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Please see page 4 for all SCHOOL EVENTS

<u>TUESDAY</u>

Continuum of Care

Continuum of Care meets 8-9 a.m. 1st Tues. @ the Soup Kitchen, 308 Church St. For more info call Karrie Apple at 719-846-6665 or Tom Power (Colorado Coalition for the Homeless in Denver) @ 303-285-5221.

Las Animas Co.

Board of County Commissioner's meets 9 a.m. 1st & 3rd Tues. @ LA County Courthouse, Room #201, 200 E. First Street.

Pastor's Study

Meets 9 a.m. every Tues @ Zion's Lutheran Fellowship Hall. All Pastors welcome, call Pastor Beth Ann @ 846-7785 for more information.

Kiwanis

Kiwanis Luncheon 12 p.m. every Tues @ A Little Catering Company, 916 Arizona. Guest Speaker will be Judy Kile from HULA.

Support Group

Grandparents raising grandchildren 1 – 2:30 p.m. Tues @ the Early Learning Center, 1225 Rosita Ave.

City Council

Regular session meets 7 p.m. 1st & 3rd Tues in Council Chambers @ City Hall, Third Floor, 135 N. Animas in Trinidad.

PEO – DE Chapter

Meets 7 p.m. 1st Tues @ the Presbyterian Church Hall, 801 San Pedro. Guest speaker will discuss GED Program @ TSJC. Dessert & program prior to meeting with Miriam Zappanti & Cosette Henritze as hostesses.



NRA and International Bank President Ronald Schmeits speaks to a large audience at Monday's TSJC Gunsmithing School third-year program and facilities. At right is TSJC interim President Felix Lopez.

TSJC dedicates new gunsmithing program, facility to large turnout

By MIKE GARRETT The Chronicle-News

Monday's dedication ceremonies for the Brownells-Trinidad American Firearms Technology Institute for advanced third-year Trinidad State Junior College gunsmithing program facilities attracted a who's who of community and firearms support leaders there to see the ground floor of something that will again make Trinidad special and unique.

An estimated crowd of more than 200 heard introductory speeches by TSJC interim President Felix Lopez, National Rifle Association and International Bank President Ronald Schmeits, Brownells owner Frank Brownell and President Pete Brownell and former TSJC President and new Colorado Community College System board appointee Ruth Ann Woods in the Massari Performing Arts Center. The crowd then toured the new gunsmithing facilities in the Banta Building on the TSJC campus and joined in for the Trinidad & Las Animas **County Chamber of Commerce** ribbon cutting. announced that Lopez Iowa-based Montezuma, Brownells, the world's largest supplier of firearm accessories, gun parts and gunsmithing tools, has contributed \$250,000 in remodeling and inventory-equipment funding for the retail-repair facility that is expected to attract advanced degree students and firearms for repair-refinishing from all over the country. The new facility is going to be just like an actual gunsmithing shop for twoyear degreed students to learn how to make gunsmithing their chosen career, or just like an advanced med school, according to longtime TSJC gunsmithing school instructor Keith Gipson.



ive cake, part of Mandav's dedication acromonics, a



Health official: Low rankings can help County Health Dept. improve By RICHARD SITTS The Chronicle-News

The Las Animas County Health Department can take the unfavorable findings of a recent health rankings report and use the information as a tool to help improve in areas in which it needs to, according to one local health official.

Las Animas County finished near the bottom of Colorado's 56 counties in several categories contained within the 2010 Colorado County Health Rankings.

"There's just great potential when you have a low ranking of what you can do (to improve)," said Mary A. Garcia, executive director of he Las Animas-Huerfano Counties District Health Department. "Having a low ranking is not a bad thing. This is just giving a reflection of ourselves and sometimes we don't like to see a reflection of ourselves." Such studies, she adds, do not address the individual, but rather the county as a whole.

"How do you know how to begin improvements unless you know your weak points?" Garcia asked.

<u>WEDNESDAY</u> Arthritis Exercise

Free Arthritis Exercise Class every Mon & Wed @ 9 a.m. @ Corazon Square & 1 p.m. @ Early Learning Center. Info call: 845-1133 ext. 224.

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Weather Watch

Today: A 10 p e r c e n t chance of rain after noon. Mostly cloudy, with a high near 54. Very windy, with a south southeast wind 10 to 15 mph becoming west between 35 and 40 mph. Winds could gust as high as 50 mph.

Tonight: A slight chance of rain before 10pm, then a chance of snow showers. Mostly cloudy, with a low around 24. Blustery, with a northwest wind between 15 and 25 mph. Chance of precipitation is 30 percent.

Tomorrow: A chance of snow showers before 10am, then a chance of rain showers between 10am and noon. Mostly cloudy, with a high near 49. North northwest wind around 15 mph. Chance of precipitation is 30 percent.

Tomorrow Night: Partly cloudy, with a low around 24. North northeast wind 5 to 10 mph becoming west southwest.



