

Fruita Monument

High School



September 2023

Newt Klusmire, Principal | Maria Deuel, AP | Kate Herrera, AP | Steele Pavlovsky, AP | Jon Watson, AD

Table of Contents:

Letter from Principal—Page 1

Important dates—Page 1

Congratulations—Page 2-4

Ski and Board Club—Page 6

Project Bike Tech—Page 7

College and Career Advisor—Page 8

Ad—page 9

Important Dates:

Mon. 9/4 — No School: Labor day

Thu. 9/14 — Wildcat club fair

Thu. 9/14 — Parent Teacher conference 3:30 —7:30

Fri. 9/15 — Picture make-ups and re-takes

Wed. 9/20 — Academic Awards ceremony @7PM

Mon. 9/25 — No school: Educator Effectiveness Day

Hello Wildcat Families and Community,

What a great start to the year. This is such a wonderful community, and I am so humbled to have the opportunity to lead as the next principal of FMHS. I have spent five years as an assistant principal in this great school and am honored to serve in this new role.

My experiences in education have shaped the core values that will drive my work at Fruita Monument High School: 1) to act with honesty and integrity, 2) to hold high expectations while providing high levels of support, and 3) to pursue relentless forward progress. Fruita Monument is already a strong school with a strong legacy of success—through working together, I know that we can make it even stronger.

Our theme for the 2023-24 school year is *WE ARE FRUITA*. At FMHS, we cultivate innovation, passion, and achievement in a learner centered environment. The most important part of that vision is the learner-centered environment. Every student who walks through our doors will be partnered with opportunities and resources to help them achieve at high levels. WE ARE FRUITA also captures all of the great things we do at FMHS. We have a strong tradition of academic achievement. We compete at high levels in the athletic arena. We support our clubs and community. Collectively, everyone contributes to our success—parents, teachers, students, admin, counselors, support staff, community partners. And together, WE ARE FRUITA.

We look forward to seeing you all at one of our awesome homecoming events next week (see below), Parent Teacher Conferences on September 14th, or Academic Awards on September 20th.

Let's do great things together.

HOMEcoming 2023-24

Tuesday-9/5/23	Strobelight Volleyball @ 6:30pm
Wednesday-9/6/23	Volleyball @ 5:30pm / Talent Show @ 7:00pm
Thursday-9/7/23	PowderPuff @ 5:30pm / Bonfire @ 8:00pm
Friday-9/8/23	HOCO Varsity Football @ 6:00pm
Saturday-9/9/23	HOCO Dance @ 7:30pm

Newt Klusmire
Principal—Fruita Monument High School
WE ARE FRUITA!

FFA Summer Success

State Convention:

- 2 2023-2024 Colorado State Officers; Ryer Roberts & Jonathan Surber
- 1 state champion for Agricultural Education LDE; Ryer Roberts
- 1 state champion for Agricultural Education Proficiencies; Ryer Roberts
- 3 State Degree recipients; Jonathan Surber, Alecia Wareham, & Ayla Mills
- 1 gold Creed Speaker; Kenli Fitch
- 1 gold Extemporaneous Speaker; Jonathan Surber
- 1 silver Prepared Speaker; Taylor Schacht
- Reina Roberts was awarded a FFA scholarship to attend The Washington Leadership Conference in July!

Mesa County Fair:

- Multiple Breed and Showmanship Banners received.



Way to go Wildcats!

FMHS Athletics

Boys Athletics:

- Boys Soccer is 1-0-1 on the season with a Denver trip planned this week vs. Smoky Hill and Eaglecrest.
- The Boys Golf Team is looking good with tournaments coming up in Cortez and Vail.
- The Boys Tennis Team is off to a great start with a 4-3 win against rival GJ.

Girls Athletics:

- Our Softball Team came off a stellar weekend in Denver where they went 4-1 with a nail biter loss to defending State Champion Columbine 4-8. They head to Denver at 5-1 to face the #1 ranked team in the state over the weekend in Grandview. Good luck girls!
- The Volleyball Team returned from a Denver trip at 1-1 with a victory over Lakewood and a close loss to Chatfield. They hit the courts in Denver this weekend and return to host Central during homecoming week.



Join Open Gyms or Open Mat after school now!

Winter teams are in full preparation mode!

Esports meeting tomorrow in Teryn Gott's room #404 at 5:30. Join Esports!

Way to go Wildcats!

