regarding a significant drainage challenge exiting out of the southern portion of Bushmaster Park onto Mt. Elden drive between 3110 and 3120. The concentration point of flow is right at the southern end of the park, causing large volumes and high velocity of flows to exit the park and flood yards and a home (3125) along the southern portion of Mt. Elden Drive. The City previously had a design solution completed by a local engineering firm to address this high priority citizen drainage complaint. The design utilized retention and low impact development

techniques along the unpaved drive just south of Bushmaster. After being informed of the Bushmaster working group, we decided to wait on a solution until the community input was given.

Kyle Brown is working with Steve Zimmerman and Mike O'Connor to best utilize low impact development techniques in the park to capture the flow above the south entrance now where the grades are appropriate and opportunities exist for retention. One particularly simple and effective solution is the use of raingardens with native plants that will both allow for retention and beautification. There is concern about the parking area being installed on top of the flow concentration point, potentially exacerbating the issue, but feel there are opportunities for up gradient rain garden features, as well as permeable pavements in the parking area.

Bushmaster Park Concept Design

Concept Design 1 - In response to the public comments from the March 27, 2013 public meeting, emails and other related information, the Bushmaster Park Concept Design (See Appendix M) included the following renovations, additions and enhancements:

1. Moved the dog park to the center of the park including a small dog area and ramada. It is a little over an acre which is the minimum for a dog park.
2. The old dog park is re-vegetated and the old basketball slab removed. This is now open space.
3. New east side parking lot (paved) and bridge over the drainage ditch
4. New west side parking lot (paved)
5. New south side parking lot (unpaved)
6. Four new family ramadas
7. New group ramada/amphitheater (NE corner) with grass area
8. New wide sidewalks bordering the grass area around the amphitheater (to accommodate festival booths)
9. New playground (north-east side) covered (cover not shown)
10. New community garden
11. New Adult Fitness area
12. Expanded existing restroom
13. New bathroom on the east side
14. Improved security road on north boundary line
15. New Par Course (fitness stations on the perimeter sidewalk-not shown)

Revised Concept Design 2 - Public comments from the April 10, 2013 meeting resulted in a revised Bushmaster Park Concept Design (See Appendix N). The following changes were made to the original Bushmaster Park Concept Design 1:

2. The old dog park is re-vegetated and the old basketball slab removed.
This is the new location for the adult fitness/playground (11).
5. New south side parking lot (unpaved) was moved more to the east.
13. New bathroom on the east side was moved south of the prior location.
16. New roller hockey/derby rink was added
17. New park signage (not shown)
18. Change park lights to LED (not shown)

Facilities Not Included

In any park re-design there are constraints on available space, resources and some proposed facilities. The following items were suggestions from either the March 27th and/or April 10th public meetings, but for various constraints (space limitations, feasibility, cost, lack of support) were not included in the proposed concept designs.

- Batting Cages
- Boccie Ball Court
- Disc Golf Course
- Gazebo
- Golf Course
- Handball Court
- Security lighting and police call boxes
- Soccer practice fields
- Sport Fields
- Tetherball court

Where Do We Go From Here

This draft document and the revised Bushmaster Park Concept Design 2 will appear on the City of Flagstaff's web site for a two week comment period. After the comment period ends there may be a need for another public meeting or the document and design could move forward to the City administration for review.

Appendix A

Bushmaster Park Public Meeting – March 27, 2013

Agenda

Bushmaster Park Public Meeting

City of Flagstaff Parks Division & Recreation Services

Wednesday, March 27 5:30 to 7:30 pm

Flagstaff Aquaplex

Agenda

Introduction: 30 minutes

- Steve Zimmerman, Parks Division
- Angela Horvath or Trish Lees, Coconino County Health District
- Hermosa Vida
- Dr. Charles Hammersley, NAU Parks and Recreation Management Program

Break-out into tables: 1 hour

Review and Summary: 30 minutes

Appendix B

Bushmaster Park Public Meeting - March 27, 2013

Focus Group Questions

Bushmaster Park Public Meeting - March 27, 2013
Focus Group Questions

1. How have you and your extended family used Bushmaster Park?
2. What is your favorite activity to participate in at the park? List top two.
3. Are you using the park as much as you would like? If not, what could be changed to help you use it more?
4. What days of the week and times of the day do you use the park? Are there other times you would like to be able to use the park?
5. What mode of transportation do you use to get to the park?
6. In Flagstaff there are different types of parks that are more developed like Thorpe Park or more natural like Buffalo Park. Bushmaster has both developed and natural qualities. In your opinion, does this work? Is this what you would like to see at Bushmaster or would you like to see something different?
7. Think of a park that you have visited that you enjoyed.
8. What activities or services did you participate in that you would like to see offered at Bushmaster Park?
9. What did you like about the space that could be incorporated into Bushmaster Park?
10. What is special about Flagstaff and your neighborhood that you would like to see reflected in the park?
11. Do you have any other thoughts on what could make Bushmaster Park better?

Appendix C

Bushmaster Park Public Meeting – March 27, 2013

Focus Group and Email Comments

Bushmaster Park Community Meeting (March 27, 2013)

Focus Group Comments

1. Use
 - a. Playground 14
 - b. Dog Park 6
 - c. Running Perimeter 2
 - d. Bball
 - e. Concerts in Park 13
 - f. Tennis 4
 - g. Picnic 4
 - h. Volleyball 2
 - i. Skate Park 3
2. ↑ Use
 - a. Good – Upgrade dog park/pea gravel – signage for runners (distance)
 - b. Less – Safety concern transients – older kids in playground/add swings ARCA
3. Times
 - a. Weekday
 - b. 9. Noon
 - c. 3x
 - d. After wk 1x 5x
 - e. Weekend
4. Walk 11
 - a. Drive 6
 - b. Bike ride 5
 - c. Public Bulletin Board
 - d. Fishing Pond
 - e. Move dog park (center)
5. Not open space but not maintained
 - a. Invasive weeds
 - b. Rye grass too high hides people
 - c. Vacant lot
 - d. Like open space half
6. Take Away
7. Add
 - a. Ramadas (6)
 - b. Parking/Southside
 - c. Playground (New type)
8. Change
9. 6 have used park
 - a. Dog Walking/Park

- b. Playground
 - c. Walks
- 10. More Lighting 2
 - a. More Events
 - b. More Safety (officer) 8
 - c. Disc Golf 4/Putting Course
- 11. After 6 PM
 - a. Mornings
 - b. Weekends
 - c. Summer Over Winter
- 12. Under-developed side scares people
 - a. More Activity
 - b. Workout Station
- 13. Thorpe Dog Park has dogs!
 - a. Dog park is accident prone
 - b. More grass in Dog Park!
 - c. Batting Cages! 3
 - i. Near bball courts
 - ii. Fences in place 2
- 14. Dogs are special
 - a. Family
 - b. Astrologically
 - c. History/Nature Inturp.
 - d. Signs and Sidewalks
 - e. Sunflowers/flowers
- 15. Marketing Dog Park
 - a. Pan Prints
 - b. Signage
 - c. Grass
 - d. Dog Obstacles
 - e. More Benches +2
 - f. Dog Waterbowl
 - g. Picnic Table
 - h. BBQ Pits
 - i. Coolers (built in)
 - j. Dog Park
 - i. Too close to houses – Move in!
 - ii. Noise Complaints
 - k. Cross Country Ski
 - l. POLICE CALL BUTTONS! (LIKE NAU BLUE LIGHTS) 4
 - m. Bocce Ball
 - n. MORE PARKING! (Mt. Elden) 4

- o. More Entrances
 - p. Upgrade Horseshoe (Stakes too short!) + Vball Court 3
 - q. Natural Areas
 - r. Amphitheater 2
 - s. Gazebo
 - t. Fence Murals
 - u. Exercise Eqpt.
 - v. Distance markers
 - i. Running measurements
16. Fix Bounce Board
- a. Entrances for Emergency Access! 2
 - b. Handball Courts
 - c. Tetherball Poles
 - d. 4 square (games)
 - e. Soccer Practice
 - f. Remove Weeds
 - g. Community Garden (Leadership Program Elementary kids help) 3
 - h. Animal tracks in sidewalk
 - i. Movies at the park
17. Military Info on Bushmaster Park
- a. More Restrooms
 - b. Dog poop bags/signs to pick up after dog
 - c. Dog poop receptacles
 - d. Easier access parking
18. Company picnics
- a. Birthday parties
 - b. Bicycle through
 - c. School use – science dept. – outdoor education
 - d. Youth leagues
 - e. Wedding receptions
 - f. Walking
 - g. Music-playing
 - h. Church events
 - i. Dog walking – the entire park, not just dog park 3
 - j. Where did the see-saws go?
 - k. Picnic tables
19. Sustainability Park
- a. Water
 - b. Solar Panels
 - c. Cultural areas – Native Plants
 - d. Entrance Options
 - e. Nature area to witness the change in native plants

- f. "Less Barky dogs"
 - g. Natural areas being mowed away
 - h. Start and finish points – mile markers 2
 - i. Not a fan of church groups with their megaphones
20. Late afternoon
- a. 7:30-8:30 AM
 - b. Wednesdays @ 5:30 PM – dog park
 - c. Summer 6-6:30 AM – quiet
 - d. The commercial lot – what can be done?
 - e. ½ and ½ developed side and a restored native/natural side
 - f. "Agricultural history"
 - g. "No community parks/areas with natural areas"
21. "Circuit stations"
- a. Strengthen diversity of walking paths – signs about vegetation
 - b. Adult playground
 - c. Banana belt – sunniest area in FLG
 - d. Dark skies
22. Add
- a. Community Security/Patrol
 - b. Native Grass/Flowers
 - c. More Eating Areas
23. Takeaway
- a. As much lighting as possible
 - b. "Some of the dying trees"
24. Change
- a. Very Specific hours ("For how many is it a pathway home at night?" "Moveable seating?")
 - b. Lights turn off
25. Safety regulations
- a. Bus Stop drop off point
 - i. Flow zone
26. Early morning times are scary (drunk people, groups of people meet there)
- a. 10 AM-11AM
 - b. Evenings
 - c. More of a problem as it warms up
 - d. Early evenings
 - e. No lights in parking lot at night is a problem
27. Walking 5
- a. Skateboarding
 - b. Bicycle 3
 - c. Part of the charm of the park
 - d. Tranquil, peaceful

- e. More beauty spots
 - f. Move dog park inward
 - g. Noise is a problem
 - h. Possible barrier is southeast corner
 - i. Stop/slow down flow of traffic
28. Police-only 1 lane road around perimeter of park
- a. Dirt around skate park replaced with concrete
 - b. Frisbee golf
 - c. Better access
 - d. Less hidden/less prone to crime
29. Outdoor community/qualities
- a. More lighting that doesn't shine in neighbors windows
 - b. Maintain dark skies
 - c. Buy small part of the area owned by the mall for a parking lot and better access
 - d. Reduce transient activity
 - e. Southeast corner
 - f. Mini soccer field
 - g. Flat groomed grass areas
30. Bring positive activity
- a. Celtic festival
 - b. Close to center of park
 - c. Noise control
31. Absolute No's
- a. Team sports fields (large)
 - b. Golf
32. Shortcut
- a. Social Events 4
 - b. Grass 3
 - c. Trails 2
 - d. Parking at Family Dollar
 - i. All the time
 - ii. Weekday day
 - e. Cold weather 2
 - f. Drunks/transients 2
 - g. More police presence 3
 - h. Maintenance on overgrowth by dog park
 - i. Preserve backside while allowing more access
 - j. Reduce fire risk
 - k. "Graffiti" wall

Appendix D

Bushmaster Park Public Meeting - April 10, 2013

Agenda

Bushmaster Park Public Meeting

Flagstaff Parks Division & Recreation Services

Wednesday, April 10 5:30 to 7:30 pm

Flagstaff Aquaplex

Agenda

Introduction:

- Steve Zimmerman, Parks Manager, Parks Division
- Brian Grube, Director, Recreation Services
- Dr. Charles Hammersley, NAU Parks and Recreation Management Program

Bushmaster Park Concept Design Review and Comments

Please note the concept map is number keyed to the following:

16. Moved the dog park to the center of the park including a small dog area and ramada. It is a little over an acre which is the minimum for a dog park.
17. The old dog park is re-vegetated and the old basketball slab removed. This is now open space.
18. New east side parking lot (paved) and bridge over the drainage ditch
19. New west side parking lot (paved)
20. New south side parking lot (unpaved)
21. Four new family ramadas
22. New group ramada/amphitheater (NE corner) with grass area
23. New wide sidewalks bordering the grass area around the amphitheater (to accommodate festival booths)
24. New playground (north-east side) covered (cover not shown)
25. New community garden
26. New Adult Fitness area
27. Expanded existing restroom
28. New bathroom on the east side
29. Improved security road on north boundary line
30. New Par Course (fitness stations on the perimeter sidewalk-not shown)

Appendix E

Bushmaster Park Public Meeting - April 10, 2013

Attendees and Email Comments

Bushmaster Park Public Meeting

Attendee Comments – April 10, 2013

- Maybe move south parking lot to East a little II
- Grass in Amph.-Water concerns? I
- Dog park noise vs. amph. Noise III
- Question on bathrooms-vandalism and clean? I
- Are you addressing more foot patrol?
- Isaac likes the improvements that will limit the number of issues
- What would the improvements do for property values
- Why would granite path be needed? Why can't they use the concrete path? Does it already have locked gates?
- Path would cause issues by houses for dogs
- Obesity prevention and health and fitness
- Drop off place for kids-so kids will walk to school – health services – walking school bus
- How close is Killip to Bushmaster?
- Puente and Mems are close as Thomas?
- How are you reflecting the neighborhood in the park? Why would park reflect the neighborhood?
- Margorite – faithfully meeting with blockwatch – tired of bad vibes – thankful to the city – really excited about the concept – How is this reflected in \$?
- New playground – her comment – existing is shady
- New is covered and not a 4 season park?
- People go to Thorpe for sun?
- Bathrooms – 4 seasons? Composting toilets? Can they be open later?
- Signage? – Natural areas? – so it doesn't look abandoned
- Safety won't stop with infrastructure, but neighbors need to do their part.
- Lived nearby and now moved – high altitude roller derby – looking for an outdoor skate rink – wants to put it in at old dog park site. Fitness area- need slab for derby – 25 people, 3 times a week, youth and adult – roller derby slab, not a textured surface, smooth, polished, Raymond not good – Reserve area in Flag no in Bellemont – skate skills camp one weekend 20 people showed up
- Signage question – need item #16 par course and interpretive for plants – native.
- Michelle – Hermosa Vida – likes roller derby and hockey, improved access – loves everything – keep community engagement
- Design-Garden and Building
 - Public art and signs-ownership and less graffiti and buying?
 - CAN – please continue including public!
- Funding – how many more meetings? Need to move fast? David on Steves – Additional theme of adult activities

- Reflection on park? Inviting space for families – good – feel – incredible gathering space – feels like the COF – open area with wonderful trees
- David Zimmerman – very happy, way more than he expected – return old bark park to open space, not against open space but not inviting? Dropping a piece of the park out – add skate track to old bark park area – is it easy to maintain? Roller derby movement is good – sustainable long term? Move roller derby to spot II
- Morty likes roller skating area – does not want a cost associated about it! Handicap access – playground access – west side recycle tiles for access
- Harbors playground equipment – veterans – Michelle
- When bushmaster was developed there was pads and very new – grass was added and it increased attendance
- Did we think about grassing the whole park?
- Margarite likes the droller derby coming 3 times a week – helps- uncomfortable with increased grass and water
- At some point – consideration to noise issues – lost the neighborhood
- Phenominal job – add skate park (Michelle from neighborhood)
- Margarite – neighborhood noisy anyways kids having fun – great noise!
- Lucky to live by a park
- Smart things when renovation – curved walks – he likes it! – maybe widening walks for increased traffic
- Michelle – Hermosa – lots of support – what are next steps – how can we keep going? Petition from homeowners to continue being active
- When will we be having input on the different things being added
- Is the draft online?
- Issac – Doing walkthrus brought it up – nice people on Lockett – community garden – Gate on Lockett by Miller – NW corner and SW corner
- Priorities – present as a whole concept? – Priorities sometimes get lost?
- Is there a possibility for restoration to native areas? After redevelopment it destroyed native areas
- Found about this meeting on facebook and AZ daily sun – derby girls – thank you!

Suggestions for Bushmaster Park

The following form was submitted via your website: Suggestions for Bushmaster Park

Name: Marty Eckrem

Email Address: meckrem@gmail.com

What ideas do you have for Bushmaster Park?: I walk or bike around the park or have my grandkids in the kids playground area several times a week. I also use the lighted tennis courts sometimes. I rarely use the park in the early evening because I am concerned about safety for myself and my grandkids. One of my grandsons is in a wheelchair and it is getting more difficult to carry him over to the playground. It would be so helpful to have access for a wheelchair for the playground and some equipment that he could use. Maybe the wood chips could be replaced with that recycled tires soft ground surface. Another playground on the east end would be an asset too. I would also like to see the park used more during the day and week. I love the east end of the park where I can walk and be surrounded by trees. However, it also can be a scary place because there are few people there, and sometimes people are drinking (still) or some men who are just hanging out. More ramadas on the east end would be used quite a bit. During the summer all the ramadas are full. A community garden, I think, would be well supported, and would bring more people into the east end or central area. I am not excited about a concert hall area. I do enjoy the concerts that happen there, but ramadas, another playground, another basketball court and a community garden would be used more regularly during the week and would help create a safer environment for all of us to enjoy the park. Also, many of the neighbors adjacent to the park really don't appreciate the level of noise that on-going concerts would create. I personally don't hear the music since I live a couple of blocks away. However, I can understand their concerns about high levels of noise even if it is good music. Thank you for asking for community input. A lot of people benefit from this park, and feel very strongly about preserving the good aspects of it and expanding upon its possibilities. Increasing access and decreasing barriers to its use is vital. The ramadas need to be low cost to rent, the equipment free or very low cost. It needs to feel like a safe place where we can bring our families and get some exercise.