Purgatoire river call as of 4/5/10 South Side Priority #98 - 4/30/1884 Trinidad Lake accounting Release 0.10 acre feet Inflow 389.66 acre feet Evaporation 12.59 acre feet Content 25962 acre feet Elevation 6188.36 feet Precipitation 0 inches Downstream river call JMR - 12/31/1948 (Provided by Division of Water

Resources)



Speedy Gonzalez is the third-

new partnership between Trinidad State Junior College's Gunsmithing School's third-year program and Brownells, the world's largest supplier of firearm accessories, gun parts and gunsmithing tools.

year program instructor. "Our intent is to open and operate a real life gun shop with third-year students who will provide top quality gun repair, parts and services for gun owners and collectors and hunting and shooting sports enthusiasts," he said. "We will offer retail, repair, blueing, reloading and plan to do some light manufacturing."

TSJC's internationally recognized gunsmithing school is in its 63rd year of operation. "This third-year program will allow our students to gain entrepreneurial skills that will make them not just successful gunsmiths, but savvy business leaders," said Veltri.

Schmeits spoke on behalf of the NRA's 4 1/2 million members and 80 million gun owners and hunters who stand for national gun rights and freedom. "I firmly believe that in order to create good, longterm jobs, it needs to be in the private sector. Thanks to the partnership being consummated here today and the generosity of Frank and Pete and their vision for the future, I think it's a real honor. I don't know how you can put a dollar figure on this third year practical-educational work experience program. But what the Brownells are doing is giving back to the industry."

Lopez briefly traced the history of the Brownells company, founded 70 years ago by Bob Brownell on the principles of selection, service and satisfaction to their consumer-customers.

"We're launching a program that perhaps is going to make history, not only in the United States but the expectations are going to be present (gunsmithing) orders internationally," said Lopez. "This Brownells-TSJC program will be a 21st century recognized partnership."

Lopez noted that the gun-Continued on page 4 The county board of health addressed the findings at last week's meeting, Garcia said. "We looked at our own data and our own rankings and asked if it identified any area of need that we weren't aware of," Garcia said. "We asked if that data was accurate so that we can address the areas of our greatest need."

The board also seeks to determine if the county has the resources to address the identified areas of need, Garcia said, "Because health is everybody's business."

The empirical data collected in such a study "points you in a direction," Garcia said. "Now we have a baseline from which to improve." The data, she added, provides information "from which to begin your wellness direction."

Of course, when such rankings come out, Garcia said, "There are the naysayers who say, 'Oh, we have a bad hospital. We have bad doctors. We have an inefficient health department."

Such thinking, she adds, is a narrow-minded view of broad, farreaching problems that have a variety of causes.

What gets lost in all the numbers and data is the bottom line that county residents are largely responsible for their own health. "You can get somebody to buy a lottery ticket before you can get them to spend \$2 on their health." People need to be more pro-active and make better decisions when it comes to their own health, Garcia says. She points out that people will spend \$4.50 on a package of cigarettes, rather than spend that amount toward going to a gymnasium, or attending an aerobics class, or buying a bottle of vitamins.

"Where we live matters to our health." That is the opening line in the introduction of the report, the 2010 County Health Rankings, a collection of 50 reports that "reflect the overall health of counties in every state across the country."

The rankings were compiled by The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

All such studies start with a hypothesis, Garcia said. In this case, it is how do social-economics **Continued on page 4**

Des Moines health fair coming Wednesday

By Tim Keller

The Chronicle-News

DES MOINES – The arrival of spring each year brings its companion, the annual health fair serving Des Moines, Folsom, Capulin and nearby areas. This year's "Reach Out" health fair will be held Wednesday morning, April 7, from 8 to 11 a.m. in the Des Moines EMS building at 77 North Olive Street, behind the Des Moines firehouse and across Highway 64/87 from the post office.

Union County General Hospital will have its team at the health fair to provide a menu of available tests. For most, they draw a blood sample and take it back to the lab at the hospital for testing. Results are sent directly to the person tested and are usually received the following week. Many people then take the printout of results to their primary care physician to accompany a regular physical examination. Others learn to read the simple results themselves to monitor

their own health status.

The test fees are reduced 72 to 86 percent for the health fair, to \$35 or less depending on the test, and most insurance policies will reimburse all or part of the cost. Tests are available for cholesterol, blood type, lipid profile (for heart risk), thyroid, prostate, diabetes, iron, and vitamin D, among others. Most popular are some combinations of the above tests, all for \$25 to \$35. For accurate results, one should fast for 8-12 hours prior to the test, having no food and drinking only water. Healthy nut breads and other foods and juices are available at the health fair itself, so one can break the fast right there.

Women may order and schedule a reduced-price mammogram for a \$60 fee, payable when making the appointment for the mammogram, which will administered later in Clayton.

As always, EMTs will be available from the Des Moines, Capulin, and Folsom Emergency Medical Services to provide additional services free of charge. These check-ups include blood pressure, heart rate, blood sugar level, and oxygen level in the blood.

A tip to first-timers: there is usually a line forming outside by 7:30 a.m., but by 9:30 or 10 a.m. there is no line and people are able to walk right in and be tested. The Health Fair Menu order form is available in advance at Farmers & Stockmens Bank, Baca Valley Telephone, and the post office, all in Des Moines. Payment must be made at the health fair; insurance claims must be filed individually by patients.

The annual Des Moines health fair is a non-profit, public service event funded entirely by donations. Donations may be given at the event directly to the Emergency Medical Services and/or Health Fair Committee c/o the County Extension Office in Clayton. For more information, contact Jean Harris at UCGH in Clayton, 575-374-2585, or NW Union County Liaison Tami Stogsdill in Des Moines at 575-278-2101 or 278-3200.