

THE FINE PRINT

MONDAY

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.

Tourism Board

Regular Session meets 9 a.m. 4th Monday @ City Hall, Conference Room, 135 N. Animas. For more information call Audra Fatur @ 719-846-9843.

Raton Playgroup

Free indoor fun & snacks (Mommies & kids ages 0-5 years) meets 10 a.m. - 12 p.m. every Monday @ Colfax County Health Council, 123 N. 2nd Street, Suite #5. Call Ida Cruz @ 575-445-3077 for more information.

Hospital Board

Trinidad Area Health Association dba: Mt. San Rafael Hospital Board of Directors meets 6 p.m. the last Monday of every Month, 410 Benedicta Ave. Please, call Lynda @ 846-9213 x1051 for more information.

Holy Trinity Academy

School Board meeting 6:30 p.m. Mon @ Zion Lutheran Parsonage, 613 Prospect. Call Diana Nunez @ 719-846-5900 for more information.

TUESDAY

Area Home Schoolers

Raton & Trinidad - join us for a weekly playgroup at Round-up Park (Trinidad Fairgrounds) 10:30 a.m. every Tues. For more info call 719-846-2019 or e-mail: harthomeschool@yahoo.com.

Kiwanis

Weekly luncheon 12 p.m. every Tues @ A Little Catering Company, 916 Arizona. For more information call Mike Tranter @ 719-680-4459.

City Council

Trinidad City Council work session meets 1:30 p.m. 2nd & 4th Tues @ City Hall Council Chambers, third floor. For more information contact Audra Fatur, City Clerk @ 719-846-9843.

Health Services

Regular District meeting 5 p.m. last Tues of the month @ the John Building in the Bell Block on Main Street, Room 106. Call Jesse Manzanares @ 719-846-4447 for more information. The public is invited.

Lady Eagles

Lady Eagles Auxiliary #179 meets 6 p.m. 2nd & 4th Tues @ Eagle's Hall, 204 Pine. For more information call 719-846-3821.

Trinidad Schools

Board of Education regular meeting 6 p.m. 2nd & 4th Tues @ the Administration Office, 215 South Maple St. Call 719-846-3324 for more information.

Knights of Columbus

Meets 7 p.m. 2nd & 4th Tues @ K of C Hall, South Commercial St. in Trinidad. For more information call Virgil Micek @ 719-846-4171.

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WEATHER WATCH

Today: Sunny, with a high near 83. North northwest wind between 5 and 10 mph.

Tonight: Mostly clear, with a low around 44. North northwest wind between 5 and 10 mph.

Tuesday: Sunny, with a high near 82. West southwest wind around 5 mph becoming south-east.

Tuesday Night: Mostly clear, with a low around 43. East southeast wind 5 to 10 mph becoming west southwest.

RIVER CALL

Purgatoire river call as of 9/24/10
Hoehne priority #9 1/1/1863
Trinidad Reservoir accounting
Release 130.29 AF
Inflow 63.89 AF
Evaporation 11.60 AF
Content 14,155 AF
Elevation 6,170.47
Precipitation 0

Downstream river call
Highland Canal 5/31/1866
1 cubic (cfs) foot per second equals one cubic foot of water passing a point in one second of time.
1 acre-foot equals a quantity of water required to cover one acre of land to a depth of one foot.
1 cubic foot per second = 1.9835 acre-feet per day (24 hrs)
(Provided by Division of Water Resources)



Photo by Richard Sitts

Special Agent Susan Payne, with the Colorado Office of the Attorney General, and the founder and executive director of safe2tell, delivers her presentation to staff and students at Trinidad State Junior College.

Group instills idea that it's OK to talk

"Our lives begin to end the day we become silent about things that matter."

- Martin Luther King, Jr.

By RICHARD SITTS
The Chronicle-News

When a talented 23-year-old athlete, surrounded by an NFL team and support staff, can take his own life while showing no outward signs that he is in trouble, it's a serious problem. On Sept. 20, Denver Broncos wide receiver Kenny McKinley shot himself in his Denver home. The second-year pro out of South Carolina was on the injured reserve after sustaining a second injury in his young professional career. Afterward, friends and teammates surmised that he could not imagine what he would do if he couldn't play football. Yet, no one was able to prevent this sad and tragic end to a promising life. (For a touching, personal take on McKinley's death, go to denverpost.com and read sports columnist Woody Paige).