Additional Information:

Form submitted on: 4/4/2013 10:22:29 PM

Submitted from IP Address: 24.121.81.219

Referrer Page: No Referrer - Direct Link

Form Address: <http://www.flagstaff.az.gov/Forms.aspx?FID=171>

Suggestions for Bushmaster Park

| | |
|---|---|
| Name | Donetta Hiser |
| Email Address | hiserbd@msn.com |
| What ideas do you have for Bushmaster Park? | <div style="border: 1px solid gray; padding: 5px;">I really enjoy walking at Bushmaster park. I frequently during my lunch hour. I feel that there is too much unoccupied space near the dog park. I'm not sure what the funding option might be but I feel a small parking area and playground area would draw more people than the dog park. Even when several families are on the playground area the other end is empty and attracts loiterers.</div> |

The following form was submitted via your website: Suggestions for Bushmaster Park

Name: Donetta Hiser

Email Address: hiserbd@msn.com

What ideas do you have for Bushmaster Park?: I really enjoy walking at Bushmaster park. I frequently walk during my lunch hour. I feel that there is too much unoccupied space near the dog park. I'm not sure what the funding option might be but I feel a small parking area and playground area would draw more people than the dog park. Even when several families are on the playground area the other end is empty and attracts loiterers.

Additional Information:

Form submitted on: 4/5/2013 10:38:54 AM

Submitted from IP Address: 65.122.184.114

Referrer Page: <http://www.flagstaff.az.gov/CivicAlerts.aspx?AID=871>

Form Address: <http://www.flagstaff.az.gov/Forms.aspx?FID=171>

From: Frank and Catherine Wetherell [<mailto:fcwether@infomagic.net>]

Sent: Thursday, April 04, 2013 12:21 PM

To: Steve Zimmerman

Cc: Frank C Wetherell

Subject: Bushmaster Park

Dear Steve,

Thank you very much for the opportunity to give input on potential park improvements.

I have lived in my current residence at 3124 E Mount Elden Dr. (2nd house E of the park easement, bordering the park) for almost 20 years. My wife and I agree that the dog park is a far more significant detractor from our quality of life than the transients or gang member activities (which I believe are still very serious issues). The edge of the dog park is approximately 120 feet from my bedroom (windows), and maybe 40 feet away from my back chain-link fence. Frequent sights from my kitchen window include dogs urinating and defecating in the dog park, along with the occasional passed out drunk between the fence lines. Beginning about this time of year when the weather gets nicer, the dog park gets active. The barking can get to the extent to that, as far as I'm concerned, people are in violation of the city's barking dog ordinance, pretty much daily. The dog park might as well be a neighbors yard, with as many as 15 or more dogs living up to the dog park's name 'barkmaster' park. In addition to the truly excessive noise, when I look past my own chain link fence, I see two more just beyond, and again from my kitchen window it resembles a prison yard.

I would become one of Flagstaff's happiest residents if the City could see fit to relocate the dog park to at least the center of Bushmaster park. Moving the sound source twice the distance would cut sound intensity to 1/4 of original level 😊

Thank you again for your consideration,

Sincerely,

Frank Wetherell

3124 E Mount Elden Dr.

Flagstaff, AZ 86004

(928) 527-4549

Suggestions for Bushmaster Park

| | |
|---|--|
| Name | Jeff Taylor |
| Email Address | Hikemasters@gmail.com |
| What ideas do you have for Bushmaster Park? | <div>I'd like to see the eastern half of the park turned into an arboretum of sorts, with representative tree and shrub species of Northern Arizona planted along the sidewalks and within the interior with plaques identifying the species for educational purposes. I would like to see a little development to make it more wildlife friendly, especially for birds and small mammals.</div> |

The following form was submitted via your website: Suggestions for Bushmaster Park

Name: Jeff Taylor

Email Address: Hikemasters@gmail.com

What ideas do you have for Bushmaster Park?: I'd like to see the eastern half of the park turned into an arboretum of sorts, with representative tree and shrub species of Northern Arizona planted along the sidewalks and within the interior with plaques identifying the species for educational purposes. I would like to see a little development to make it more wildlife friendly, especially for birds and small mammals.

Additional Information:

Form submitted on: 4/10/2013 7:40:15 PM

Submitted from IP Address: 24.121.232.194

Referrer Page: <http://bushmasterparkflagstaff.blogspot.com/>

Form Address: <http://www.flagstaff.az.gov/Forms.aspx?FID=171>

Suggestions for Bushmaster Park

| | |
|---|--|
| Name | Audria Smith |
| Email Address | audriasmith@npgcable.com |
| What ideas do you have for Bushmaster Park? | <div style="border: 1px solid gray; padding: 5px;">I attended last night's meeting. First of all, I'd like to apologize to Prof Hammersley for my over-zealous questions during his presentation and not wait patiently till the end. I admit some of the graphics on the design made me feel a little edgy. While I do respect that this is a public park and changes are inevitable for a growing city, please know that my edginess with skepticism has come from experiencing 25 years of living directly on the south easement of Bushmaster Park. I can say that I not only speak for myself, but others that live on the park, that noise and light pollution has encroached on us over the years. Especially for a number of us who work at home, we see and hear more than most. There was a time when Bushmaster was considered the neighborhood park. Basically a passive use space for the neighbors with the western end having more organized activity and play. My wedding reception was held at the ramada back in 1987. Before 1998 I regularly walked the park late at night with my dog and my cat through the dark and the quiet. The point I'd like to make is to be sensitive to the neighbors. Bushmaster is unique in that it is literally in the center--the heart of a neighborhood, like an open courtyard. Though we all can appreciate a happy atmosphere and delight in a celebratory occasion for our friends, imagine your nextdoor neighbors having a continual party. This hum of activity can literally make a person feel crazy. I'd like to</div> |

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make the park users aware of this. I don't think it's unreasonable for neighbors to be aware and respectful of living and playing peacefully in close proximity to each other.

I'm staying optimistic for now that the ideas Prof Hammersley has compiled and designed in a concept will engage community activities for a healthier park. I also appreciate his sensitivity to us residents who border the easement, moving the south parking area away from our accesses. Contrary to his tactic, I was involved with the 1997/98 "improvement" process from beginning, to ending in exhaustion and jaded. Most of those neighbors that were involved then are not showing up for these current meetings. However one benefit of the park that was maintained, which neighbors remain pleased with, is the walking system. Today I see hundreds of neighbors who walk (ie. with strollers or dogs) or ride their bikes past my house to the park on a regular basis.

Especially since the last improvements, the natural area has been ravaged and has taken on more of a derelict vacant lot feeling. I did come away from last night's meeting feeling more optimistic about a vision for the Bushmaster that I've had for many years since before the 97/98 era--This is to see a healthier maintenance treatment and restoration of the natural understory. With the possibility of a sustainable catchment system and a waterline to a community garden area, I think this could also serve a restoration project as native vegetation is established.

Points I've noted in the digression of the park are:

- 1) Work trucks came in disturbing the soils and spreading invasive weeds, the worst of them being diffused knapweed, which poisons the soils, does not allow natives vegetation to flourish, and takes over wide areas.
- 2) the last design did not entirely capture the natural migration routes of pedestrians and bicyclists, leaving secondary paths criss-crossing the park and further damaging soils.
- 3)The current mode of maintaining the natural area is to run a large grading-type mower back and forth over it, sometimes cutting off wildflower heads before coming to seed to propagate, and further spreading invasive noxious weeds, and often kicking up a boatload of dust.

I am definitely opposed to any more lighted areas in the park. In fact, I would propose less, or to at the least, turn all or some off at night. I've noticed that the more lighting we've created, the more trouble there has been at night. I have experienced the difference and no longer walk in the dark hours like the old days. I was observing groups of kids, perhaps high school or younger, gathering under lighted areas, especially the skatetrack after the gate is closed. After my first confrontation I quit my walks. It's my understanding that the last incident that resulted in serious injuries took place in the lit west parking lot.

With more regard to lighting, I would hope that those VERY obnoxious lights in the tennis and basketball courts be addressed. Keeping the park open and these lights on until midnight on Fridays and Saturdays is extra horrible. They are hugely glaring and invasive, not to mention very Dark Skies unfriendly.

Overall, I'm trying to be open to the idea that creating a wider spectrum of uses is a good thing for the

community. But/and we see an ugly reflection of community in our transient and alcoholic population that decorate Bushmaster. I think the presence is here and everywhere in Flagstaff. Serious question: Is the cell phoned-armed vigilant citizen going to clean up the ugliness in the park for good, or is running the Flagstaff Fire Department and Guardian and clogging FMC with drunks, and drunks beating up drunks, going to make us "safer"? I'm certain the cost is in the millions. From my property I may personally witness three or four calls per day in the summertime. I know this is a big question and a long-standing complex problem, but is there anything in the works to supplement where these very sick people end up as opposed to just letting them land back in the park or in another part of the city for repeat offense? If we think doing some park improvements is going to solve this problem or just make the vagrants collect elsewhere.....I'm uncertain what it's all about.

I do sincerely desire something good for our lovely little postage stamp of a ponderosa park. I think establishing a good park can be an evolutionary process as we've observed what has and has not worked for Bushmaster. I only hope that you will take my comments to ponder.

Thank you,

Audria Smith
3110 E. Mt. Elden Dr.

Additional Information:

Form submitted on: 4/11/2013 2:35:03 PM

Submitted from IP Address: 24.121.107.209

Referrer Page: No Referrer - Direct Link

Form Address: <http://www.flagstaff.az.gov/Forms.aspx?FID=171>

Suggestions for Bushmaster Park

| | |
|---|---|
| Name | Tara Cronwall |
| Email Address | Gabrielletrap1@yahoo.com |
| What ideas do you have for Bushmaster Park? | <div style="border: 1px solid gray; padding: 5px;">Roller skating rink!!! Or a children's museum, we need desperately in Flagstaff!</div> |

The following form was submitted via your website: Suggestions for Bushmaster Park

Name: Tara Cronwall

Email Address: Gabrielletrap1@yahoo.com

What ideas do you have for Bushmaster Park?: Roller skating rink!!! Or a children's museum, we need one desperately in Flagstaff!

Additional Information:

Form submitted on: 4/10/2013 8:18:43 PM

Submitted from IP Address: 24.121.235.52

Referrer Page: <http://www.flagstaff.az.gov/CivicAlerts.aspx?AID=871>

Form Address: <http://www.flagstaff.az.gov/Forms.aspx?FID=171>

Appendix F

**Crime Prevention through Environmental Design Survey of
Bushmaster Park**

And

Bushmaster Park DC1 Incidents Report

Crime Prevention through Environmental Design Survey of:

Bushmaster Park

1. Surveillance (first principle of CPTED.) Surveillance is the ability to look into an area and the ability to look back out. It can be formal (security patrols, police patrol, Neighborhood watch etc.) or informal (Legitimate users, residents, passerby etc.)

* Bushmaster has most of the basic things that would limit surveillance already worked out, but we do have some suggestions:

- An easy and inexpensive solution to create more natural surveillance would be to trim or remove the hedges on the west side of the park. If someone can see into the park and decide whether it appears safe or unsafe it increases not only the generally feeling of safety but also will make illegitimate users uneasy that their inappropriate behavior would be observed and reported. These shrubs also limit security and police patrol's ability to quickly scan the park and determine if there is anyone even in the park.
- The skate park has limited the surveillance from the west parking lot. No longer can someone look across the park into this area to determine who or what is in the park. There is no easy solution to this problem but it can be limited by creating more access for security and police on the north end of the park (this will be discussed in the Access Control portion of the survey)
- The park has been enjoying the natural surveillance from the surrounding residences and this should be encouraged. Again discussed in the access control portion, if it is to be determined that the park should be fenced, we would suggest wrought iron or chain link to increase surveillance. If it is decided not to fence the park surrounding residents should be encouraged to fix/maintain existing fence so that they have an open view of the park but it is clear that their yard is a Semi-private type area off limits to public.
- During the night time walk through of the property the lights are really limited to the cement walk ways and there are several areas that surveillance is almost non-existent. This will be discussed further in the Activity support section of the survey.
- The restroom area is a surveillance problem in that it is placed in an area that can not be observed from the main parking lot. This has created some of our problems with criminal damage and graffiti and the location of the restrooms could be moved to the parking lot area for better surveillance. Our suggestion is to remove the bathrooms all together and just replicate several other city park designs to employ portable toilets that seem to create less problems and would be more cost efficient in the long run. The existing building could be secured and used by Parks for equipment storage. If these portable restrooms

were correctly placed we could improve surveillance both into and increase legitimate user surveillance in the entrance/ parking area.

- The skate park itself is a surveillance problem. If you walk all the way into the skate park area you can determine if someone is inside but this is in only way to check this area. As we have found numerous times the skate park is now a sort of “high ground” in that once you are inside the skate park you can see most of the park and can definitely see all of the parking lot and entrance. This has created a surveillance problem in that those illegitimate users can now use the skate park to “look out” for security or police. Once again this problem can not be easily fixed and we should try for more Access control solutions than try to fix the surveillance.

- The lighting in the park appears to be properly placed and useful. The lights are directed at the ground and walkway and for the areas that should be lit. The low sodium lights cause color distortion and lead to general feeling of fear. The crime free multi-housing program suggests hooded halogen lights for outdoor lighting for color recognition. With hooded lights these lumens should not count against the dark sky limit.

- 2. Access Control (Second principle of CPTED). Because many criminals will only use locations where there is easy escape, limiting access into and back out of an area is an effective way to deter criminal activity.

- Bushmaster park has probably the worst access control of any of the parks in Flagstaff. There is virtually no access control around the park and this is one of the major factors in Policing the park and also the general feeling of insecurity in the park.

- There are at least six entrances to the park and virtually any number of exits. Frequently criminal activity is reported in the park and when the police arrive most of the suspects can escape by simply just leaving from one of the other entrances that can not be covered. A night time patrol squad is usually made up of seven or eight officers with only three or four on the east side of town. To actually have an officer at each entrance would take an entire squad and would rarely be feasible.

- One of the major Access control improvements that we suggest is creating a way for the officers to access the park with their patrol vehicles easily. This can be done simply by placing gates up to restrict all other vehicle access but placing a combination lock that only emergency personnel would know. This would allow officers to respond into the park to patrol or respond to an emergency with their vehicle. In several cases officers have already been able to drive into the park but jumping the curb and squeezing between the barriers always risks vehicle damage.

- Our suggestion is to fence the park and create three or four legitimate points of egress. It is clear that fences will not make the park impenetrable but it will lead those legitimate users and surrounding residents take notice of someone trying to climb a fence or get out of the park after committing a crime. The fence will not only allow the police to better respond to reported criminal activity but it will create the feeling of territoriality (discussed in the next principle).

 - The west parking entrance appears to be the best designed and most useful entrance and should be maintained as the main entrance. It is clear for people to see who is coming into the park and it appears that most of the legitimate users already use this entrance. Our suggestion is closing off the entrance from the dirt lot behind the museum club parking lot. There is virtually no surveillance in this area and it shows. The area is littered with bottles, trash and there is even an illegitimate meeting area set up with logs to sit on while consuming alcoholic beverages. No one maintains this area and there are overgrown weeds and humps of discarded soil. It appears that the vehicle access has been limited by placing large rocks and building cement pylons but this is only a minimal deterrent to keep people from driving into the park. The dirt lot entrance off of Mount Elden should be improved with a park sign and the hours of park operation along with the rules posted. This should be the only south entrance and the “alley entrances” to both sides of this lot should be fenced off. The Thomas street entrance should also be improved with the same type of signage. The east side of the park could easily be fenced along the drainage and only one east entrance at the Siler homes side of elder identified and signs placed. While a fence around the park will be a significant expense it should create a more useful and safer park for the legitimate park users.
3. Territoriality: defining who uses a place is a major aspect of reducing opportunities for crime. The concept is to turn an area over to the legitimate users so that they will take ownership and responsibility for the area. This forces the illegitimate users to recognize that someone cares for the area and that they will be watched and reported for illegal activity.
- The major improvement that we suggest is to fence the area that is the park to clearly define what is of the park and what is not. This fence, along with the added signage identifying the park and the park rules, gives the legitimate users and surrounding residents a clear message that this is their park and those breaking those rules should be confronted or reported to the police. This has already been done with the skate park but the signage and fence have not been maintained and the illegitimate users have hijacked the efforts and basically made it known through the damage that they are claiming the park. The numerous instances of graffiti damage to the restrooms have been an attempt to do the same thing. Our suggestion is that any damage to signs or property be reported and immediately removed to show that the City and the Citizens of Flagstaff own this park.
4. Management and Maintenance: Crime often congregates in areas that appear dilapidated or in places where litter and graffiti are rampant. In those cases it appears that no one cares and criminal activity will increase in these areas.

- The Parks Department does a good job of maintenance on the park property and we understand that maintaining this park has been a full time job. The large scale graffiti is reported and removed in a timely manner but there still less obvious damage as mentioned in the prior section. The signage on the skate park has been damaged along with the fence on the east side that has again been pried open. There are small areas of graffiti on some benches and sidewalks. This damage must be repaired in a timely manner to combat any feeling of disrepair or lack of ownership of the park. Because the fences around the park are all private some are in disrepair and it is clear some locations have been used for illegitimate egress from the park. We are sure if asked the Park maintenance crew can quote how many times they have fixed the fence or cleaned graffiti off of the bathroom but we need to make sure this is done every time and in a timely manner. This will send a message that Bushmaster is cared for and no matter how many times you try to tear it down we will keep putting it up again. This would also go for the fence around the park. At first illegitimate users are going to try to cut holes in the fence at those locations where they would like to come and go, but after their damage has been fixed several times they will get the idea. It is also going to be the responsibility of those residents living around the park and the legitimate users to report this damage if witnessed so that a clear message can be sent with arrest and prosecution.

