



WEDNESDAY
APRIL 16, 2014
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THE CHRONICLE NEWS

50 CENTS
TRINIDAD
COLORADO

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THE FINE PRINT

APRIL 16
-Bronco Mile-High Salute to Fans
WEDNESDAY (1 p.m.) The Bronco tour bus will be at the Catholic Football Field by the Sebastiani Gym to visit with fans.
-E-911 Authority Board
WEDNESDAY (3 p.m.) The E-911 Authority Board meets at the Garcia Justice Center in the Las Animas County Sheriff's Office, 2309 E. Main St. Information: Rita Mantelli, 719-846-4441.
-Water Association
WEDNESDAY (3 p.m.) Greeville-Carbondale Board of Directors will meet at the Century Financial Group, 109 W. Main St. Information: Jeni Skalko, 719-846-2080, ext. 116.
-Housing Authority
WEDNESDAY (4:30 p.m.) Trinidad Housing Board of Commissioners will meet in regular session at the Trinidad Housing Authority Conference Room, 128 W First St. Information: Rosemarie Shier, 719-846-7204.
-FP Fire District
WEDNESDAY (6 p.m.) Fishers Peak Fire Protection District Board of Directors public meeting at the Starville Fire Station. Information: 719-846-6077.
-Purgatoire Watershed
WEDNESDAY (6 p.m.) The Purgatoire Watershed Partnership will meet at the Primero Community Center, 20200 Hwy 12, by the Primero School. Jay Winner will give a presentation on the State Water Plan. Information: Rachel Theiler, 719-846-3681.
-Trinidad Schools
WEDNESDAY (6 p.m.) Board of Education will hold its regular session at the Middle School Library, 614 Park St. Information: 719-845-2048.
-VFW
WEDNESDAY (7 p.m.) Veterans of Foreign Wars Post #984 meets in the Elks Club Banquet Room, 120 S. Maple St. New members need to bring their DD214. Information: Post Commander John Rios, 719-846-6094.

Today's Quote
"Spring is nature's way of saying, 'Let's party!'"
-Robin Williams

APRIL 17
-Night out for Noah's
THURSDAY: Dine out all day and evening at Brix, Nana & Nano's, Wendy's, Bob & Earl's and Bella Luna's to help support Noah's Ark Animal Shelter. Information: 719-846-8578.
-Trout Unlimited
THURSDAY (6 p.m.) Purgatoire River Anglers meeting will be in the Izaak Walton Building, 1900 Santa Fe Trail Drive. Information: Mark Hanson, 970-366-8148. Meetings are always open to the public.

PUBLIC SERVICE
-Holiday Closure Notices
*The Chronicle-News office will be closed Friday for the Easter Holiday. There will be no interruption of service and the paper will be delivered as usual.
*The City of Trinidad offices will close at noon on Friday, April 18, 2014.
*The Landfill will close at 10:30am on Friday, April 18 and will be closed all day Saturday April 19.
*SCCOG: the South Central Council of Governments and affiliates will be closed Friday, for the Easter Holiday. Rideline information: 719-845-1127.
-Good Friday Service
FRIDAY (7 p.m.) Faith Christian Fellowship will have special Good Friday Services at the church, 2608 Santa Fe Trail Drive. Everyone is welcome. Information: Bill Frashuer, 719-680-3030.
-Good Friday Presentation
FRIDAY (7 p.m.) Come enjoy the music and drama of this year's Easter presentation "Come To The Cross" to be held at the First Christian Church, 200 S. Walnut St. No admission and everyone is welcome.

-Easter Celebration
SATURDAY (3 p.m.) Anyone interested in participating in our "Singspiration" for Easter is welcome to join us at the Trinidad Seventh-Day Adventist Church, corner of Aielo and Strong Streets.
-Calling all Volunteers
APRIL 24 (10 a.m.) Anyone interested in volunteering at the Mitchell Museum is encouraged to attend the annual Volunteer Coffee at the Museum. Information: Deb Bernhardt, 719-680-9048.
-Calling all History Lovers
MAY-SEPTEMBER: Anyone interested in volunteering for summer service at the Santa Fe Trail Museum please contact Paula Manini at 719-846-7217.
-ArtoCade 2014
CALLING ALL VOLUNTEERS: Anyone interested in participating in the Cardango Gala and all other events before and during the annual ArtoCade Festival please contact Rodney Wood at 719-334-0087 or artcarfun@yahoo.com.

A THOUSAND WORDS

The back of the old Kress store in the 100 block of East Main Street as seen from East First Street.

RIVER CALL

Purgatoire River Call as of 04/15/2014. Elmore ditch: Priority #8 -- Appropriation date: 11/15/1862.

Trinidad Reservoir Accounting:
Release 41.55 AF
Inflow 49.78 AF -- 25.10 CFS
Evaporation 8.23 AF
Content 17,929 AF
Elevation 6,180.69
Precipitation 0

Downstream River Call: High-land Canal: 05/31/1866.