Perhaps as little as a single phone call could have helped McKinley, or anyone else who may be contemplating suicide. That is the bedrock message being put out by safe2tell, a prevention initiative program just being introduced at Trinidad State Junior College.

The organization's motto is, "Make a call. Make a difference." That dictum was pounded home by the organization's founder and executive director, Susan Payne, during a presentation in the Pioneer Room on the TSJC campus last Tuesday evening. TSJC is one of three Colorado junior colleges that is adopting the program, that is intended to help prevent suicide, bullying, assaults, child abuse, domestic violence, harassment, hate crimes, animal cruelty, vandalism, fighting, and other problems that sometimes face young students.

Earlier this month the Denver Post reported that Colorado typically has one of the highest suicide rates in the nation, with 940 deaths by suicide in 2009.

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German quilters travel to Raton rendezvous

By TIM KELLER
The Chronicle-News

RATON - It turns out that quilting is a universal language.

After a decade of long-distance correspondence, nine German women traveled all the way to Raton for a weekend filled with sightseeing, visiting, and - most importantly - sharing quilting materials, techniques, and stories with their Raton counterparts in the Willow Springs Quilt Guild.

Nine of the 10 members of the 1st Franconian Quilt Club made the two-week trip from their homes in Bavaria. They celebrated the opening Saturday, Sept. 18, of a month-long quilt exhibition at the Raton Museum. They attended the Raton Arts & Humanities Council's presentation of the Argentine dance entertainment "Rhythm & Passion" at the Shuler Theater that night.

They toured Capulin Volcano National Monument Sunday before repairing to the Capulin home of Beverley and Dale Mark for that great American pastime, the outdoor summer barbecue. A cacophony of voices in broken English was frequently punctuated by laughter as the German and New Mexican women found plenty of ways to communicate.

The meeting of the two groups was 10 years in the making.

Dale Mark was camping with daughter Shelly at Great Sand



Photo by Tim Keller

Members of the 1st Franconian Quilt Club of Bavaria, Germany, shared an outdoor barbecue with the members of Raton's Willow Springs Quilt Guild in Capulin.

Dunes National Park in 1998 when the woman at the next campsite brought her daughter over to say hello. Gisela Marquardt, a police captain in the consumer fraud division back home in Bavaria, was impressed by her father-daughter neighbors.

That meeting led to a friendship between the two families in which the daughters have traveled to visit each other and the parents bonded over quilting, among other things.

Beverley Mark was a founding member of the Willow Springs Quilt Guild when it formed in 1999. The following year, Gisela Marquardt helped found the 1st Franconian Quilt Club. Plans began to shape up for a get-together.

"When I joined in 2005," recalled current Willow Springs President Sara Kowalski, "Beverley, who was president then, said this group of German quilters was going to visit us...in

Miner Golf team repeats as Southern Region Champs

By DAVID J. SANTISTEVAN JR.
The Chronicle-News

For the second year in a row the Trinidad Miner golf team captured the Class 3 Southern Regional team Crown with a 17-stroke win over second-place Rye.

"We played well overall," Miner Head Coach Mike Vecchio said. "The kids have worked hard all year. We came into regionals with somewhat of a target on our back. The other teams really played their best golf against us, and our kids played at a high level. It makes us better."

The Miners' accumulative score of 226 was more than enough, beating out Rye (243), TCA (244), and St. Mary and Monte Vista, tied for fifth with 250 each.

Miner sophomore Blake Young shot an even par of 71 for a third-place finish. Young shot a 34 on the front nine and a 37 on the backside. Vecchio added, "Blake has been hitting the ball pretty good as of late. His game keeps improving."

Garrett Schrepfer came in fourth with a 2 under par 73. Vecchio added, "Garrett hit the ball well all day; he is starting to put his game together."

Carlos Sisneros shot an 82 and Bret Dixon shot an 83. Both finished in the top 15.

"It's good when you have kids that can pull the others up. We have that on our team. If you have a bad round, you know that your teammates will be there to pick you up," Vecchio said. "Our kids our confident and willing to work to improve. We will work on some things and get ready for the state tournament."

Last year THS were runners-up to Class 3A powerhouse Kent Denver and just ahead of this year's host, Eaton.