- If it is decided that a fence is not feasible at this time, at a minimum, the area around park has to be cleaned up and the owner of this property made responsible for maintenance. A clean up effort for the lot at the south east corner would do wonders in decreasing the feeling of disrepair or abandonment that this property now holds. If the owner could place enforceable “No Trespassing” signs in this area it would also help the Police take action against those that are using this location for illegal activity.

- 5. Activity Support: This is an advanced principle in CPTED and should be used for Large scale projects such as Recreational facilities and parks. The objective of activity support is to fill an area with legitimate users to force out the abusers of the location. The one question that should be asked in activity support is “Is this area or place being used as it was intended?”

- It is clear that most of Bushmaster Park is being used as it was intended. The tennis courts, basketball courts, ramadas, and dog park are mostly used what they were designed for and for the most part none of these areas are causing the problems that have been reported at the park. The large wooded open area on the east side of the park is not really designed for anything except open space and it seems that the abusers have taken this area and made it useful to them. A number of the incidents that the Police have responded to have been intoxicated subjects drinking and passing out in the wooded area and even staying overnight in the park. There are no lights in the open wooded area and it appears during the night time the abusers use the lack of surveillance to do whatever they want. Parks employees can probably provide information on where the litter is more frequently left after some of the over night drinking parties but the only way to combat this through Environmental Design is to make this area of the park useful for a legitimate group of

users. We suggest a multi-use open grass field in this area. These fields have been well used in other parks in the city and because there is night time surveillance available we have little problems with them being abused. The daytime activity of soccer, football, or softball games will provide added activity support and increase in the legitimate users of the park to provide surveillance in the area. Because the field would not have lights it would not cause a use conflict by having sporting events at night when the nearby residents are trying to sleep.

- Another area that is dire need of activity support is the skate park itself. For the most part it does not appear the skate park is being used as it was designed. We frequently have groups of youth riding BMX in the park that was only designed for skate boards. We also have large groups of subjects that just use the skate park as a “lookout” to observe the exits and watch out for security, police or legitimate users. From our reports these groups have been using the parks for gang meetings and drug dealing along with just general loitering. If we could encourage an organized group of subjects that actually used the skate park we could push these illicit abusers to other locations and possibly even out of the park altogether. This activity support would need to be encouraged by the city but it basically would need to be up to the legitimate skate boarding community to take back the skate park or face it being removed for another legitimate activity. If there is not enough interest in using the skate park for what it was designed for it should simply be removed and something placed there that can provide legitimate users.
6. Displacement: In this survey we will discuss only two of the five forms of displacement. This is Place Displacement and Time Displacement. Basically this means that we are attempting to move the problem from the park to another place or cause the problem to happen during a different time. In the past this was looked as a problem with CPTED we now realize that if we can displace the criminal element it has an even harder time re-establishing itself and we can do away with the criminal activity altogether.
- As already discussed if we can make the changes suggested to the park this may have an effect on the crime that occurs there. If we can address each type of crime that we see at the park with active enforcement and serious consequences we should be able to take back the park. Unfortunately this may mean some of the legitimate users will have to give up some of their activity in the park. If we see that most of the crimes that happen at the park happen in the middle of the night when the surveillance is low and activity support is non-existent then we need to consider closing the entire Park at night. It is much easier to determine criminal activity in an area where there is not supposed to be any activity at all. We know this is a double edged sword in that if you require legitimate users to leave the park as well there will be very little surveillance to report the criminal activity. This could be balanced by a Neighborhood watch program, security or regular police patrol. If the residents that live around the park were to take an active roll in observing the park when closed and calling the police if there was any activity we could see the number of park abusers decrease during the night time hours. We also know that many of the offenses that we see inside the park are alcohol related. If we changed the city code to make consuming alcohol in the park illegal we could push some of these offenses out of

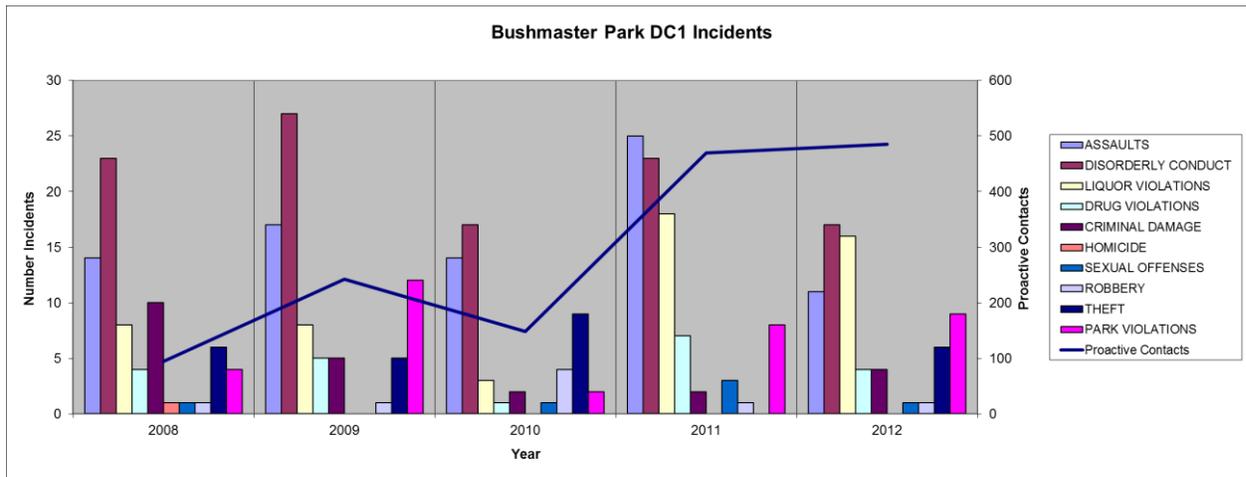
the park. This again would mean the responsible, legitimate users of the park would have to lose the right to consume alcohol in the park as well. We feel that targeting specific points of sale may have more effect to combating the alcohol offenses than an outright ban on all alcohol in the park. If some of the nearby retailers were encouraged not to sell alcohol to the chronic street alcoholics it may again displace this problem out of the park.

7. **Conflicting User Groups/ Incompatible Land uses:** Separating land uses is a common urban planning principle and can be useful for environmental reasons but it can cause negative public safety impacts.

- Although Bushmaster Park is centered mostly in a residential area and bordering a commercial shopping location no conflicting use or incompatible use could easily be identified. There is a Bowling alley and Tavern bordering the park on the south end but it appears to be far enough away that use of these businesses does not conflict with the park and vice versa. With the suggestions we have made for park improvements we have taken into account the residential area and have made no suggestions that would create obvious conflict of use.

Bushmaster Park DC1 Incidents Report

Presented by Deputy Chief (Support Services) Dan Musselman to the Bushmaster Park Concept Design meeting on April 10, 2013



Appendix G

A Beautiful Life – Hermosa Vida – Nizhoni lina – Summer 2010

A Beautiful Life - Hermosa Vida - Nizhóní Iiná – Summer 2010 *Sunnyside Neighborhood – Flagstaff, AZ*

Report prepared by: Lisa Jane Hardy, Ph.D., Kyle Bohan, Julio Quezada, Kelly Alleen-Willems

Funded by:

The Kresge Foundation



Acknowledgements

In February of 2010, the Kresge Foundation awarded North Country HealthCare funding for the planning of a community response to childhood obesity in the Sunnyside Neighborhood of Flagstaff, Arizona. The project came to be known as, *“A Beautiful Life – Hermosa Vida – Hozhooga ‘lina.”* This project and others that follow are the result of the efforts of leaders at North Country HealthCare, Sunnyside Neighborhood Association and other organizations listed under “The Players” in this report. Most importantly, this report is the result of community collaboration in the Sunnyside neighborhood of Flagstaff.

All photographs in this report are credited to the Community Researchers who took them while conducting observations and creating maps for the project research.

“Fostering healthy and safe communities for adults and children living in underserved urban and rural areas is a priority”

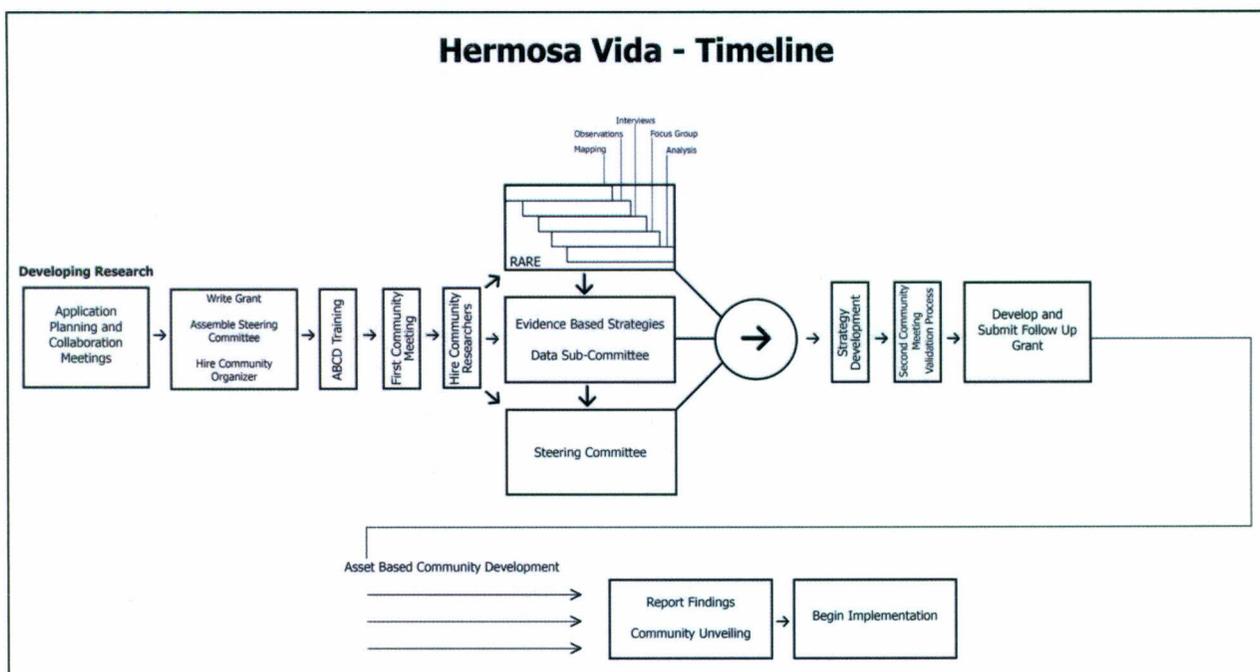
-The Kresge Foundation

TABLE OF CONTENTS

- INTRODUCTION :** 4
 - THE PROJECT..... 4
 - THE PLAYERS 4
 - THE RESEARCH TEAM..... 5
 - THE PLACE – SUNNYSIDE 6
 - THE REPORT..... 9
- PART ONE: ASSESSMENT..... 10**
- OVERVIEW 10**
 - ASSET BASED COMMUNITY DEVELOPMENT (ABCD) 10
 - COMMUNITY MEETING 11
 - RAPID ASSESSMENT, RESPONSE, AND EVALUATION..... 12
 - METHODS..... 13
 - THE RESEARCH TEAM..... 14
 - COMMUNITY MEETING II..... 15
- THEMES & STRATEGIES 15**
 - SAFETY AND MOBILITY / BUILT ENVIRONMENT 15
 - COMMUNITY 21
 - HEALTH..... 24
- CONCLUSION 30**
- PART TWO: QUANTITATIVE REPORT 30**
- APPENDICES..... 30**

INTRODUCTION : The Project

In Winter 2010, North Country HealthCare was awarded a planning grant from the Kresge Foundation to organize a collaborative effort between local organizations to engage Flagstaff's Sunnyside Neighborhood in a process of Rapid Assessment, Response and Evaluation (RARE), Asset Based Community Development (ABCD), and strategic planning regarding the issue of childhood obesity. For nine months, North Country HealthCare—along with dedicated community members and local organizations—diligently worked to assess and engage the community while applying ethically sound and evidence-based research methodologies to guide planning efforts.



The Players

The idea for this research grew out of the on-the-ground insights of physician, Dr. Nina Souders, who works with patients from Sunnyside on a regular basis. It was the observations of Dr. Souders that Well Child visits were often ending with a diagnosis of obesity that began the conversation about how to foster healthy lifestyles and obesity prevention in Flagstaff. This project is also the result of the vision and creativity of Amanda Guay, the Principle Investigator and Outreach Director, and Rick Swanson who at the time served as the Marketing Director at North Country HealthCare. Their energy and enthusiasm brought together a group of partners and propelled this project through all of its various phases. In addition, we thank Dr. Eric

Henley, currently serving as Chief Medical Officer at North Country HealthCare who provided important insight at every level throughout the process.

Planning for this Safety-Net Enhancement Initiative relied on the hard work and commitment of North Country HealthCare's partners. Representatives from each of these entities attended long meetings, brainstormed, talked, listened, and participated in planning efforts including Flagstaff Medical Center (FMC) and FitKids of Northern Arizona, Sunnyside Neighborhood Association (SNA), Northern Arizona University's Department of Anthropology and Interdisciplinary Health Policy Institute (IHPI), Flagstaff Unified School District (FUSD), Arizona Nutrition Network, Coconino County Public Health Services District, The Arizona Department of Health Services, and City of Flagstaff Parks and Recreation Department.

Most importantly, the findings of this project rest on all of the people who live and /or work in Sunnyside who spent hours of their time talking, interviewing, participating in focus groups, attending community meetings and filling out surveys. We hope our insights truly reflect what we heard from community members and believe these insights will contribute to enhancing *Hermosa Vida* in Sunnyside.

The Research Team

Lisa Jane Hardy, Ph.D. the Lead Research Consultant, is an Instructor in the Department of Anthropology at Northern Arizona University and a fellow with the Interdisciplinary Health Policy Institute. She has worked across the United States working as an ethnographer and consultant on projects dealing with health and identity. She brought this experience to the design and implementation of the research process, training of researchers and oversight and analysis of the data.

Julio Quezada has lived in and near Sunnyside growing up and still resides in the area. He is familiar with the people, places, problems, and assets of the neighborhood. He serves the *Hermosa Vida* project as the Community Organizer through North Country HealthCare and the Sunnyside Neighborhood Association.

Kyle D. Bohan joined the *Hermosa Vida* project as a graduate student intern from the University of Arizona. He is originally from the Northern Arizona communities of Pine and Cottonwood; however, he has always enjoyed spending time with family in the cool pines of Flagstaff. Kyle is interested in community health and the impact policy and the environment have on the health of individuals. In May 2011, he will complete the degree requirements for a Master's in Public Health - Public Health Policy and Management, at which time he hopes to continue working to improve the health and well-being of people and communities.

Kelly Alleen-Willems is a graduate student at Northern Arizona University pursuing a Master's degree in Anthropology. Prior to working on this project as a community ethnographer and intern, she was unfamiliar with the Sunnyside neighborhood. She worked with this team to build on her skills in ethnographic research.

Julio Castruita has lived in and near Sunnyside for most of his life. Sunnyside has been a location his life centers around in that even when living outside of the area, he finds himself coming back to see friends, participate in activities, and work.

Maria Lopez grew up in Sunnyside. She has spent her whole life in the area and is currently actively engaged at Killip, where she works with FACTS afterschool program and in the kitchen.

Irene Montano grew up in Sunnyside and graduated from Coconino High School. She is a very active and well-known community leader. She participates in a number of leadership roles through her work at the Sunnyside Neighborhood Association and is incredibly knowledgeable and helpful in regards to addressing problems in the area.

Martin Tease currently works at the Murdoch Center in the Southside of Flagstaff where a similar RARE project was implemented in 2009. Martin offered a unique perspective as an outsider to Sunnyside who is familiar with a similarly diverse neighborhood in Flagstaff.

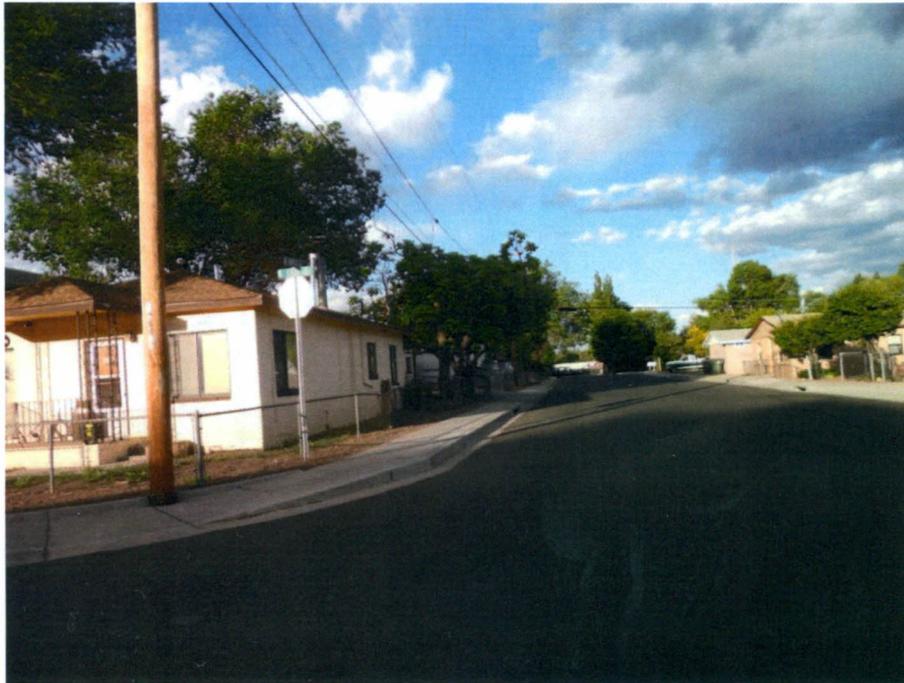
Cornelia Todecozy is a past Sunnyside resident who works at North Country HealthCare. She has family in Sunnyside. She is a graduate of Northern Arizona University where she earned a Bachelor's in Nursing and a Master's in Education.