HEALTH & WELLNESS

Cooking Matters program promotes good nutrition

By Steve Block
The Chronicle-News

Hungry kids are often lured into eating junk food or fast food that's not very nutritious. Trinidad Middle School and Huerfano-Las Animas Counties District Health Department are partnering in an annual program called Cooking

Matters to help kids make good choices about the foods they eat and to show them how to prepare healthy meals on a day-to-day basis.

Thirteen students at the middle school were getting instruction in Friday's Cooking Matters class. Catherine Montera, R.N., nursing supervisor for the health department, was emphasizing the variety of colors in nutritious foods and showing the kids how to prepare a plate of food that's visually attractive, as well as nutritious. Kristy Toupal of the health department served as chef, with help from Bernie Arzazola and Virginia Ferraro, school volunteers.

The students get to pick the weekly menus, which are based on healthy foods described in books used as teaching and learning materials that are provided free for each student through the Cooking Matters program. Cooking Matters is part of the national Share Our

Strength's Cooking Matters program, parents and caregivers are learning the cooking, budgeting and decision-making food skills they need to get the most out of federal food and nutrition programs. Cooking Matters participants learn to shop strategically and to use practical nutrition information to guide their food choices so that they can cook healthy, tasty meals.

Montera said two of the program's goals were to increase physical activity and to promote good nutrition for kids in Las Animas County. She said the program's primary goal was to leave no child hungry.

"They pay for all the food," she said. "The kids get a gift every class, like a backpack, a strainer or a spatula. We provide nutrition education and some physical activity in every class, and we do hands-on cooking. So the kids are learning the importance of physical activity, and all the foods we use are healthy — lots of fruits and vegetables. The class is every Friday for six weeks."

Montera said, "It's a great class. I volunteered for an adult Cooking Matters class for parents at Head Start. I got so much out of that

class, and it was just awesome. So our first class here was last week, and it went really good. I think the kids really enjoyed it. Today we're making veggie wraps, but last week we made black-bean-and-corn quesadillas, and they were absolutely delicious. Everyone enjoyed them."

Cooking Matters was founded in 1993, and its thousands of volunteer instructors have helped more than 120,000 low-income families in communities across the country learn how to eat better at a lower cost. Cooking Matters was founded by Share Our Strength, using a unique model of



Steve Block / The Chronicle-News

Trinidad Middle School students, above, don aprons while preparing for Friday's Cooking Matters class, a program that is put on in collaboration with the local health department. In classes across America, students are taught how to select healthy foods, then are shown how to prepare them.

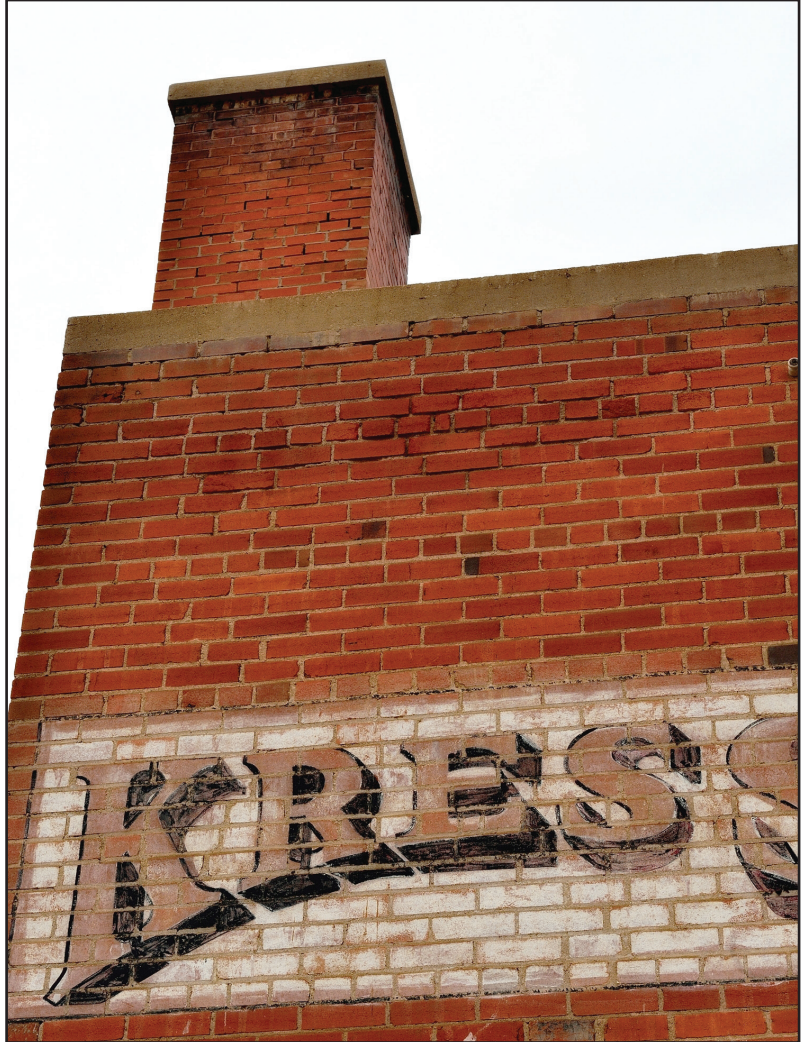
Strength initiative, a federal, state and privately sponsored program. Friday's meals were veggie wraps, and the kids tied on their disposable aprons and got ready to join in on the fun, with a tasty and nutritious meal being the satisfying, healthy reward for their efforts.