FMHS Athletics

Big Wins:

- All three football teams started the season undefeated with victories over Central High. Varsity took down Central 49-20 while JV won 21-7 and the Frosh won 16-6. They look to do the same at Montrose this week.
- Our Marching Band started their season strong with an amazing performance at halftime last week. All the hours of practice out on the black top is sure to pay off as they begin their season march.
- The Poms Team looked great in their first performance Thursday night at Stoker!
- The Cross Country Teams are off to a fast start with the boys winning the first two meets and the girls finishing first and second place. Mackenzie Black has won both girls races with Addy Eyre placing top five in both races.

Welcome to our new Waldo!



KKCO 11 News

Ski and Board Club

Ski and Board Club Application



Applications are due
September 15th, 2023



Scan the QR Code to apply. You
MUST be signed into your
school Google account to access
this form!



Project Bike Tech

Bike tech 2 students, Logan Lyons, Stewart Williams, Carter Unfred and Paul Coleman, are in the process of rebuilding and customizing donated bikes. Upon completion these students will be looking for someone in the community to donate to. Students go through each bike and completely clean and refurbish, replace broken and worn down parts all in hopes to furnish another student or community member a one of a kind bike.

If you know of someone who is looking for a bike or getting rid of one please contact Jeremiah Baskin at jeremiah.baskin@d51schools.org or visit room 506.



College and Career Advisor

Hello Wildcat Families,

I am Fruita Monument High School's new Career and College Advisor. The school year is off to a great start and I have been busy helping students with Concurrent Enrollment and getting students signed up for our upcoming field trips!

I would love it if you joined my Google Classroom where I have information about Free App Days, FAFSA Nights, and field trips! Please sign up to become part of the classroom through your Google Account and the Google Classroom App. My classroom code is: **mluiyvw**

There you will find all you need to stay informed.

Also, if your student uses this link and fills out this [Field Trip Interest Form](#), I can contact your student when the dates of field trips get closer.

Please contact me with any questions and I hope you all have an amazing year!

Audrey Hoffa
Career and College Advisor
Fruita Monument High School



Fall 2023



CRIMSON SKY AESTHETICS

AVICLEAR ACNE LASER TREATMENT



THE FUTURE OF CLEAR SKIN

Dr. Anna Jensen is excited to introduce AviClear, the first FDA-cleared laser treatment for acne-prone skin.

What is AviClear? AviClear is a laser treatment that can treat moderate to severe acne. AviClear targets acne at the source. This revolutionary laser treatment uses a 1,726nm wavelength to selectively target and down regulate sebaceous glands.

How many treatments are needed? Three quick 30-minute treatment sessions over 3 months.

TEXT 833-942-0522 TO LEARN MORE ABOUT
AVICLEAR AT CRIMSON SKY AESTHETICS

FALL TREATMENT SPECIALS

Receive up to \$800 in savings when treatment is started from September 20th thru October 4th or up \$300 after October 4th to end of school semester.



**THE COST OF
ACNE TREATMENT***

Treatment Option	Cost
Acne Spot Treatment	\$50 every 1 month
OTC Acne	\$20/month
Peels	\$150/month
Oral Antibiotic Treatment	\$150 every 3 months
Accutane	\$4,000/month
Retinoid	\$75 every 3 months
Spacetrackings	\$1,000/month
Exfoliators	\$1,000/month
Medication/Peels	\$1,500/month
Chemicals	\$250/month

TOTAL ESTIMATED FALL TREATMENT
\$4,280-\$6,320

*Our dermatologist provides only average price. Individualized pricing based on skin severity, provider location, and treatment options.

AviClear

3 TREATMENT SESSIONS
(Spaced 3 months apart)

\$3,000

Recommended treatment plan for moderate to severe acne

OUR INSTAGRAM



OUR WEBSITE



Is it safe? Unlike most traditional acne treatments, AviClear is free of harmful side effects, free of chemicals and toxins and safe for all skin types and tones.

Is the treatment comfortable? AviClear is equipped with exclusive AviCool™ sapphire skin cooling and sensory controls that maintain your skin's temperature during treatment for a more comfortable experience.

What about the cost? For those with moderate to severe acne, traditional treatment programs can become quite complex and take its toll in medication side effects, frequent monitoring of blood work and time away for medical visits. These costs can run up to \$4,000-\$6,000 whereas AviClear is \$3,000 for 3 sessions.

403 KENNEDY AVE. #4, GRAND JUNCTION, CO 81501

TEXT 833-942-0522 FOR FINANCING INFORMATION

WWW.CRIMSONSKYAESTHETICS.COM