Robert T. Trotter II, Ph.D. and **Miguel Vasquez Ph.D.** served as consultants and trainers.

The Place – Sunnyside

The Sunnyside neighborhood is home to over 7,000 people, which amounts to approximately 14% of the city population and covers one-square mile in the northeastern part of Flagstaff, Arizona. According to the City of Flagstaff, the Sunnyside neighborhood is one of the poorest neighborhoods in the city. In terms of ethnicity and socioeconomic status, Sunnyside is Flagstaff's most diverse neighborhood. According to the U.S Department of Housing and Urban Development (HUD), 67% of Sunnyside households qualify as low income. Many welfare recipients, immigrants, undocumented people, single-parent families, ex-offenders, and non-English speakers live in Sunnyside. In fact, according to the Census of 2000, 47% of those people who reside in the neighborhood do not speak English, over 50% receive

some type of government subsidy, and 34% are single parent female-headed households. We are also aware that the presence and struggles of undocumented individuals and families are often invisible to measures such as the U.S. census. It is clear that this neighborhood is a place where positive and healthy activities occur and also a place where people live who are suffering from struggles and health disparities.



“I grew up here so I would say it’s a community. It’s um...I don’t know I just I feel comfortable here. I know the neighbors I know the people in the neighborhood and that’s what made it easy for me to transition back into the neighborhood is that I had my roots here so it was easy for me to transition back into the neighborhood without feeling displaced”

Sunnyside is home to many multi-generational families and small family-owned businesses and is surrounded by the industrial Fourth Street and Cedar Street corridors. The diversity in ethnicity, economics, family structure and businesses is a source of pride for residents. Killip Elementary School / Community Learning Center and the connecting Ponderosa Park, serve as the hubs of the Neighborhood. Ponderosa Park has a community-centered mural, a playground, and grass where families host birthday parties, ride bikes and bring their children to play, for – in some cases—generations. Cultural events, dances, community meetings, sporting events, community BBQ’s and social activities take place at Killip Elementary and Ponderosa Park.

Historically, outsiders have associated Sunnyside with the struggles of a low-income neighborhood suffering from criminal activity and blight. Through our process of research, we found that crime does indeed occur within the boundaries of Sunnyside as it does throughout Flagstaff, however the crime rates are not wildly different than they are elsewhere in the area. There are community leaders, some serving at the Sunnyside Neighborhood Association, who have worked hard over the years to enhance the reputation of Sunnyside and call attention to the positive activities that take place there. Thanks to the efforts of Coral Evans and others, the overall image of the neighborhood began to change. In recent years, criminal and gang activities - though still present - have significantly dropped. Community members replaced graffiti with murals and groups joined forces to make the Sunnyside Neighborhood the place it is today.

Sunnyside is a community containing large family networks and long-standing community organizing efforts. Occasionally, outside observers state that Sunnyside is a “real community” where everyone seems to be connected. The Sunnyside Neighborhood is home to several recreational resources such as a BMX Park, Flagstaff Recreation Center, the Joel Montalvo baseball fields, and several community gardens.



The Report

Childhood obesity is an incalculably complex issue. We do know the incidence of childhood obesity in Sunnyside – as well as other areas around the country – is on the rise. Dr. Nina Souders is a pediatrician serving this area of Flagstaff. She reports she has seen a dramatic and dangerous rise on the number of children she identifies as obese and overweight over the past several years.

“We must do everything we can to try to re-establish healthy habits in our children. Obesity is a lifelong disease for which there is no cure and no effective treatment. Unfortunately, kids are becoming obese so early in their lives now there is almost nothing I, their local pediatrician, can do to prevent it.”

-Nina Souders, MD

The factors that influence childhood obesity represent a complex web of meaning and behavior—ranging from genetic factors, lifestyle choices, and personal preferences to socioeconomic status and local, regional and national policies. An inability to accurately define childhood obesity causation makes the challenge of planning an intervention increasingly difficult. There is not one single outcome measure to describe what is causing childhood obesity in Sunnyside; similarly, there is not one guaranteed solution. This report tries to address this complexity by presenting relevant data that may aid in the guidance of planning multiple strategies for *Hermosa Vida*.

PART ONE includes the RARE approach and process of gathering and analyzing information as well as the organizing efforts and the community meetings.

PART TWO includes efforts to incorporate themes found in the RARE research and recommendations found in Public Health and Biomedical literature to guide the collection and analysis of secondary Body Mass Index (BMI) data, surrogate measures of childhood obesity, and social determinants of health data specific to the Sunnyside Neighborhood.

PART ONE: ASSESSMENT

OVERVIEW

Asset Based Community Development (ABCD)

Hermosa Vida began with the introduction of the Asset Based Community Development organizing model. The foundation of the perspective behind ABCD is that communities should identify the gifts within the community and draw on those for positive change.

The process we used was roughly modeled around ABCD to organize the community in addition to our research. The Hermosa Vida team planned and delivered a community wide training on ABCD with leaders Mike Green, and Ron Dwyer-Voss. We then developed a model of using the insights from ABCD and localizing the process to the Sunnyside community. In response to the needs of the community and critiques of ABCD, we expanded the model to include a strong focus on the impact of all levels of policy on the neighborhood. We investigated the social boundaries of the neighborhood, as well as the externally defined boundaries through the use of RARE.



Flagstaff City Council member Coral Evans, left, and Irene Montano, The Sunnyside Neighborhood Association of Flagstaff Inc. Photo by Frank X. Moraga/Shooting Star Communications

Community Meeting

We introduced Hermosa Vida through a community meeting. Approximately 80 people attended this meeting in order to learn about the project and provide input on the assets in the neighborhood. Following the community meeting, the research process began. These were the goals of the community meeting:

- Foster and enhance relationships with community members who will be key collaborators throughout the project
- Identify volunteers, leaders, Community Researchers, cultural experts, residents, businesses, and service providers, and interview focus group participants
- Collect pilot data that will inform subsequent research
- Identify assets, gatekeepers, corridors and connections within the community
- Ask participants to see their community with “new eyes,” by investigating different aspects of their surroundings
- Identify questions, social determinants of health and issues community members thought to be vital within Sunnyside
- Generate excitement and involvement
- Produce several asset maps to inform the project team of the community’s viewpoints
- Raise awareness around existing health resources



Julio Cesar Quezada, community organizer for The Sunnyside Neighborhood Association of Flagstaff Inc./Weed & Seed, explains the benefits of the Hermosa Vida program.

At the conclusion of the meeting, the research team then evaluated the data and began the RARE process.

Rapid Assessment, Response, and Evaluation

RARE is both a research approach and a set of methods that are community engaged; academic researchers train and work alongside Community Researchers. Global entities such as WHO and CDC, have successfully implemented RARE around the world.¹ Researchers have subsequently used it to explore and make recommendations on a variety of topics and communities. For the purposes of this project, we began with the RARE model and adapted it to the needs of the project and the Sunnyside Neighborhood. Community Researchers received methods training and gathered a wealth of rich data from “community experts” living or working in the Sunnyside Neighborhood, providers, and educators who serve the Sunnyside community. The focus of RARE included a broad-based approach to learning about life in Sunnyside. While obesity was a main focus of the research, it was a topic researchers investigated later in the process after they developed a picture of the struggles and assets of the neighborhood with a wide lens. This is the first time researchers have used RARE to investigate childhood obesity.

RARE provides a process to assess and respond to local problems related to social, environmental, and physical health. Community Researchers participating in the Hermosa Vida project used RARE to study the community on broad topics such as the environment, safety, local knowledge, local assets, values, lifestyles, and other factors related to the problem of obesity in the Sunnyside neighborhood. In addition, RARE assisted in prevention and treatment planning for the future.

RARE began early in the summer of 2010 when the Community Organizer and the Lead Researcher interviewed, selected, and hired five researchers from the community and added two graduate student interns. This group consisted of a variety of people from inside and outside the neighborhood, which provided a useful mix of perspectives throughout the research project. Those who were familiar with Sunnyside shared their knowledge and experience of the place, people, and history of the area. Other researchers contributed “fresh eyes” to the neighborhood and topics that arose from the research. Researchers represented a wide range of ages, ethnicities, language proficiency and overall life experiences.

Methods

The eight-week research process integrated a toolkit of methods including social mapping, observation, surveys, interviews, focus groups and journaling. At the beginning of the process NAU anthropologists trained team members on how to conduct research. From that point forward, the lead researcher moderated weekly meetings, where researchers reflected on the data they collected, developed and refined research tools, and participated in analysis of incoming data. One of the most valuable aspects of this process included the ability for researchers to reflect on incoming data using their own observations and experiences, bringing an important depth to the findings. Sampling for the research included recruitment by the Community Organizer and members of the team who worked together to identify participants, including community leaders, physicians and educators who serve the Sunnyside community, and residents who may or may not be involved in community action. Team members worked to ensure the recruitment of participants who represented a cross section of gender, ethnicity, age and socioeconomic status.

Maps

The project began with a social mapping activity. Researchers created social maps of the neighborhood whereby they identified patterns of the social use of space and areas they thought were significant within the neighborhood. Two person researcher teams developed hand drawn maps and a collection of digital photographs. The team then collaboratively developed a composite map listing assets, problem areas and other observations. Researchers also selected social spaces as targets for future observations and the distribution of surveys.

Surveys

The team developed surveys together that asked questions around lifestyle choices and distributed them to residents, shoppers, business owners and educators in the Sunnyside area.

Interviews

The most in-depth data collection came from semi-structured interviews for which the lead researcher developed an interview guide that the team continued to revise throughout the process. Each interview lasted one to two hours and researchers audio recorded them in full. At the conclusions of each interview researchers took detailed notes and memos revealing emerging themes and details of the interview. Each participant received a gift card at the conclusion of the interview. The guide questions included broad topics related to: wellness; obesity; food; and physical activity.

Focus groups

Once the interviews were well underway, the team planned and moderated focus groups to investigate the social aspects of data they collected during the interview phase of research. Each focus group was designed to obtain social data from different groups within the neighborhood. Focus groups lasted one-two hours and note takers observed and took detailed notes and audio recordings. Participants received gift cards for their participation.

| Method of Data Collection | Number of Participants |
|---------------------------|------------------------|
| Surveys | 53 |
| Interviews | 36 |
| Focus Groups | 31 |
| Journal Activity | 11 |

Analysis

Every week the research team met to analyze findings and develop ongoing methods. Toward the end of the project the team began to focus in on health and obesity and develop strategies. In the final weeks of the project team members brainstormed about potential strategies for prevention and healthy lifestyles that reflected the themes that emerged throughout the research process. The researchers then presented these findings to the Steering Committee and compared them with evidence based strategies in order to determine which strategies would be most realistic and effective in Sunnyside.

The Research Team

The overall team included a Lead Researcher, a Community Organizer, two graduate student interns and five Community Researchers. The role of the Lead Researcher included the following: collaboratively developing the RARE training and designing the implementation of RARE for the specific project; collaboratively creating interview guides; training and mentoring researchers; conducting research alongside the team; working with the steering committee and interns to engage in a process of feedback about process and results; guiding the overall analysis of data and disseminating research results. The Community Organizer occupied a variety of roles including the following: administrative support; developing and enhancing important community relationships; conducting research and analyzing results and working with the steering committee at large. A graduate student intern served as a peripheral member of the research team. His role included collecting quantitative data and participating in dialogues about his findings and the findings of RARE so the two data sets could inform one another throughout the entire duration of the project.

Community Meeting II

RARE also includes a plan for validating the research findings. For this project, we organized a final community meeting where facilitators presented themes that emerged from the research process, presented a menu of potential strategies for intervention and asked for community responses. The meeting included tables, both in English and Spanish, where participants learned about resulting themes, discussed strategies for each one, and then finally voted on which strategies they deemed to be most important to the neighborhood. At the conclusion of the research, the Steering Committee analyzed the findings from the meeting and began an in-depth process of determining which strategies were most effective according to local data, community support and evidence based strategies from around the country. All of the final strategies that resulted from the data and from this process are fully grounded in local research results produced by the RARE process.

THEMES & STRATEGIES

Our research process yielded a variety of results we organized into the categories of safety and mobility, community, and health. Next, we developed a list of potential strategies within each category. At first glance, the themes may not appear to be directly related to childhood obesity; however, through the analysis of our broad based data we identified important themes that are either directly or indirectly related to social determinants of health, overall wellness, healthy lifestyles and obesity. We also identified Policy as an important category. We thought it was important to analyze our policy related findings as their own theme, however, for the purposes of this report we include policy level findings within other categories. Each theme includes community level *and* policy level insights and strategies.

Safety and Mobility / Built Environment

As soon as we began talking with people around the neighborhood we began to hear about local pride in the neighborhood, as well as concern over public intoxication and crime. This theme encompasses a variety of experiences from feelings of fear around public spaces in the neighborhood and worry over the potential for police harassment, to pride in neighborhood upkeep in certain areas of Sunnyside. People's ability to move freely around a neighborhood clearly impacts their propensity for participating in healthy outdoor activities. This is a strategic area that provides opportunities for neighborhood change that may potentially have a direct impact on the health and wellbeing of children.



Dimensions

Crime & Fear

Sunnyside has historically been considered a neighborhood suffering from crime. While crime rates have dropped significantly in recent years, there are still some incidents of crime within the boundaries of the neighborhood. However, A collective memory of dangerous criminal activity remains, which continues to impact the way people think about public space. One participant recalled walking her sister around the neighborhood because her sister was afraid to walk alone after an incident that occurred a number of years ago when a man came in through her screen door and, “took a coffee cup out of her hand.” The memory of crime is not uncommon among long-time residents.

“When I was growing up I could run to my auntie’s house and no one was there and the door was open. I could walk right in. I’m more terrified now than I was then. Times are changing.”

– long time Sunnyside resident

“Whether it’s true or not, I don’t know that it’s a gangbanger violent place... don’t walk down the street at night type of place. Whether it’s real or perceived, I don’t know but that needs to be fixed. Either the reality needs to be fixed or the perception needs to be fixed. That’s probably one of the biggest detriments of Sunnyside...”

-Sunnyside Resident

Residents of Sunnyside also worry when there is no crime. This reputation of the neighborhood at times, some say, prevents residents from allowing their children to play

outside and prevents outsiders from visiting the neighborhood. Police in Sunnyside put forth efforts to ascertain the needs and desires of local residents and business owners to continue to reduce crime. The Sunnyside Neighborhood Association continues to monitor media attention on Sunnyside making sure to contest inaccurate media information that increases poor public perceptions of the neighborhood.

Social Use of Space

The built environment in Sunnyside does offer opportunities for outdoor play and social activities. In many cases, however, the way people use the space does not match the physical environment. Fences, for example, surround several popular outdoor areas. These fences were designed and built in order to protect children within playground spaces from running out and to keep intoxicated people away from those children. Through survey and interview data, as well as observation, the research team found not only were the fences inadequate at serving their purpose, but children and teenagers often broke through or in many cases climbed over fences to get where they were going. During one interview in the park, a child climbed over the fence leaving a bleeding gash in his thigh. The fences also did not seem to serve as adequate deterrents for people engaging in drinking and drug use in public.



The research team determined that park use in Sunnyside is often sporadic and defined. Many people use the parks for specific events, such as birthday parties or basketball games. During daytime hours people do walk through the parks. Still researchers observed little down time activities where families, groups or individuals were socializing or playing in the parks. On

one summer day, for example, researchers were conducting a formal observation of a park and noted teenagers were more likely to spend time socializing inside a store across the street while the park remained empty.

Residents continue to use public space for different purposes, and in many cases attempt to modify the space for their own use. There are opportunities here for the assessment of public space in Sunnyside and efforts to landscape and redesign several areas to increase usability for the people who live there.

Public Intoxication

Adults and teens in Sunnyside complain that the presence of intoxicated people in public spaces creates a serious deterrent to outdoor recreational activities in and around the neighborhood. Time and time again, interview participants reiterated the phrase, “drunks in the park.” During observations, researchers noted people under the influence using profanity and approaching others in playgrounds where young children were present. Similarly, youth recount stories of unusual behavior in playgrounds they find alarming and bothersome, such as public urination, in areas near playground equipment.

“There’s a lot of what you call drunks that pass by; so if I have a kid I don’t feel secure because of the people that go through, that pass by.”

-Long time Sunnyside resident

“Parks are dangerous. Drug trafficking, drunks, molesters. No parks are safe at night.”

-Teen at a focus group

The fear and reality of public intoxication is a complicated issue in Sunnyside. It rose to the top as a major concern and detriment for healthy lifestyles. Researchers also acknowledge there is no easy answer to this problem. Many of those people who are called, “drunks in the park,” are also suffering. This is one area, which needs serious attention in Flagstaff. While there was some disagreement within the group on this issue, several researchers agreed that positive strategies might not be designed primarily to punish those people who may also need help. We identified a need in Flagstaff for positive resources to assist people with addictions while also fostering safe and drug-free spaces for children to play.

Policy & Police

Over the years, various individual police officers and squads have served the Sunnyside area. Many residents expressed their respect for police personnel as a positive force within the neighborhood; stating specifically the current squad contains a dedicated group of officers who are actively involved in the community. The activities of the squad, such as late night basketball challenges within the neighborhood, are generally well received. Some long-term residents,

however, have memories and fears of police harassment possibly hindering their mobility around the neighborhood.