"Our focus today is eating fruits and vegetables of different colors," Montera said. "Color is important, and not every fruit or vegetable contains all the nutrients you need. If you make your plate look like a rainbow, then you're covering all those nutrients that your body needs. We're doing a little taste test of those foods today," she said.

This year marks the 21st anniversary of the Cooking Matters Colorado program. More than 16 million children are at risk of hunger in the U.S., and in Colorado one in five children is at risk for hunger and malnutrition, according to the Cooking Matters website. The program provides groundbreaking nutrition-education instruction that helps families by teaching them how to prepare healthy low-cost meals.

Professional chefs and nutritionists volunteer their time and expertise to lead hands-on courses

cooperation between Share Our Strength and local program partners that leverages the strengths of all parties involved. Share Our Strength provides professional-level curricula and instructional materials, training, evaluation and national leadership support, while local program partners provide hands-on, grassroots-level resources, customized programs and relationships that are best handled on the local level. Cooking Matters has utilized its cooperative model to create an effective, efficient and sustainable non-profit educational program.



Tim Keller / The Chronicle-News

... a thousand words

THE ARTS

Wedding-bell blues, joys focus of new SCRT play

By Steve Block
The Chronicle-News

Something crazy or unexpected always seems to happen on most people's wedding days, and those situations are the central theme of "Always a Bridesmaid," the new play premiering locally this weekend at the Famous Performing Arts Center. It will be the final production of the season for the Southern Colorado Resident Theatre (SCRT), with five performances spread out over two weekends.

"Always a Bridesmaid" highlights the relationships among a group of southern belles who as teenagers promised to always be in each other's wedding parties. What they didn't realize was that they would still be attending each other's weddings decades later, as the vagaries of life created multiple marriages for the girls in the group.

Show times will be at 7 p.m. on Friday, April 18 and on Saturday, April 19. The following weekend's shows will be at 7 p.m. on Friday, April 25 and on Saturday, April 26, with the show's run concluding with a 2 p.m. matinee performance on Sunday, April 27. Tickets cost \$15 for adults, \$10 for youths and can be purchased at the SCRT office from 10 a.m. through 4:30 p.m. on Monday through Friday, by calling 719-846-4765 during those hours or going online to www.scrtheatre.com.

SCRT veteran Ashleigh Hall will direct the play, which was co-written by the trio of playwrights Jessie Jones, Nicholas Hope and Jamie Wooten. The trio also co-wrote the plays "The Hallelujah Girls," "The Red Velvet Cake Wars," "Christmas Belles" and "The Dixie Swim Club." Hall said in a Tuesday interview that she and the cast were having a great time getting "Always a Bridesmaid" ready for opening night.

"It's about four women who have been best friends since the seventh grade and promised each

other at their Senior Prom that they would be bridesmaids for each other, no matter what," Hall said. "It's now 30 to 40 years later and the women are still divorcing and getting remarried. The play spans seven years, and the friends are showing up at second,



Steve Block / The Chronicle-News

Director Ashleigh Hall prepares the set for this weekend's premiere of the romantic comedy, "Always a Bridesmaid," at the Famous Performing Arts Center.

third and subsequent weddings. The scenes you will see are the 20 minutes before four different weddings," she said.

Hall said the play's location was the bridal parlor of the Laurelton Oaks plantation, a wedding venue in Virginia. There's plenty of contentious-but-hilarious back-and-forth between the four best friends, and the cast members will require plenty of quick costume changes.

Leeann Fabec plays Monette Gentry, and the play's opening scene features preparations for her third wedding, with plenty of grumbling by her friends about having to come to marry her off to a new live one every 10 years.

Lora Nava plays Libby Ruth Ames, an overly romantic idealist who's been married to the same guy for many years and is the quintessential little girl who grew

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Weather Sponsored by:
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WEATHER WATCH
Wednesday: A 30 percent chance of rain, mainly after 3pm. Increasing clouds, with a high near 60. SW wind 10 to 15 mph becoming NE in the morning. New precipitation amounts of less

than a tenth of an inch possible. **Night:** Rain and snow, becoming all snow after 2am. Low around 31. East wind 5 to 10 mph becoming north after midnight. Chance of precipitation is 80%. Little or no snow accumulation expected.
Thursday: A chance of snow showers before 11am, then a slight chance of rain showers between 11am and 2pm. Mostly cloudy, with a high near 47. N-NW wind 5 to 10 mph becoming E-SE in the afternoon. Chance of precipitation is

50%. New snow accumulation of less than a half inch possible. **Night:** Partly cloudy, with a low around 32. Light and variable wind becoming S-SW10 to 15 mph in the evening.
Friday: Mostly sunny, with a high near 69. SW wind 10 to 15 mph. **Night:** Mostly cloudy, with a low around 43. SW wind 10 to 15 mph.
Saturday: A 20 percent chance of showers. Partly sunny, with a high near 68. W-SW wind around 10 mph.