The State Tournament begins on Oct. 4 at the Eaton Country Club.

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Photos by Richard Sitts

Beverly Mark and her husband Dale, at right, explain the surrounding landscape to the visiting quilters from Germany high atop the rim trail around Capulin Volcano. The visitors and their New Mexico hosts did a brisk hike around the one-mile trail before having a potluck barbecue at the Marks' in the nearby village of Capulin.



The visiting quilters from Germany got out for some exercise on Sunday afternoon, Sept. 19, as they trekked the one-mile rim trail around the top of Capulin Volcano, about 30 miles east of Raton. Capulin is one of the best examples of a cone volcano left in the world.



Photo courtesy of Sam Sisneros

Trinidad High School golfers Garrett Schrepfer, second from left, and Carlos Sisneros hold up the Class 3 Southern Region Championship plaque that the Miner team won last week. Sisneros and Brett Dixon, far right, ranked among the top 15 golfers in individual scoring. Blake Young, far left, won 3rd place in the tournament with a score of 71, and Schrepfer took 4th with a 73. Standing behind is head coach Mike Vecchio.

Miner Golf team repeats as Southern Region Champs

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Class 3A final Southern Region Team scores

Team scores

1. Trinidad - 226
2. Rye - 243
3. Classical Academy - 244
4. St. Mary's - 250
5. Monte Vista - 250
6. Salida - 253
7. Manitou Springs - 260

8. Swink - 265
9. Florence - 269
10. CSCS - 275
11. Alamosa - 281
12. Lamar - 283
13. Fowler - 284
14. Colorado Springs School - 285
15. Buena Vista - 285
16. Fountain Valley - 298
17. John Mall - 300
18. La Veta - 305
19. Pagosa Springs - 321

20. Las Animas - 331
 21. Dolores Huerta - 335
 22. Rocky Ford - 363
 23. Kim - 412
- Individuals - 1st - Andrew Cornella - (SM) 70, 2. Luke Condon (MV) 70, 3. Blake Young (Trinidad) 71 4. Garrett Schrepfer (Trinidad) 73 5. Micah Mathias (TCA) 73. Carlos Sisneros (Trinidad) 82 was 12th and Brett Dixon (Trinidad) 83 was 15th.

German quilters travel to Raton rendezvous

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pillows from the German women.

The 1st Franconian Quilt Club flew from Nuremberg to Frankfurt, where they caught a 10-hour nonstop flight to Denver. They rented two cars, a Chevy Suburban and a minivan, enough space to carry lots of suitcases to carry home lots of quilting fabrics.

Besides the police captain, their numbers include three nurses, a doctor of biology, a university office worker, and three retired women.

They've continued on from Raton to visit Santa Fe, Taos, Durango, the Four

Corners, Canyonlands, and Grand Junction before returning home via the Denver airport. They've scheduled visits to six quilting shops along their way, and they're suckers for any fabric stores they find along the way.

"It's amazing how quilting can bring together people from different countries who have little else in common," Marquardt remarked. In the Mark's yard, laughter broke out over the differences in their tastes in colors and fabrics.

The visiting Bavarian quilters included Ines Barrabas, Sonja Fees, Gaby Pfeiffer, Petra Klöppel, Gabi Hartmann, Barbara Roggenthin, Maria Adam, Brigitte Wagner, and Gisela Marquardt.

The host Willow Springs quilters included Diana Akroyd, Carol Baca, Margaret Berggren, Virginia Bonin, Esther Clark, Barbara Cranfill, Sharron Cullison, Trudie Fay, Pat French, Lesly Harris, Susan Houle, Sara Kowalski, Beverly Mark, Pat McCann, Nancy McGlothlin, Barbara Miller, Ellen Murphy, Lynne Parker, Dana Petersen, Eveline Robinson, Floy Sitts, June Stephens, Tom Stephens, Sheri Swan, and Becky Vanwey.

It wasn't hard to find them in Capulin. They were in the big yard festooned with hanging quilts of many styles and colors, where laughter escaped over the fence and it sounded the same whether it was in English or German.