Participants who grew up in or around Sunnyside remember gang squads who approached groups of kids in the park and asked them for their names and other information. These actions of police members eventually resulted in youth who consistently sought places to hide. These youth also viewed police on a continuum ranging from unhelpful to dangerous. While some people fear police due to historic associations with criminal behavior, others talk about negative interactions that happened within the neighborhood that did not involve crime.

Immigration policy

The passage of Senate Bill 1070 (SB 1070), an immigration policy, in the State of Arizona in 2010 created and enflamed a painful rift in Sunnyside that involves people's healthy lives as well as their relationships with law enforcement. Most of the research for this project took place between the passage of SB 1070 and the date when it was placed under preliminary injunction. Sunnyside houses multiple individuals who identify themselves Chicanos or Mexicans, some of whom are either undocumented or associate with undocumented people within their families or social circles. Once the bill passed, many residents left the state and/or began to hide out due to the fear of being arrested. Some have also suggested the possibility that implementation of this policy creates the potential to cause problems in police relationships with local residents and local reporting. According to our interview data, those people who used to have a positive rapport with police now hid from them and no longer reported events and concerns in the neighborhood. We only have interview and observational data to support these claims, however, we are interested in researching this in more detail in the future. We also heard complaints about racial profiling in Sunnyside from times before the passage of SB 1070. One resident told a story of being pulled over time and time again due, she thought, to a bumper sticker on her car that indicated a relationship to Mexico. Profiling is a common complaint among residents living in Sunnyside.

SB 1070 is, however, a point of serious debate within the neighborhood. Many residents support the passage of this bill and feel it will enhance the quality of the neighborhood and the functioning of the state. As researchers, we did not take a political position on the bill, however, we did consider the impacts of the passage and implementation of the bill on the ability for neighborhood residents to move about the neighborhood, interact with law enforcement, and/or obtain healthy lifestyles. Given its passage during the time of our research, we could not ignore the present and potential long term impact of SB 1070 within and around Sunnyside.

“Before you could help the neighbor, you know like if the neighbor needed like a babysitter they would ask you...now you can’t even walk on the streets because the police will stop you...it’s really kind of sad that it changed....”

-Resident

Property Maintenance

In general, residents dislike the problem of trash in yards in Sunnyside and cite it often as a cause for concern and embarrassment. While some properties are meticulously maintained, others have cars on the grass, trash in the yards and other visual markers of disrepair. These yards are considered to be eyesores by many residents and seem to create a situation where it is less likely for either insiders or outsiders of Sunnyside will move about the neighborhood.



Sidewalks, Residential Areas & Shopping

Sunnyside houses a variety of businesses, however many of them are scattered throughout the neighborhood and sit along the periphery in what many call a pattern of “swiss cheese.” There are concerted efforts to revitalize and enhance the corridor as part of the city’s Fourth Street North Corridor Study. The Fourth Street Corridor enhancement is expected to be completed by early 2011. However, at this time Fourth Street houses businesses along with empty buildings and lots; and traffic patterns do not encourage a walkable downtown experience.

Strategies

- Walking tours of significant neighborhood spaces, homes, businesses and landmarks
- Assessment and landscaping of public parks in consultation with the Parks and Recreation Department
- Wet houses for people who need assistance and a place to go who are suffering from the excessive use of drugs and alcohol
- Creating and maintaining pocket parks, gardens and greenhouses
- Activities in the park
- Passage and enforcement of a Property Maintenance Ordinance
- Dialogue with police about increasing mobility for the prevention of obesity
- Open Container ordinance passed and enforced
- Park monitors who check out toys and have a sign in sheet for children

Community

Long time Sunnyside residents take pride in the sense of community they have developed over, in some cases, multiple generations. Residents in some areas of the neighborhood know their neighbors and take special care to watch out for people in need, such as older residents who may not have the ability to shovel snow or may need special assistance. It is also true that there are divisions between groups, such as fences and “no trespassing” signs throughout Sunnyside, and some residents worry there is not enough, or should be more, in terms of inclusive community. Overall, we ascertained that research participants enjoy community events and are conscious of a very tangible desire to increase community participation and “get to know the neighbors.”

Dimensions

Social Connections

Protectiveness of neighbors is viewed within Sunnyside as a positive aspect of life. Those families who lived there for many years report enjoying memories of playing with cousins as children and now encourage their own children to play with the children of their cousins. There are quite a few community members who take note of what people are doing in the neighborhood and report anything unusual to the Sunnyside Neighborhood Association in attempts to keep the neighborhood safe. Community park events hosted by the neighborhood association are usually well attended and include the annual Fiesta de Mayo and La Joya-Fiesta de Independencia. In 2008, over 10,000 people attended the 10th annual Fiesta de Mayo Celebration which was a three day event. In past years, the event has attracted crowds of up to 25,000 individuals.



“Everybody knows everybody and people have become protective of their neighbors and I seen it during the winter, the young people, the elderly, they are over there shoveling their driveways you know things like that..I see a lot of concern when people come in even to me and they’ll say have you seen ‘Mrs. Buena, maybe we should check on her’everybody knows. They’re protective of each other. You know they take care of each other...”

-Long time resident

“The diverse cultures here, you know we have a school here that’s Navajo, Spanish and English and I thought we were the state that didn’t condone Spanish speaking schools. That’s what I thought, but yet Flagstaff wants to be different and establishes themselves to be different and so people in the communities need to take pride in that.”

-Long time resident

Social Divisions

There are real social divisions between ethnic groups in Sunnyside. These social divisions result in changing attitudes about other people, as well as access to neighborhood resources. These divisions appear to impact youth, specifically in the high schools. Some people divide themselves between the identity of being Chicano, or long time Hispanic residents of the neighborhood, and Mexican, or more recent immigrants. Another division sets Native Americans apart from others in the neighborhood. We heard phrases, which underscored these divisions such as, “the natives like to play basketball,” and others that illustrated strong divisions between social groups defined by ethnic identity within the setting of high schools.



"[We like to] go to the mall, ride bikes, parties, sit at home and play videos or if you're white then you go the mall 'oh my god I like that shirt...' The people that live beyond the mall are white girls that drive around in their daddies Mercedes, [the groups include] jocks, nerds, black people, white people..."

-Youth focus group comment

Local Networks, Trust & Respect

It is clear through qualitative data there are strong and important networks of trust and respect within Sunnyside. Efforts to create social change or even assess needs within Sunnyside are most successful when involved parties come from the inside (there are needs assessments and local strategies currently underway within this neighborhood). "Outsiders" must prove their investment in Sunnyside before they will achieve a position of respect with regard to educational programs, participation and service within Sunnyside. The importance of insider trust is also reflected in the "don't snitch" practices of youth in the neighborhood.

People also think about the spaces of the neighborhood as being marked by their relationships with family and friends. On maps, participants drew houses that belonged to family members as important landmarks in their lives. Some also spoke of spaces in the neighborhood as being defined by the people who lived there.

"I say where I live and people don't know, but if I say I live near so-and-so then we have something..."

-Resident

Desire for Community

We heard repeatedly from residents of Sunnyside an appreciation for existing community events and a desire for more outlets and opportunities to meet and socialize with neighbors. The majority of participants we interviewed reflected the sentiment that, “there is nothing for youth to do.” There are some important youth events such as a youth group that runs out of the neighborhood association. The Sunnyside I.A.M. Youth Leadership Development Program provides the neighborhood’s youth, aged 9-18, with a comprehensive mentoring and community service program. I.A.M. This group hosts candle light vigils, dances, fundraisers, community service projects, events and contests in the area.

Strategies

- Events in the park
- Planning and construction of a central square for gatherings/movies/etc.
- Free community or city sports leagues that welcome everyone
- In school trainings around identity and difference
- Locally engaged and embedded assessment, evaluation and implementation
- Youth building and participation projects

Health

We found many residents of Sunnyside uphold ideals of what it means to live a healthy life. In many cases, however, residents felt they were unable to obtain the lives they would like for themselves or their children due to challenges such as long working hours and rushed schedules. Most residents felt obesity was a bad word, indicating blame and shame. On the other hand, we found many health care providers and health educators believed residents did not possess the necessary knowledge to cook and eat well or promote sufficient physical activity in their homes for their children and themselves.

Dimensions

Providers & Educators

We found providers and educators who serve (and sometimes reside in) the Sunnyside community struggled with frustrations over time and structural limits to the amount of information about the lives of Sunnyside residents. Another frustration included their ability to communicate overarching messages about health and healthy lifestyles in physician appointments or educational programs. We identified some perceptions that proliferated among this group did not always match the experiences of residents. While providers and educators did acknowledge the structural barriers Sunnyside residents face (few financial

resources, access to healthy foods, etc.), some also reinforced ideas that some residents encountered cultural barriers to health knowledge or had insufficient knowledge of healthy behaviors. While in some cases this may be the case, our research suggested residents did in fact have knowledge of healthy behaviors and foods, however, they were unable to incorporate these practices into their everyday lives.



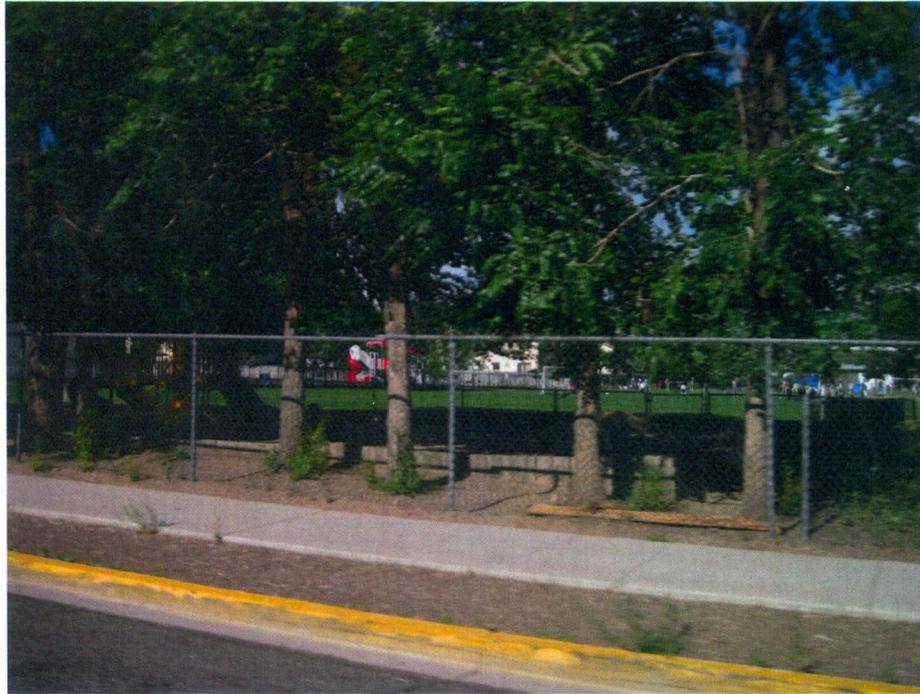
Existing Health Education Programs

Though residents were aware of some existing health education programs, we also heard some dissatisfaction with them. One reason for the dissatisfaction was the idea of people who present the information, both physicians and educators, are often not insiders to the community and therefore not trusted community members.

“Um, the people who are doing, they’re people that aren’t healthy but they’re like...you see all these like skinny people walking into the classrooms like really skinny people that you wouldn’t see yourself as and like they try to explain what’s healthy and not...”

Bodies

One of our research methods included asking participants to draw pictures of healthy and unhealthy bodies. We found that many residents drew healthy bodies as large in size, engaged in physical activity and embedded in a social context (a figure standing near family members and a house with a basketball for example) and unhealthy bodies as skinny and inactive (stick figures lying on the couch).



Lifestyles

Families cited a variety of challenges to healthy living. Among these challenges were lack of financial resources and health insurance, long work hours, and insufficient options for child-related physical activity. One participant lamented although he knew video games were not the healthiest option, his son played hours of games because the participant and his wife were usually too tired after long workdays to help him find other options. He also stated he hoped his son's skills at the sports games would one day translate into success in physical fitness.

Given recent studies that correlate the activities of pregnant mothers and the health outcomes of their babies later in life, we asked questions around pregnancy. We did not, however, collect enough data to make conclusive statements and there are significant gaps in our research. Instead, we suggest this as an area for further research potential. The following findings are based on limited research. We found many residents enjoyed practicing culturally specific rituals around pregnancy. Many mothers attributed short, trouble-free labors with physical fitness. Those who had long labors lamented they should have been in better health at the time of their pregnancy, thus, blaming themselves for their difficult labors. On the other hand, those who had short labors often attributed this to their ability to remain fit, illustrating some pride in their activities during pregnancy. We found variable attitudes about breastfeeding. Among Latino residents we interviewed, one father told us his wife breastfed their children until they were close to three years old even though other family members were

unsupportive of this. We also encountered mothers who insisted breastfeeding past six months was not beneficial and actually detrimental to the wellbeing of babies and children.



There was a clear distinction between the pregnancy expectations and behaviors of Chicanos and Mexicans in Sunnyside. We heard women discussing these differences as though there were more cultural healing traditions practiced by Mexican women and these women might consider the comments or ideas of Chicanas to be incorrect. One woman said, “They [Mexicans] won’t listen to us because they don’t think we know anything.” Mothers who were newer residents to the United States still may attempt to preserve traditional ideas about pregnancy related behaviors including avoiding all fatty food for forty days after giving birth. Chicanas might be less likely to observe these rituals, however, they remember them and discussed them as being important aspects of pregnancy and childbirth even when they are unwilling or unable to observe them in their own lives.

Violence

Violence – including domestic violence – is an issue that impacts Sunnyside as it does other neighborhoods in Flagstaff and throughout the country. Clearly this issue influences the overall health and wellbeing of adults and children in Sunnyside. Though we identified this as a major factor in achieving healthy lifestyles and an area that requires more research, we did not collect conclusive information on this topic. We identify it as an area needing attention in future research projects on healthy lifestyles in Sunnyside.



“Obesity”

Providers and educators for the most part cited connections between obesity and long-term health outcomes when we asked them about the term obesity. Residents on the other hand discussed stigma and blame with regard to obesity more than anything else. We also interviewed participants who had children diagnosed with obesity who felt the diagnosis was depressing for their children, maddening for them, and did not empower them to try to change the lifestyle of the child. In one case, a father described becoming enraged when a health care provider told his daughter she was obese. We suggest there may be correlations between diagnoses styles and the ability and desire for kids to access resources (such as FitKids of Northern Arizona), which also vary by gender, however we do not have sufficient evidence to make this claim.

One mother reported a nurse told her daughter she was obese in this way: “oh my god! You weigh 90 pounds! Oh my god!” Her daughter left very upset and “didn’t eat for a week” because “that lady destroyed her.”

School food and gym class

We found the youth often feel dissatisfied with food choices in school lunches or the offerings of their physical education courses. Some of these constraints are related to policies that limit food choices and activities at school.



"[Need] More variety – every day at our school we have pizza, pizza, pizza, pizza, pizza every day at our school!!"

"I eat the teacher lunch, I pay for a teacher lunch...because this Mexican lady came in and made everything homemade. She made mashed potatoes, meatloaf all kinds of stuff! The school lunch the hamburgers are cold inside the fries are too salty it's everything it's nasty!"

"When we did PE at Coconino we just played games! We didn't really work out too much..."
Teen at focus group

"It would be nice to get more into the policy at the school system because our kids spend a considerable amount of time there."

-Adult participant

Strategies

- Engage in physician and patient education or the development of consistent educational materials
- Further assessment of physician diagnoses of obesity
- Re-brand obesity in diagnoses
- Promote policies that encourage breastfeeding at local hospital
- Work toward improving school lunch and physical education program policies
- Offer in school and after school healthy activities including recess activities and healthy
- Eating/cooking activities that require parental involvement

CONCLUSION

These strategies do not represent an exhaustive list of themes or resulting strategies. In some cases, some of these ideas were already underway in the neighborhood. Our intent in pulling out these strategies is to identify those that could be realistically addressed in Sunnyside by one or more community organizations or through policy level change. It is our hope that the productive efforts underway in Sunnyside and those to come will continue to draw on the assets within the neighborhood and Flagstaff as a whole to address health disparities through policy and community level action.

PART TWO: QUANTITATIVE REPORT

See attached document

APPENDICES

¹ (Trotter 2001; Needle et al 2003).

Appendix H

Selected Resources

1. Betz, E. (January 31, 2013). 3 stabbed in Bushmaster brawl. Arizona Daily Sun. Retrieved from http://azdailysun.com/news/local/crime-and-courts/stabbed-in-bushmaster-brawl/article_7bf3e468-3f06-58b2-adb4-2671fbb0f505.html
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1. Selected Resources

3 stabbed in Bushmaster brawl



Bushmaster Stabbings

Josh Biggs

Flagstaff police write down details about a lone car with a bullet hole in the right rear window left in Bushmaster Park after Wednesday's triple stabbing in the park. (Josh Biggs/Arizona Daily Sun)

Three people were stabbed and two shots were fired after opposing groups of youths met to fight in Bushmaster Park at about 1:30 p.m. Wednesday.

The fight had an Arizona Department of Public Safety helicopter circling in eastside skies and put nearby Thomas Elementary School on a temporary lockdown.

All five subjects, men between 17 and 21 years old, are in custody. All five required medical treatment, either for stab wounds or "stress-related injuries," according to police.

News of the shooting dominated a neighborhood meeting last night that was already scheduled to discuss the decreasing crime rate at Bushmaster Park and ways to get more legitimate users in the park.

"I had a lot of positive stuff to share going into the meeting until today," Flagstaff Police Officer Ken Durbin told a group of Greenlaw residents gathered at Thomas Elementary School.

Police are not yet certain if the suspects were gang members, but investigators do not believe this was part of any turf war.

"It was an isolated incident that two groups of basically kids came together to the park to fistfight," said Lt. Lance Roberts of the Flagstaff Police Department. "When things started getting bad, two rounds went off."

Two city of Flagstaff maintenance workers saw the group brawling and went over to break it up, but they stopped in their tracks when two gunshots rang out.

Officers were at the park within 30 seconds of the workers' 911 call, Roberts said.

No one was shot during the fight. Officials say a handgun was found at the scene. One person involved told police the gun was fired to scare the other group. However, a 1990s gold Cadillac with a bullet hole was abandoned at the scene.

At least one of the men was found by officers who followed his footprints. Police stopped another vehicle in the area of Fourth Street and East Butler Avenue, according to officials.

"They brought knives to a fistfight in Bushmaster Park because it's a gathering place," Roberts said. "When the other group started getting the best of them, they pulled out the gun."

The gunshots shattered what has been a period of relative quiet in the park. Assaults in the park are at a six-year low.

Eric Betz can be reached at 556-2250 or ebetz@azdailysun.com.

Crime in Bushmaster Park - Assault Disorderly Conduct

2007 12 10

2008 14 23

2009 17 27

2010 14 17

2011 25 23

2012 11 17

Source: Flagstaff Police DepartmentSource: Betz, E. (January 31, 2013). Bushmaster neighbors: Increase park use. Arizona Daily Sun. Retrieved from http://azdailysun.com/news/local/crime-and-courts/bushmaster-neighbors-increase-park-use/article_dd3da804-6bbb-11e2-a4ed-0019bb2963f4.html

2. Selected Resources

Bushmaster neighbors: Increase park use

A group of city employees met last week to discuss public perceptions of Bushmaster as being dangerous and ways to develop the east side of the park, which many say is neglected. Flagstaff City Manager Kevin Burke is enthusiastic about developing the open space at the park, officials said.

The main idea being considered is a community garden.

There's still about \$1.1 million dollars left over from a 1998 parks bond that officials are considering using for Bushmaster Park development.

A meeting is scheduled for Feb. 11 at 5:30 p.m. at the Sunnyside Neighborhood Association to discuss how to develop the park. Several residents at Wednesday's neighborhood meeting scoffed at the idea of a garden in the park's open space, as there is little sunshine for growing vegetables. Others mentioned that today's scuffle actually happened in the parking lot, and not the east side of the park.

Marguerite Hendrie, who runs the Bushmaster Park Watch website and helps organize neighborhood meetings, said she hoped people would translate their sense of frustration with Bushmaster Park into action. Hendrie said that prior meetings have suffered from low turnout.

The previous meeting drew four people, but more than two dozen attended Wednesday's meeting.

Hendrie implored residents to express their views of park development on the Bushmaster Park Watch community forum with the goal of bringing more legitimate users into the park.

"I have my 2-year-old," she said. "I don't want stabbings in my park, either."

Others suggested cultural celebrations, sports competitions and fundraisers. Several others expressed frustration that Bushmaster has a rarely used dog walk park -- they have to drive to Thorpe Park to find other dogs for their animals to play with. The residents exchanged information to coordinate play times.

Lt. Lance Roberts of the Flagstaff Police Department bluntly told the group if they wanted things to change they had to do something more than talk about it. "This is your park," he said. "If you don't step up to the plate, nothing is going to get done."

The next Bushmaster Park community meeting will be held at Thomas Elementary School at 6 p.m. on Feb. 20.

Source: Betz, E. (January 31, 2013). Bushmaster neighbors: Increase park use. Arizona Daily Sun. Retrieved from http://azdailysun.com/news/local/crime-and-courts/bushmaster-neighbors-increase-park-use/article_dd3da804-6bbb-11e2-a4ed-0019bb2963f4.html

3. Selected Resources

Dog Park Establishment Procedures

The purpose of this document is to establish planning and evaluation criteria, policies and procedures for the establishment of two separate types of off leash areas within urban park areas within the incorporated limits of the City of Boulder. The citizens of Boulder approved in November 1996, a process to grant exceptions to the leash laws in city owned park and open space lands within the incorporated areas of Boulder. In response to citizen interest, the City of Boulder has recognized the need to set aside parcels of park land for the primary use of allowing residents to exercise their dogs off leash. As such, this document will identify procedures and the process involved in establishing these sites and evaluating their use.

Types of Off Leash Areas

1. Fenced Dog Training and Exercise Areas (Dog Parks)- These areas will be established to allow dogs who are not yet trained in voice and sight commands to be able to practice these skills in a fenced environment off leash. It is anticipated that two or three pilot sites will be chosen in 1997 within city limits in various geographic areas of the City to test these sites. The fenced dog training and exercise areas will be no less than of one (1) acre in size. A minimum number of park amenities will be established for these sites.
2. Voice and Sight Control Areas - These areas will be established in a variety of city park and open space lands within city limits. The voice and sight areas will be established to allow dogs who are fully trained in voice and sight command to utilize non-fenced, designated areas without leashes. These sites will be adequately marked and may have will have some types of amenities found in park sites. These sites will not be established under a pilot program.

Planning Criteria for the Development of Fenced Dog Training and Exercise Areas

In order to determine the effectiveness of both fenced dog exercise and training areas, two pilot sites will be established during the initial year in two distinct geographic areas of the City. The following are the criteria that will be used to determine the establishment of these sites:

1. Size - Minimum size proposed for fenced dog parks will be 1 acre up to 5 acres in size.
2. Geographical Distribution - The pilot sites will be located in two areas of the City. One site will be located north of Arapahoe and the other site will be located south of Arapahoe.
3. Parking - Since it is anticipated that these sites will be regional in nature, adequate parking will be important to provide based on the expected usage of the park.

4. Fencing - Chain link or similar type of fencing with a minimum of two or more self closing gates, 4-5 feet high will be needed to protect other users of the park from dogs which are being trained in voice and sight control.

5. Environmental Factors - Dog Parks should not be located in environmentally sensitive areas that include unique wildlife habitat or where impacts of the fenced area will change the environmental balance negatively. Additionally, dog parks should not be located on unstable soils and easily eroded slopes.

6. Noise - Fenced dog areas should not be located closer than 150 feet from the nearest resident to create a buffer effect. Additionally, if practical, every effort should be made to locate fenced areas adjacent to tree lines or hillsides to buffer noise.

7. Signage - Safety warning signs should be placed along strategic points on the fence to identify the area inside the fence as an off leash dog exercise and training area. Rules and regulations should also be posted at the site.

8. Park Amenities - Efforts should be made to find locations which are not planned for other recreational development. Park amenities in these areas should include open turf and irrigation, picnic tables, benches, trash cans, dog litter disposal stations, drinking fountains and hose bibs for providing drinking water for dogs.

Due to the regional nature of this type of off leash area, it is recommended that community park sites should be initially considered. Potential sites include the natural area of East Boulder Community Park, and Foothills Community Park.

Planning Criteria for the Development of Voice and Sight Control Areas

The criteria for the establishment of voice and sight control areas will be driven by neighborhood initiatives and demonstrated neighborhood support. It is projected that 2-4 pilot sites will developed Citywide during the first two years. These sites will also be established in two separate geographic areas of the City. The following are recommended criteria which will be used to evaluate potential sites:

1. Size - The size of voice and sight control areas will be defined by the area under consideration.
2. Neighborhood Density - The initial pilot sites should be given priorities in locations with high density population near the proposed voice and sight control park.
3. Voice and Sight Control Boundaries - The boundaries of the projected voice and sight control areas should be easily delineated with obvious barriers. The development of voice and sight control areas in linear parks with natural or man-made boundaries is preferable to square or rectangular type parks with no natural boundaries

4. Parking - Adequate parking should be available on site or within residential areas.
5. Hours for Voice and Sight Control - Sites without easily distinguished natural or man-made boundaries may be considered if neighborhood support for specific times for voice and sight control are requested which minimize conflicts with other park users.

Potential park sites to be considered include linear type parks such as Martin and Tantra Parks, Harlow Platts Community Park and Howard Heuston Park.

General Policies relating to the establishment of both types of off leash areas

1. The City of Boulder Parks and Recreation Department and/or Open Space Department are responsible for providing, and clearly marking all established voice and sight control off leash areas and for providing for maintenance of these sites. The Park and Recreation Department will be responsible for developing fenced dog training and exercise areas.
2. The appropriate City agencies and/or the Humane Society shall be responsible for the enforcement of all codes pertaining to the conduct of the animals and the owners utilizing these areas and for providing dog owners using areas illegally illegal areas with information regarding the location of the nearest legal exercise area.
3. Dog owners utilizing the established off leash areas are responsible for keeping the areas clean of animal feces and litter by using proper disposal methods, and for keeping their dog(s) under control and within the boundaries of the off leash area when off leash, and to prevent injurious interaction with other dogs or people.

Procedures for the establishment of fenced dog exercise and training areas

1. Requests for dog exercise areas or suggestions for locations for potential fenced dog exercise and training areas shall be initiated, in writing, by citizens or park and recreation staff. These requests sites should include a map or a sketch which clearly identifies the site. All requests for establishment of fenced dog exercise and training areas should be sent to the Park Superintendent, City of Boulder.
2. There must be demonstrated neighborhood support for utilizing the requested location for a fenced dog exercise area. The support may take the form of petitions, letters of support or an endorsement from the local civic association or homeowners association.
3. Upon receipt of the request for a new fenced dog exercise area, the Parks and Recreation Department will conduct an analysis of potential development and maintenance costs. This analysis will also address recommended amenities, and fencing costs.

4. The Parks and Recreation Department will advertise and conduct at least one neighborhood meeting to discuss and take comments on the proposed fenced off-leash area. The Department will use information from the public meeting to provide analysis to decide whether to take the proposed dog exercise area for the Park and Recreation Advisory Board.
5. The Park and Recreation Department staff will provide information, analysis and recommendations for all requests made and will advise and solicit direction and recommendations from the Park and Recreation Advisory Board.
6. An assessment of each fenced dog exercise area will be done after the first anniversary annually to determine if the site should continue to be utilized for that purpose. The decision to eliminate a fenced dog exercise area will lie with the Park and Recreation Advisory Board.

Procedures for the establishment of voice and sight control areas within incorporated areas of the City of Boulder

1. Requests for off-leash voice and sight control areas or suggestions for locations for potential areas shall be initiated, in writing, by citizens, Park and Recreation staff or Open Space staffs. These requests sites should include a map or a sketch which clearly identifies the site. All requests for establishment of voice and sight control areas should be sent to the Park Superintendent, City of Boulder. The Park Superintendent will forward to Open Space, any requests for voice and sight control on Open Space land.
2. There must be demonstrated significant neighborhood support for utilizing the requested location for a voice and sight control area. The support may take the form of petitions, letters of support or an endorsement from the local civic association or homeowners association.
3. Upon receipt of the request for a potential voice and sight control area, the appropriate City Department will conduct an analysis of potential development and maintenance costs. This analysis will also address environmental impacts to these areas.
4. The City Department will advertise and conduct at least one neighborhood meeting to discuss and take comments on the proposal for voice and sight control areas. The Department will use input from the public meeting to provide information on the proposed voice and sight control area for their respective Board.
5. The Department Staff will provide information, analysis and recommendations for all requests made and will solicit direction and recommendations from their respective Board.
6. The appropriate Board will recommend approval or disapproval.

7. If a positive recommendation for a voice and sight control area is made by the appropriate Board, an ordinance describing the specific area will be taken to City Council for final consideration.

8. An assessment will be done on each voice and sight control area on City property after the first anniversary to determine if the site should continue to be utilized for that purpose. Thereafter, demonstrated change in community support will trigger a use review. The decision to eliminate a voice and sight control area will lie with City Council, with appropriate Board recommendations.

Last Updated on Thursday, 19 July 2012 13:23

Source: Bouldercolorado.gov. (ND). Dog Park Establishment Procedures. Retrieved from http://www.bouldercolorado.gov/index.php?option=com_content&task=view&id=4649&Itemid=3172

4. Selected Resources



Dog Park Study

NEED

The Strategic Plan indicates that 22% of respondent households note a need for dog parks. In addition, Gallup polls (2001) indicate that for every 100 households, there are a staggering 79 dogs. Polls by Gallup, the U.S. Census Bureau (2001), and the American Veterinary Medical Association indicate that between 36 and 45% of Americans own one or more dogs.

PLAN

In response to recommendations within the BREC Strategic Plan to provide new types of facilities, BREC Planning and Engineering Staff prepared a plan for investigation into off leash Dog Parks for the citizens of East Baton Rouge Parish.

PROCESS

BREC Planning and Engineering Staff incorporated the findings of the Strategic Plan, national research and analysis of dog parks, discussion with local dog club representatives and on-site analysis of other municipality's dog parks to develop criteria for site selection and site programming.

KEY FINDINGS

Dog Parks were found to be very successful throughout the nation with many recreational benefits for dog's and their owners. Based on these findings and the desire by many citizens of the Parish, BREC will pursue developing dog parks.

ON-LEASH AND OFF-LEASH PUBLIC AREAS

On-leash Public Areas are characterized as public areas where the dog owner must maintain control of the dog at all times by means of a leash. East Baton Rouge Parish has a 'Leash Law' which requires dogs to be on a leash in all public places.

Off-leash Public Areas are those areas that are designated and properly secured for dogs to run free with other dogs and owners.

POTENTIAL USER GROUPS

General public/casual users

Agility

Show
Hunting trainers
Coursing
Herding
Tracking
Flyball
Obedience

DOG PARKS CAN BE GROUPED INTO FOUR BASIC AREAS BY DOG SIZE, ACREAGE AND USE

Small dog areas are separate areas set aside for smaller canines

Large dog areas are areas set aside for larger canines

Large special event areas are areas that are set aside for special event use such as an agility event, hunt test or coursing event.

Building areas are covered, and enclosed areas that are used for dog events that require protection from the elements. Examples are dog shows and flyball tournaments.

SITE CRITERIA

The site should be non-linear to maximize usable space and buffered from traffic, sports fields, and children's playgrounds. Site should be fenced for safety. During site visits to other municipalities, it has been noted that separate small dog areas have been under-utilized. Construction of a special building for dog events is not economically feasible at this time. However consideration should be given to a site that could possibly use an existing building or have space reserved for a future building that could accommodate dog related events. Off street parking should be available to prevent traffic/dog accidents. Area should be at least one to three acres minimum. Larger areas are preferred to spread out use and to reduce dog/dog conflict. Area should also have positive drainage.

SITE SELECTION

During research, it has become apparent that two "levels" of dog parks would be desirable.

One level would be a community level park which would serve an area that has a high resident population but is not suitable for large dog events. A dog park of this type would not required a large amount of acreage, but would still be suitable for passive play and recreation.

The other level would be a regional level dog park. This dog park could accommodate large events such as coursing, herding, retriever training and agility events. This size dog park can also double as a large community dog park when not being utilized for events.

Smaller community dog parks should have basic amenities for both dogs and people. This includes restrooms, drinking fountains, trails and shade structures. A larger regional dog park should include these basic amenities as well as additional acreage for events and unique site features such as ponds.

Similar to the Community Parks recommended by the Strategic Plan, dog parks should be strategically located around the parish to serve the public. The service radius should be larger than a service radius for "people parks" to reflect a lower use rate than by humans. Smaller facilities should be located within areas of adequate acreage and near population centers to allow for easy use. Larger facilities should be located in the northern and southern portions of the Parish where undeveloped acreage for a larger facility is available and travel times are minimized.

SMALL DOG PARKS

Small parks are 1 or 2 acres. No less than 1 acre

LARGE DOG PARKS

Large parks, more than 2 acres

RELATED LINKS

[Click here for Dog Park Rules](#)

[Click here for Dog Park Etiquette](#)

Source: BREC.org (ND). Dog Park Study. Retrieved from
<http://www.brec.org/index.cfm?cpid=1213&md=pagebuilder&tmp=home>

5. Selected Resources

Elements of a Good Dog Park

The following information is taken from Sue Sternberg's book, *Out and About With Your Dog* available from www.greatdogproductions.com.

What makes a good dog park? Here are a few elements to look for when deciding which dog park might be safe for your dog.

Environment:

- **Ample space.** The larger the fenced in area, the better, but if it is a small space, look for a limited number of dogs. Crowding fuels fights and increases stress and tension.
- **Separate areas within the larger space.** This allows smaller social groups to form.
- **A surface that requires the dogs to work hard to move** - e.g. sand or gravel - keeps dogs from moving too fast and getting too much speed and over-stimulation, and condenses their exercise benefits.
- **The fewer the human comforts (benches, etc.) the better the interaction seems to be between owner and dog.** The best dog parks may not be the most luxurious for the humans.

Humans:

- You should very quickly be able to match each dog to its owner. In other words, owners should be attentive and involved enough with their dogs so that you can easily tell who belongs to whom.
- Cell phones should be banned from dog parks! They distract owners. Only emergency calls should be allowed, and then the owner's dog should be leashed and taken out of the park for the duration of the call.
- Owners actively involved with their dogs indicate the best dog parks. Look for owners throwing balls, calling their dogs, petting their dogs, watching their dogs play, standing near their dogs.
- Annoying people aren't worth the stress. If there is someone you dislike or feel is irresponsible at the dog park, don't go, or go at another time.

Dogs:

- Dogs should be off leash and relaxed. If someone has a dog on leash, they are likely experiencing an aggression problem with that dog. Don't go in if another dog remains on leash.
- Look for dogs similar in size to your own. If the dog park is filled with big brutish dogs, and yours is smaller, or slighter, consider finding another dog park, or finding a time when more physically compatible dogs are present.
- It shouldn't matter why a dog is behaving badly - i.e. the dog was abused, or the dog was rescued from a traumatic situation, etc. - if the dog is behaving rudely or aggressively, find another dog park, or find another time to go.
- If many dogs linger about the entrance gate and pounce on the new arrivals, try to find another time to join. Entrances are difficult for dogs, and if there is a whole crew waiting to pounce on your dog...
- If there is one out of control dog that seems to be bothering all the other dogs, and the owner who is apathetic or just thinks his dog is "fine", find another dog park or another time to go.