Group instills idea that it's OK to talk

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"We need to be proactive and know it's OK to speak out," Payne told TSJC students and staff. "The best protective act we have is prevention." In more than 80 percent of violent incidents in U.S. schools, somebody else knew it was going to happen, but failed to report it, Payne said, according to the U.S. Secret Service. A study revealed that of those kids who did know that something was going to happen, 96 percent said they did nothing to dissuade them from carrying out their act.

One of safe2tell's goals is to help create an environment in which it is OK for kids to speak out and talk to others, namely adults, about what they have heard or know. "Kids have to feel comfortable telling adults information. You have to tell someone who will take it seriously and follow through," she added.

In severe cases in which students take guns to school, there are warning signs. Potential shooters or attackers make plans and like to tell others about their plans, Payne said, adding that there is no consistent, reliable profile of those kids who might try to carry out such an act. However, student attackers often have easy access to guns.

In Colorado, at least 28 such attacks have been prevented since Columbine happened 10 years ago. In these cases, school staff are the first responders. "Being proactive and being prepared is the difference between success and failure," Payne said. Bullying is often a factor and is problematic behavior, she added. "If we can identify a kid as being a bully, we have to stop it," Payne said. Bullying is spurred on by a "pack mentality" and unchecked cyber bullying also has led to a young female student taking her own life.

School shooters are often suicidal, as were the two student shooters who

shot and killed 12 classmates and a teacher at Columbine High School before taking their own lives.

Payne related a true story that took place in a Jefferson County school. A sixth-grader brought a gun to school and showed it to 10 different students throughout the day. No one said anything, but fortunately, no one was injured that time. Payne then showed a video public service announcement whose tagline was, "Regretting is harder than telling."

The safe2tell mission consists of education, awareness, early intervention, prevention, accountability and follow-up. Sharing information among law enforcement and school staff is essential and dialog is critical, Payne said. Another goal is to decrease the dropout rate among students, as half of dropouts end up in the criminal justice system, she added.

Another goal, she said, is to "break the code of silence." Concerning potentially violent events at schools, staff need to train for "not if, but when," Payne said.

Sometimes, a threat can come from outside, rather than from within, as in the Sept. 27, 2006, death of Emily Keyes, 16, who was shot and killed by a gunman who entered her high school in Bailey, Colo.

Payne also mentioned the March 21, 2005, home and school shooting at Red Lake, Minn., during which a student killed 10 people, including himself. This happened after the school had spent "a fortune" installing metal detectors and other security equipment.

Moving on to other potential problems, Payne asked if a kid who is unconscious from alcohol consumption warrants a 911 call. When not reported in time, such incidents have resulted in death.

"Sexting" is another social problem that safe2tell can help squash. "A few years ago, that wasn't even a

word," Payne said, adding that she recently spoke to a class of fourth graders and 80 percent of them had their own cell phones. Referring to submissions made on popular social websites such as Facebook or MySpace, Payne said, "Once it's out there for the world to see, you can never take it back."

Jessica Logan, an 18-year-old student about to graduate in Cincinnati, sent a nude photo of herself to her boyfriend and the picture ended up going viral. She was unmercifully teased and eventually ended up going to the local media and telling her story, imploring other kids not to make the same mistake. Two months later she hung herself.

Payne threw out some other statistics:

- Suicide is the second leading cause of death among college students, behind automobile accidents, and third among all youth, ages 15-24.

- In Colorado, suicide is the second leading cause of death among youth, ages 10-24.

- 20 percent of all high school students report having seriously considered suicide during the previous 12 months.

"If you know someone who's not accepting a (romantic) breakup, they are at risk," Payne said. "You need to tell someone." The number one thing that kids need, she added, is "a caring, committed adult in their life."

The bottom line is that all the types of tragedies mentioned above can possibly be prevented by talking and safe2tell is out to help facilitate that potentially life-saving communication.

For information, call 1 (877) 542-SAFE (calls can remain anonymous), or go to www.safe2tell.org. Anonymous reports also can be made on the website. Safe2tell is funded entirely through donations, fundraising and grants.

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Photo by Tim Keller

A master craftsman lays the first color into what will be the center of a mandala sand painting. Four men continued for four days to complete the detailed painting.

breeze around the Mandala Center's labyrinth.

The four-day program began with a group walk around the labyrinth Saturday morning, Sept. 18, followed by the monks' opening ceremony and the start in creating their sand painting. Later, there was a pinwheel workshop, a healing ceremony, discussion

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