Source: Elements of a Good Dog Park. (ND). Retrieved from <http://www.apdt.com/petowners/park/gooddogpark.aspx>

6. Selected Resources

Mom, Dad, This Playground's for You

By WINNIE HU

Published: June 29, 2012 23 Comments

IT was a classic father-son moment, reversed: The 2-year-old sat and watched patiently as his parent hung upside down from the monkey bars. A few feet away, a white-haired man skipped across an S-shaped metal beam. Another man squeezed his six-foot frame onto a metal rack for situps, and two others hoisted themselves up chin-up bars.

Officials say the adult playground is part of a plan to add as many as two dozen throughout the city in the next 18 months. The playgrounds are much cheaper to build than children's playgrounds.

Never mind the punishing diets, the gym dates and the doctors' warnings, the quest to live a healthier, more active lifestyle has come to this: playgrounds for adults.

New York City is testing its first such playground in Macombs Dam Park in the Bronx, and plans to bring as many as two dozen more to neighborhoods across the five boroughs in the next 18 months, park officials said.

The goal is to lure people off their couches and into the outdoors with specially designed playground equipment — in grown-up shades like forest green and beige — that recall the joy of childhood play while tightening up flabby abs, thighs and triceps.

Though there are no swings or slides — these are essentially outdoor gyms — such playgrounds not only have the look of traditional children’s play spaces, but they are also built in some cases by the same manufacturers.

The adult playground concept is borrowed from China and parts of Europe, where outdoor fitness areas for adults have become as routine as high-fiber diets or vitamin D supplements in preventive care, particularly for older people.

Now a growing number of city and park officials, health experts and community leaders throughout the country are praising the health and social benefits of adult playgrounds. They say that the playgrounds will succeed where treadmills have failed in combating rising rates of obesity and related illnesses by enticing the grown-ups out for play dates.

“Let’s face it, most of us dread going to the gym,” said Dr. David Ludwig, a Harvard Medical School professor who directs the Obesity Prevention Center at Boston Children’s Hospital. “The point is to make physical activity fun, easy and accessible, so it’s the normal thing to do.”

Adult playgrounds have spread across the nation, including to Miami-Dade County in Florida, where four fitness zones with advanced strength-training equipment opened this year in neighborhoods with high rates of cardiovascular diseases. San Antonio has added outdoor fitness stations to 30 parks since 2010. Los Angeles has 30, with 15 more on the way, after park officials found, to their surprise, there were “lines of people waiting to use the equipment.”

And two mothers in Washington State, Paige Dunn and Kelly Singer, started a grass-roots campaign last year to build “Momentum” sites to

help new mothers shed their baby weight; each site would face a children's play area and hold seven pieces of equipment that specifically target problem areas. The women raised \$30,000 to open the first one in Auburn, Wash.; a second will be dedicated in Redmond, Wash., next month.

In New York City, where adults are banned from playgrounds unless accompanied by a child, the \$200,000 Bronx playground with 15 pieces of equipment opened two years ago as part of an effort to get more people out to the parks to exercise and slim down. Parks officials said it had been popular enough that the city was now planning a rapid expansion.

"This represents a continuing evolution of both parks and playgrounds," said Adrian Benepe, the parks commissioner.

This fall, the city will build a second adult playground with upgraded amenities — river view, exercise mats, chess tables, a sign that says, "Adult Space" — at John Jay Park on the Upper East Side. Councilwoman Jessica Lappin, who represents the neighborhood, said she had secured \$250,000 in city money for the project after some of her older constituents pointed out, "There are tot lots, but there's no place for us."

"A lot of these people live alone," she said. "So going outside to the park, and being part of the activity of the park, is important to them."

About 150 spots in city parks have one or two pieces of old-fashioned adult fitness equipment, mostly static pieces like chin-up bars. And parks elsewhere have had fitness circuits for years, though usually they've been fairly modest. Many of the new adult playgrounds will have comprehensive workout areas and equipment with moving pieces.

As public policy, adult playgrounds have proved far easier to sell as an anti-obesity measure than, say, a proposed ban on large sodas. They produce almost no noise or car traffic, take up little space and are cheaper to build than children's playgrounds, though the cost varies depending on size and location.

"They're not controversial," said Michael Shull, a parks superintendent in Los Angeles, which spends an average of \$40,000 on a site for adults, versus \$300,000 for children. New York City's adult playgrounds will cost from \$75,000 for the smallest one, with five pieces of equipment, to more than \$200,000, park officials said. In contrast, children's playgrounds typically start at \$500,000, with the majority running \$1 million to \$2 million.

The demand for adult-size equipment has created a niche business in an industry that once catered mainly to the elementary school set. GameTime, one of the largest manufacturers of children's playground equipment, introduced a new adult line in 2009 called iTrack, which includes elliptical trainers and rowing machines. Outdoor Fitness in Colorado has worked with more than 600 adult sites since 2005, according to Barry King, the founder. In addition to sites in public parks, the equipment is being installed at residential developments and business complexes.

Jim Sargen, a former technology executive who started TriActive America in California, which has supplied 470 adult sites since 2004, half in the past three years, said he discovered firsthand while traveling in Beijing in 2002 that exercise could be passed off as play. "My wife, who doesn't normally exercise, climbed onto one of the pieces," he recalled. "She said, 'It's kind of fun,' and an idea clicked."

The adult playground in the Bronx, the city's poorest borough and a place dogged by troubling health statistics, is built on top of a parking garage and sandwiched between a track and basketball and handball

courts. It has attracted regulars like Brian Ferreira, 20, who once tried working out at a children's playground near his home in Soundview, only to draw stares from the parents. Now he hops onto two trains and a bus, three times a week, to have a playground of his own. "I use every piece of equipment," he said. "It's good endurance training."

On a recent morning, regulars and newcomers alike drifted onto the playground and waited patiently — no tears or whining here — to use the equipment; one of the most popular was a pair of metal seats that any child would have loved, rising and falling with the push of foot pedals.

The morning hours brought fathers with toddlers, and muscled older men who wore gloves and earphones and effortlessly executed situps, push-ups and pull-ups. They retreated when noisy teenagers passed through bouncing basketballs and running around the equipment without stopping to use any.

In the afternoon, a 30-year-old court clerk swung from the monkey bars during his lunch hour. Others just watched.

"Oh no, I'm past my prime," said Daren Trapp, a bus driver with a tummy bulge who was among the observers. "It's out in the open, and I guess I'm a private individual."

But Colette Prosper, an unemployed mother of five, and her daughter, Iesha, 21, came ready to sweat. It was their third time at the playground in a week; the first time, a stranger had to show them how to use the equipment. Ms. Prosper, 45, who said she was trying to lose 40 pounds, said her clothes were already feeling looser.

“It’s a free membership, and I like what they have to offer,” she said.
“I’m getting older, so I’m trying to get everything in shape.”

A version of this article appeared in print on July 1, 2012, on page MB1 of the New York edition with the headline: Mom, Dad, This Playground’s for You.

Source: Hu, W. (June 29, 2012). Mom, Dad, This Playground’s for You. New York Times. Retrieved from <http://www.nytimes.com/2012/07/01/nyregion/new-york-introduces-its-first-adult-playground - NYTimes.com>

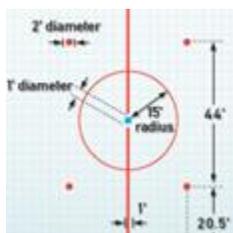
7. Selected Resources

Roller Hockey Rink Dimensions

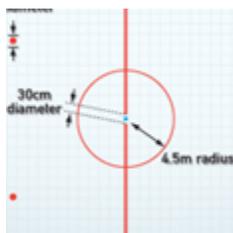
Many roller hockey rinks were not initially designed with hockey use in mind. Some were made in locations with limited available space or resources. As a result, rinks have come in a wide range of shapes and sizes. Despite this, governing bodies have set guidelines for acceptable size ranges. These are often used as a recommendation instead of a strict regulation.

In general, there are two basic rink styles. One is larger, used in most countries, and sanctioned by the International Ice Hockey Federation (IIHF) for international competition. The other is a smaller surface, used exclusively in North America, and recommended by USA Hockey Inline and the National Collegiate Roller Hockey Association (NCRHA). Many of the measurements are the same for both styles. Differences, when present, will be noted.

Surface



The IIHF rink is the larger of the two main rink styles. These rinks are supposed to be as close as possible to 190.3 feet (58 meters) long and 98.4 feet (30 meters) wide. Rinks used in North America should be as close as possible to 185 feet (56.4 meters) long and 85 feet (25.9 meters) wide.



Both IIHF and North American rinks are enclosed with a combination of boards and safety glass. The boards can be no more than 4 feet (1.2 meters) high. The safety glass extends up from the top of the boards, no more than 8 feet high on a North American rink, or 2 meters high for IIHF rinks. For lower levels of competition, other fencing materials are allowed in place of safety glass.

Zones & Markings

Every roller hockey rink has a total of three lines that run from sideboards to sideboards. The center line, known as the “red line,” is 1 foot (30 centimeter) thick and runs directly across the middle of the rink. The other two lines are called the “goal lines,” which are also red, but only 2 inches thick. They are located no less than 11.5 feet (3.5 meters) and no more than 15 feet (4.5 meter) from the end boards. Opposed to ice hockey, roller hockey has no blue lines and thus no neutral zone. The two halves of the rink are referred to as the “defending zone” and the “attacking zone.”

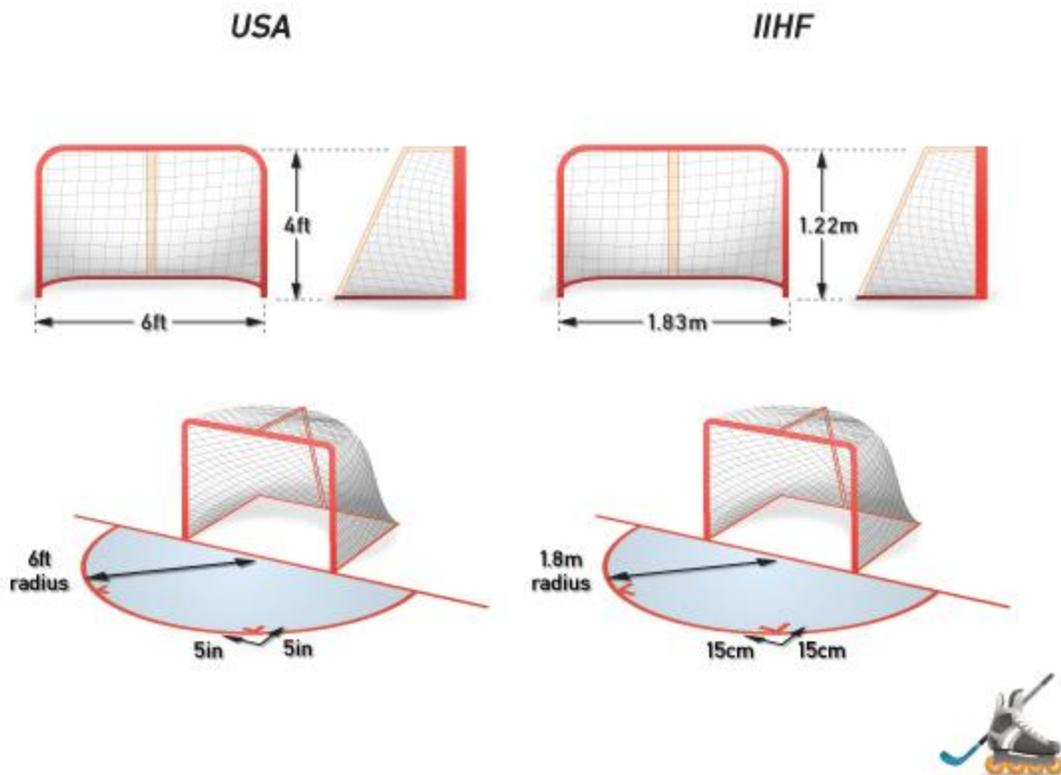
At the center of every rink is a face-off dot surrounded by a face-off circle. This dot is blue and 1 foot in diameter (30 centimeters). For North American rinks, the face-off circle is 15 feet (4.6 meters) in radius. For IIHF rinks, the circle is 14.8 feet (4.5 meters) in radius. In both cases, the line used to draw the circle is 2 inches (5 centimeters) thick.

On both North American and IIHF rinks, there are four other “end zone” face-off circles with dots, two in each zone. These face-off dots are red and 2 feet (60 centimeters) in diameter. The circles that encompass them are 15 feet (4.6 meters) in radius on North American rinks, and 14.8 feet (4.5 meters) on IIHF rinks. In all rinks, these are located 20 feet (6.1 meters) in from the goals lines and 44 feet (13.4 meters) apart from each other (measured from the centers).

There are four additional red face-off dots that stand alone near the center red line, these without circles. In both North American and IIHF rinks, these “high zone” face-off dots run along the same imaginary line as the end zone face-off dots, parallel to the sideboards. On North American sized rinks, they are located 18 feet (4.5 meters) from the red line, on both sides. On IIHF sized rinks, they are located 32.5 feet (9.9 meters) in from the end zone face-off dots.

Goal & Crease

Roller Hockey Goals



The size of the goals is consistent in rinks across the world (even ice hockey rinks). They are 6

feet (1.83 meters) wide and 4 feet (1.22 meters) high. They are positioned in the center of the goal line at each end of the rink. The posts must be painted red, while all other surfaces of the goals (such as the backs or the netting) shall be white.

For both IIHF and North American rinks, the goal crease is composed of a semicircle with a 6-foot (180 centimeter) radius extending out from the goal line. The outline of this semicircle is a 2-inch (5 centimeter) thick red line. Both IIHF and North American rinks have L-shaped bracket markings on the crease, open face pointing inward. They are placed at the edge of the crease that is exactly 4 feet (1.22 meters) from the goal line. On IIHF rinks, the lines making up the L-shape are 5.9 inches (15 centimeters); on North American rinks they are 5 inches (12.7 centimeters).

The Benches

All rinks are required to have both player benches and penalty boxes. Universally, the player benches must accommodate at least 10 players and be located as close as possible to the center of

the rink. The penalty boxes must be separate from the player benches, ideally on the opposite side of the rink.

While these are the model guidelines recommended by USA Hockey Inline and the IIHF, in practice, very few rinks are laid out exactly the same. It's helpful to have a general understanding of these dimensions, but also to remember that, regardless of the size or shape of the rink you play on, your job is the same: Make crisp passes, skate hard, score some goals, and win!

Source: iSPORT. (nd). Roller Hockey Rink Dimensions. Retrieved from <http://rollerhockey.isport.com/rollerhockey-guides/roller-hockey-rink-dimensions>

8. Selected Resources

Important Note: This information is not an endorsement of any product or company, it is simply an example of types of outdoor fitness equipment.

| | | | | | |
|---|---|---|---|--|---|
|  |  |  |  |  |  |
| BACK EXTENSION | BOUNDING BARS | CHEST PRESS | EXRCISE BIKE | HIP TWISTER | LAT PULL DOWN |
|  |  |  |  |  |  |
| LEG PRESS | PUSH UP BARS | SELF WEIGHTED ROWER | SIT UP BENCH | SKI WALKER- DOUBLE | STEP CLIMBER STRETCHER |
|  |  |  |  |  | |
| STRENGTH AND STRETCH BARS | TAI CHI SPINNERS | TWO SIDED ROTATOR | UNEVEN BARS | WAIST STRETCHER | |

*Add 17 Instruction Sign Posts to the Bronze Package for \$3,264 
 (All pieces of equipment come with small instructional decals which adhere to the equipment - free of charge)



SILVER OUTDOOR-FITNESS PACKAGE **\$10,825**

| | | | | | |
|---|---|---|---|--|---|
|  |  |  |  |  |  |
| BACK EXTENSION | BOUNDING BARS | CHEST PRESS/ LAT PULL | LEG PRESS | PUSH UP BARS | SELF WEIGHTED ROWER |
|  |  |  |  |  |  |
| SIT UP BENCH | SKI WALKER- DOUBLE | STRENGTH AND STRETCH BARS | TWO SIDED ROTATOR | UNEVEN BARS | WAIST STRETCHER |

*Add 12 Instruction Sign Posts to the Bronze Package for

\$2,304 

(All pieces of equipment come with small instructional decals which adhere to the equipment - free of charge)



BRONZE OUTDOOR-FITNESS PACKAGE \$9,508

| | | | | |
|---|---|---|---|--|
|  |  |  |  |  |
| BACK EXTENSION | CHEST PRESS/ LAT PULL | LEG PRESS | PUSH UP BARS | SELF WEIGHTED ROWER |
|  |  |  |  |  |
| SIT UP | SKI WALKER- | STRENGTH AND | TWO SIDED | UNEVEN |

| | | | | |
|-------|--------|-----------------|---------|------|
| BENCH | DOUBLE | STRETCH BARS | ROTATOR | BARS |
|-------|--------|-----------------|---------|------|

*Add 10 Instruction Sign Posts to the Bronze Package for \$1,920 ↑

(All pieces of equipment come with small instructional decals which adhere to the equipment - free of charge)



COMPETE 1 OUTDOOR-FITNESS PACKAGE

\$6,375

| | | | |
|---|---|---|---|
|  |  |  |  |
| BACK EXTENSION | LEG PRESS | PUSH UP BARS | SELF WEIGHTED ROWER |
|  |  |  |  |
| SIT UP BENCH | SKI WALKER- DOUBLE | DUAL EXERCISE BARS | TWO SIDED ROTATOR |

Outdoor Fitness. (ND). Retrieved from <http://www.outdoor-fitness.com/equipment/fitness%20parks%20trails%20courses%20packages.html>

9. Selected Resources

Par Course Exercise Outdoor Fitness for Everyone



By [Laura Williams, M.S.Ed.](#)

Masters in Exercise and Sports Science

If you were to see a sign proclaiming, "Par Course Exercise: Outdoor Fitness for Everyone!" you'd probably wonder, "What in the world is par course exercise?" You've probably seen par course equipment before. Maybe you've even used it without realizing what it was called. Lined along hike and bike trails and parks around American stand solitary fitness stations, cumulatively referred to as par courses. These courses are designed to enable you to take your fitness routine from inside the gym to out in the park. Unfortunately, they don't receive nearly the amount of attention that they should.

Par Course Exercise: Outdoor Fitness for Everyone

The beautiful thing about par course exercise equipment is that it truly is designed for everyone. Par courses are almost always located on public property, making them easily accessible and free for users. Cities, hospitals and recreation centers that install par course systems usually set them up in one of three ways:

- As a full-body [exercise circuit](#) with 15 pieces of equipment separated into eight separate stations located along a trail

- As an "outdoor gym" with all of the equipment located within a single area
- As a shorter circuit with the 15 pieces of equipment separated into four separate stations located along a trail or within a park

Equipment

Par course exercise equipment includes strength training, plyometric and stretching stations. You can expect to find some of the following pieces of equipment on a par course:

- Achilles Stretch
- Sit-and-Reach
- Leg Stretch
- Hamstring Stretch
- Thigh Stretch
- Trunk Stretch
- Vault Bar
- Sit-up
- Push-up
- Chin-up
- Knee Lift
- Body Curl
- Log Hop
- Bench Dip
- Bench Curl

Par course equipment is built with two concepts in mind: 1) blend into the outdoor environment, 2) keep it simple. Many par courses are made of wood with metal posts in green, tan or brown colors. Some of the equipment, like the chin-up bar, has a fairly self-explanatory purpose, but because of the simplicity of the equipment, you the purpose of every station isn't immediately self-evident. Because of this, each par course station comes with an illustrated graphic panel that shows you how to use the equipment.

Newer Systems

While traditional par course exercise equipment is fairly simply and standard, more playground and fitness companies are coming up with new options for outdoor fitness equipment. The newer options include stations that mimic indoor exercise equipment, like leg presses, [elliptical trainers](#), chest presses, lat pulls and back extensions. Unlike indoor equipment, you don't have the option to increase the resistance of the movement by selecting a greater weight, so you have to perform more repetitions to reach muscle exhaustion.

Putting It to Use

Whether you're young or old, fit or out of shape, you can use par course equipment to enhance your exercise routine. The equipment typically uses your own body weight for resistance, so you don't have to worry about adding or removing weight. If you can access a par course on a circuit, follow the trail and stop at each exercise station, performing the exercise in the way that it's described on the instruction panel. After you finish the exercise, continue your walk or jog. By the end of the circuit you can either choose to perform the whole circuit a second time, or you can call it quits for the day. You'll know that you achieved a full-body workout incorporating cardio, strength training and stretching. Even if your par course isn't on a circuit, you can create a circuit out of the equipment provided. Perform an exercise on one of the stations for a minute, then walk or jog around the park for a minute, then return to the par course and do the next station for a minute. By the end of your routine you'll have gotten your heart rate up while incorporating strength and flexibility into your routine. So the next time you see a sign that says, "Par Course Exercise: Outdoor Fitness for Everyone," you'll know exactly what it means.

Source: Williams, L. (ND). Par Course Exercise Outdoor Fitness for Everyone. Retrieved from <http://exercise.lovetoknow.com/par-course-exercise-outdoor-fitness-everyone>

Appendix I

Bushmaster Park Public Meeting Information Flyer

We Need Your Ideas

WE NEED YOUR IDEAS



Tell us what Bushmaster Park means to you.
Help shape the future of parks in the City of Flagstaff.

Join us for a Community Meeting

Wednesday, March 27th
5:30p-7:30p
Flagstaff Aquaplex
(1702 N 4th St)

Wednesday, April 10th
5:30p-7:30p
Flagstaff Aquaplex
(1702 N 4th St)



If you cannot attend the meeting, you may still participate
by submitting your comments by April 3rd to:
Website: www.flagstaff.az.gov/bushmaster
Email: szimmerman@flagstaffaz.gov



Questions? Call 928-213-2192

Appendix J

No time like the present to take back Bushmaster

No time like present to take back Bushmaster

When it comes to crimes in public parks, it's not the quantity that counts.

Reports of crime in Flagstaff's Bushmaster Park are actually down.

But the types of crime still occurring -- indecent exposure, lewd behavior and public intoxication -- are the kind that raise a park's profile in all the wrong ways.

Throw in the occasional gang fight at 1 p.m. on a school day, and parents are justifiably concerned to let their children visit the park unsupervised.

That's a shame, and on several levels.

The first is because Bushmaster is truly a community park for active recreation -- it is embedded in the Greenlaw neighborhood, with houses on all four sides, yet with plenty of room to play, picnic and even skateboard. On most weekends in the summer, it is packed with families.

But Bushmaster is also an urban oasis in the densely developed Linda Vista corridor, a place that at midday on a weekday should be a peaceful retreat from busy, bustling Flagstaff.

The fact that most of the time Bushmaster does live up to the expectations of its visitors doesn't hold much water with those who are either exposed to the anti-social behavior of the street alcoholics in Bushmaster or know friends and neighbors who are. Flagstaff residents are entitled to take a zero tolerance approach to such behavior in areas specifically designated for active and passive recreation by people of all ages -- if that doesn't apply to a public park, where does it apply?

NO OPEN CONTAINERS

Flagstaff officials have tried to account for the special attraction that Bushmaster seems to hold for the city's homeless and transients. They have banned not only public consumption of alcohol but also the possession of open containers of alcohol without a permit. That way, a police officer doesn't have to witness someone sipping from a bottle to make an arrest.

The city also has seen an increase in the number of shelter beds now that overnight camping is banned -- there is less chance now of someone freezing to death in winter for lack of a roof over his head. Besides, Bushmaster is only open legally from dawn to dusk.

But the shelters close during the day, and the city's homeless need a place to hang out. Many are alcoholics and need a safe space during the day to sleep off hangovers after consuming an early-morning 40-ounce beer or two.

Bushmaster, because of its size and dark corners, offers just that kind of safe hangout -- technically, a person sleeping in the bushes during the day is not camping. It's when they wake up still in a semi-drunken stupor, however, that the irresponsible behavior begins.

MORE ACTIVITIES, FEWER TRANSIENTS

Flagstaff could address the Bushmaster problem with even more restrictions on the park -- perhaps closing it for several hours at midday on weekdays so that it could be swept clear of all potential miscreants.

Another way to put the squeeze on transients is to populate the park with more activities. One idea by the police department is to start a community garden in the far eastern corner that is now an attractive nuisance for midday hangover nappers. A group of volunteers arriving each day to plant, weed and water would probably make enough commotion to convince transients to take a nap elsewhere.

Other ideas include cutting off the supply of cheap booze in nearby retail outlets -- Walgreens has just announced it won't sell those super-sized beers in its new store at the foot of Fourth Street.

And Flagstaff could put a tax on retail alcohol sales, with proceeds going toward more intervention and rehab programs. A statewide tax would be even better, and about a third of the states still control the sale and price of alcohol through state-run liquor stores. Is anybody at the Legislature listening?

But we have a feeling that Flagstaff, especially in the summer, is simply too attractive a destination for those living without a fixed address or income to pass up. Police might push the transients out of Bushmaster Park, only to have them turn up in a different public space in a different neighborhood. And with time on their hands, the cycle of alcohol abuse would seem hard to break.

SET UP WALKING BEAT

Neighbors and users of Bushmaster Park, however, shouldn't have to bear the brunt of behavior that ideally should be confined to an area with as few public impacts as possible. That should start with a blanket crackdown on Bushmaster misbehavior -- if Southside gets three or four walking beat officers, perhaps Greenlaw deserves a few, too.

There may not be a law against public intoxication, but there are statutes covering harassment, intimidation, panhandling, and lewd and indecent behavior. Officers need

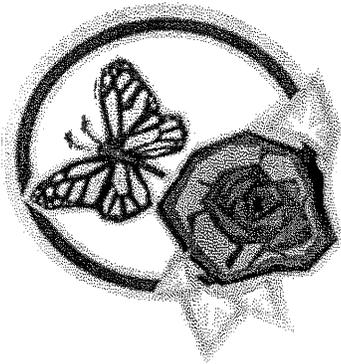
to let the park's transients know they are not welcome by enforcing all of those ordinances to the letter, and judges should let repeat offenders know they should seriously consider rehab programs or face longer and longer stretches behind bars.

Will that mean a migration to some other public space or even a park? Perhaps, but Bushmaster and its neighbors and users have paid their dues. Another summer is coming to Flagstaff, and the time to take back the park for its rightful uses is now.

Source: Arizona Daily Sun. (April 5, 2013). No time like the present to take back Bushmaster. Retrieved from http://azdailysun.com/news/opinion/editorial/no-time-like-present-to-take-back-bushmaster/article_1e1edb2c-2cc4-5e90-b47c-561351af0cbb.html.

Appendix K

Hermosa Vida Change.Action.Network (CAN)



Dear City of Flagstaff,

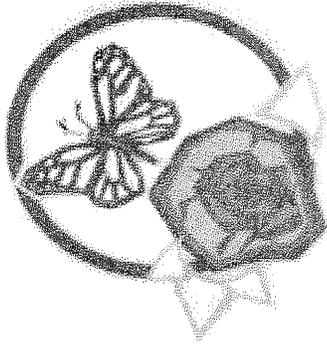
We, as Hermosa Vida Change.Action.Network. (C.A.N.) members, residents, and representatives of local organizations, support community engagement in parks decision-making and we commend you for holding public meetings in this regard.

We support any redesign and/or improvement efforts to Flagstaff's parks and public spaces, specifically Bushmaster Park, that *reduces barriers and increases access for all park users* as a way to promote healthy lifestyles.

However, it is important for us that *community engagement does not end here*. Community participation is critical throughout the next steps of design and development to promote community buy-in and maximize ownership and utilization.

These statements are backed up by current and local research and by signing below we are showing support for continued community engagement in Bushmaster Park:

Marty Eickrem
Juana Lederma
Kati
Wendy
Jeff Wolow
Chris
Joan Ross
Linda Ross
Travis Ross



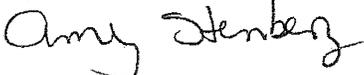
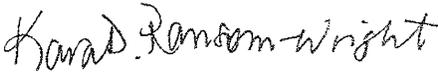
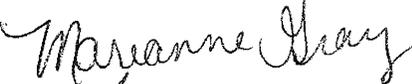
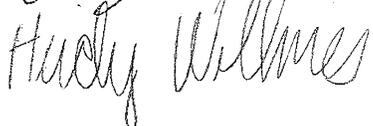
Dear City of Flagstaff,

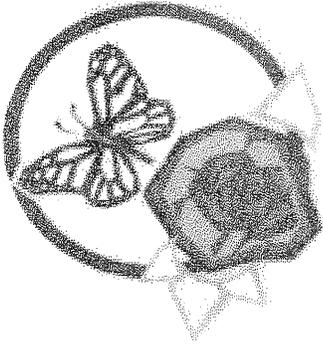
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However, it is important for us that *community engagement does not end here*. Community participation is critical throughout the next steps of design and development to promote community buy-in and maximize ownership and utilization.

These statements are backed up by current and local research and by signing below we are showing support for continued community engagement in Bushmaster Park:

| | | |
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Dear City of Flagstaff,

We, as Hermosa Vida Change.Action.Network. (C.A.N.) members, residents, and representatives of local organizations, support community engagement in parks decision-making and we commend you for holding public meetings in this regard.

We support any redesign and/or improvement efforts to Flagstaff's parks and public spaces, specifically Bushmaster Park, which *reduces barriers and increases access for all park users* as a way to promote healthy lifestyles.

However, it is important for us that *community engagement does not end here*. Community participation is critical throughout the next steps of design and development to promote community buy-in and maximize ownership and utilization.

These statements are backed up by current and local research and by signing below we are showing support for continued community engagement in Bushmaster Park:

Nichelle Thomas
Stephyn Shuff
Jim Cho
Misty Titus
Charie Salas
Reinald
Sibong
Dipue Zylker

Mari Neftali
Elvira Horta
Alex T. Dulley
Juntra L. Lopez
Marissa Soria
Lana Benally
Didi R. Miller

Appendix L

City of Flagstaff Public Participation Policy

| Inform | Consult | Involve | Collaborate | Empower |
|--|--|---|--|--|
| <p><u>Public Participation Goal:</u> To provide the public with balanced and objective information to assist them in understanding the problems, alternatives and/or solutions</p> | <p><u>Public Participation Goal:</u> To obtain public feedback on analysis, alternatives and/or decisions</p> | <p><u>Public Participation Goal:</u> To work directly with the public throughout the process to ensure that public issues and concerns are consistently understood and considered.</p> | <p><u>Public Participation Goal:</u> To partner with the public in each aspect of the decision including the development of alternatives and the identification of the preferred solution.</p> | <p><u>Public Participation Goal:</u> To place final decision-making in the hands of the public.</p> |
| <p><u>Promise to the Public:</u> We will keep you informed</p> | <p><u>Promise to the Public:</u> We will keep you informed, listen to and acknowledge concerns and provide feedback on how public input influenced the decision.</p> | <p><u>Promise to the Public:</u> We will work with you to address your concerns through alternatives and provide feedback on how public input influenced that decision.</p> | <p><u>Promise to the Public:</u> We will seek your feedback in formulating solutions, and use your advice to assist in decisions to the maximum extent possible.</p> | <p><u>Promise to the Public:</u> We will implement what you decide.</p> |
| <u>Expectation from the Public:</u> Seek to be informed and involved and use the tools offered by the City to provide open and honest feedback. | | | | |
| Example Tools | Example Tools | Example Tools | Example Tools | Example Tools |
| <ul style="list-style-type: none"> • Regular e-mail updates E-mail feedback • E-Newsletters • Project Specific Websites Neighborhood • Website Feedback • Educational Forums • Stakeholder Meetings • Community announcement Booths • One-on-one meetings • Open Houses • Block Watches • Community Information Meetings • Emergency Notification • Public Hearing Notice • Notices to Newspaper • Post on the Property • <i>Cityscape</i> • Council Reports • Financial Reports • Door Hangers | <ul style="list-style-type: none"> • Online Surveys • Mail out surveys and share results • Stakeholder Meetings • Focus Group • Public Hearings • Public notices and media releases • Educational Forums • Interviews with community members at the inception of a project • Quarterly Manager’s reports • City Council Reports • Oversight responsibilities for capital program elements by Council appointed Boards and Commissions at public meetings • Public boards and commission presentations • Community Meetings with residents | <ul style="list-style-type: none"> • Public Meetings/Work Sessions • Participation in Public Hearings • Citizen Advisory Committee • Council appointed citizen committees • Meet / discuss with Neighborhood associations regarding projects • Individual, one-on one, property owner/resident meetings to mitigate conflicts • Coordination with partners (Flagstaff Unified School District, Northern Arizona University, Coconino Community College, Chamber, non-profits, etc.). • Committee Recommendations • Finalize designs into 1 plan and present to neighborhood /community | <ul style="list-style-type: none"> • Focus Group meetings • Community Advisory Committee • Public open houses • Form a Task Force with neighborhood/community representatives to work with staff | <ul style="list-style-type: none"> • Bond program and initiatives subject to voter approval • Voters on Neighborhood issues • Boards of Adjustments¹ |

¹ **Not every tool will be used from each category- In order to move forward in the chart, each previous category must be used up to the appropriate category.

Appendix M

Bushmaster Park Concept Design – 1



Bushmaster Park Concept Design - 1



Bushmaster Park Concept Design - 1

Please note the concept map is number keyed to the following:

1. Moved the dog park to the center of the park including a small dog area and ramada. It is a little over an acre which is the minimum for a dog park.
2. The old dog park is re-vegetated and the old basketball slab removed. This is now open space.
3. New east side parking lot (paved) and bridge over the drainage ditch
4. New west side parking lot (paved)
5. New south side parking lot (unpaved)
6. Four new family ramadas
7. New group ramada/amphitheater (NE corner) with grass area
8. New wide sidewalks bordering the grass area around the amphitheater (to accommodate festival booths)
9. New playground (north-east side) covered (cover not shown)
10. New community garden
11. New Adult Fitness area
12. Expanded existing restroom
13. New bathroom on the east side
14. Improved security road on north boundary line
15. New Par Course (fitness stations on the perimeter sidewalk-not shown)

Appendix N

Bushmaster Park Revised Concept Design – 2

Bushmaster Park Revised Concept Design - 2

Please note the revised concept map is number keyed to the following:

1. Moved the dog park to the center of the park including a small dog area and ramada. It is a little over an acre which is the minimum for a dog park.
2. The old dog park is re-vegetated and the old basketball slab removed. **This area is proposed for the adult fitness area.**
3. New east side parking lot (paved) and bridge over the drainage ditch
4. New west side parking lot (paved)
5. New south side parking lot (unpaved) – **Moved a little more to the east**
6. Four new family ramadas
7. New group ramada/amphitheater (NE corner) with grass area
8. New wide sidewalks bordering the grass area around the amphitheater (to accommodate festival booths)
9. New playground (north-east side) covered (cover not shown)
10. New community garden
11. New Adult Fitness area – **Moved to the south of the previous location**
12. Expanded existing restroom
13. New bathroom on the east side – **Moved to the south of the previous location**
14. Improved security road on north boundary line
15. New Par Course (fitness stations on the perimeter sidewalk-not shown)
16. **New roller hockey/derby rink**
17. **New park signage (not shown)**
18. **Change park lights to LED (not shown)**

Note: Changes made after the Bushmaster Park Public Meeting on April 10, 2013 from attendee comments and emails are shown in **Bold**.