



**TUESDAY**  
**SEPTEMBER 30, 2014**  
Vol. 138, No. 195

# THE CHRONICLE-NEWS

50 CENTS  
TRINIDAD  
COLORADO

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## THE FINE PRINT

**SEPTEMBER 30**  
**Bound Together Quilt Club**  
**TUESDAY:** Quilt Club meets every other Tuesday at the Las Animas County Fairgrounds on N. Linden St. Information: Maggie Olson, 719-859-4474.  
**Trinidad Writers Group**  
**TUESDAY:** Meet for reading, writing and fun. Information: Dana Miller, 719-422-8352 or danamiller65@gmail.com.  
**Trinidad City Council**  
**TUESDAY (1:30 p.m.)** Work session followed by a special session to seek legal advice will be held at City Hall, 135 N. Animas St. Information: Audra Garrett, 719-846-9843.

## Today's Quote

**"Ah, Hope! What would life be, stripped of thy encouraging smiles, that teach us to look behind the dark clouds of today, for the golden beams that are to gild the morrow?"**

—Susanna Moodie

**OCTOBER 1**  
**Diabetic Support Group**  
**WEDNESDAY (6:30 p.m.)** Mt. San Rafael Hospital, in conjunction with the Las Animas/Huerfano County Health Dept., will host this group in the hospital cafeteria, 410 Benedicta Ave. Information: 719-846-2213, ext. 38. Healthy snacks will be provided.

**PUBLIC SERVICE**  
**Meet the Candidates**  
**THURSDAY (5 p.m.)** Meet the Candidates who are running for Las Animas County offices at the public meeting to be held in the Massari Theater (corner of Broom and State Streets). Information: Chamber of Commerce, 719-846-9285.  
**Bar NI Community Grant**  
**FRIDAY DEADLINE:** The Bar NI Ranch Community Fund is accepting area 501c3 non-profit grant proposals. Information: Tom Perry at tomandlinda-perry@gmail.com.

**Temple Aaron Observances**  
**\*FRIDAY (3-7:30 p.m.)** Kol Nidre prayer services, the evening before Atonement.  
**\*SATURDAY (10 a.m.)** Yom Kippur Services begin and continue throughout the day.  
**\*SUNDAY (1:30 p.m.)** The public is invited to the annual Interfaith Program "Echoes of the Holocaust" to be presented by Rabbi John Feldman, assistant dean of the University of New Mexico in Albuquerque. All services will be held at Temple Aaron, 407 S. Maple St. Refreshments will be served following the Sunday service. Information: Tami Rubin, 719-248-9439.

**Community Blood Drive**  
**FRIDAY (Noon-4 p.m.)** Help save a life! Bonifis Blood Drive will be in the Pioneer Room at TSJC, 600 Prospect St. Sign-up and information: Bonifis Appointment Center, 800-365-0006 or www.bonifis.org.  
**American Legion**  
**FRIDAY (5 p.m.)** The Trinidad American Legion meets the first Friday of the month at the Elks Club 120 S. Maple Street. Information: Adjutant John Garduno, 719-880-1277.

**20th Annual Walk/Run**  
**SATURDAY (8:30 a.m.)** Registration begins for the Walk/Run for Domestic Violence Awareness at Ripley Park in Raton. Information: Michael Anne Antonucci at 575-445-9551 or Christina Boyce at 575-445-3689.  
**Goree & Princeton Scholarships**  
**SUNDAY (6:30 p.m. & 7:15 p.m.)** Parents, students and teachers are invited to the public meetings for the Goree and Princeton Scholarships to be held in the Pioneer Room at TSJC, 600 Prospect. Information: David Vandermeulen, Dublin, Ohio, 614-389-2852 or Louis Rino (THS) 719-846-2961.

**SCRIT Auditions**  
**SUNDAY (Noon) & MONDAY (6 p.m.)** Auditions for Neil Simon's production of Broadway Bound will be at the Famous, 131 W. Main St. Information: 719-846-4765 or info.scrtheatre@gmail.com.  
**Chamber of Commerce**  
**OCTOBER 8 (11:30)** Monthly Business Luncheon will be held in the Pioneer Room in the Sullivan Center at TSJC, 600 Prospect St. Information: 719-846-9285.

**Bound Together Quilt Club**  
**OCTOBER 18 (9 a.m.-3 p.m.)** Annual Bazaar and Quilt Raffle fundraiser will be held at the LA County Fairgrounds on N. Linden St. Proceeds support various community charity projects. Information: Maggie Olson, 719-859-4474.  
**Area Essay Contest**  
**NOVEMBER 1 DEADLINE:** The Trinidad VFW Post 984 will again be sponsoring the Voice of Democracy and Patriot Pen competitions for all local school students (grades 9-12). This year's themes are: "Why Veterans are Important to Our Nation's History and Future" (VOD) and "Why I appreciate American Veterans" (PF). Information: Commander John Rios, 719-846-6094.

**RIVER CALL**

**Purgatoire River Call as of: 09/29/14. Elmore ditch: Priority # 8 --- Appropriation date: 11/15/1862**

**Trinidad Reservoir Accounting:**  
Release 51.89 AF  
Inflow 55.85 AF -- 28.16 CFS  
Evaporation 7.96 AF  
Content 11,085 AF  
Elevation 6,168.09  
Precipitation 0

**Downstream River Call / Highland Canal: 05/31/1866.**

**WEATHER WATCH**

**Tuesday:** Sunny, with a high near 73. West southwest wind 5 to 10 mph. **Night:** Mostly clear, with a low around 41. West

**Wednesday:** Mostly sunny, with a high near 70. West wind 5 to 10 mph becoming light and variable. **Night:** A slight chance of showers and thunderstorms. Partly cloudy, with a low around 42. Southwest wind 5 to 10 mph becoming north after midnight. Chance of precipitation is 20 percent.

**Thursday:** A 10 percent chance of showers before noon. Sunny, with a high near 67. North wind around 5 mph. **Night:** Mostly clear, with a low around 41. East southeast wind around 5 mph becoming west after midnight.

**Friday:** Sunny, with a high near 73. West wind around 5 mph. **Night:** Mostly clear, with a low around 43. Southeast wind around 5 mph.

**Weather Watch**  
6 56343 00050 6

## THE ARTS



Photo by Peter Schaafl / courtesy of the Teresa Walters

Piano virtuoso Teresa Walters will perform music by Franz Liszt and others in a Thursday night concert that kicks off Raton Arts & Humanities Council's annual Performing Arts Series at the Shuler Theater.

## Shuler performance series opens with piano virtuoso

By Tim Keller  
Correspondent  
The Chronicle-News

RATON – Acclaimed classical pianist Teresa Walters' website offers its content in a choice of eight languages—French, Italian, Spanish, German, Portuguese, Romanian, Chinese, and English. Her talent keeps her on the move throughout the world. Thursday night, she brings it to Raton for the opening show of the annual Performing Arts Series presented at the Shuler Theater by Raton Arts & Humanities Council.

Walters' recent concert venues have included Carnegie Hall and Lincoln Center in New York, Wigmore Hall in London, the Salle Cortot in Paris, and Moscow's Great Hall. Arriving during the Shuler Theater's centennial year, she may join the long list of world-touring performers who have been inspired to find such a gem of a theater in such an unexpected location.

Her performances of Liszt,

Rachmaninoff, Tchaikovsky, Beethoven, Schumann, and George Gershwin have inspired the world's music critics. The New York Times said, "A musician ready, willing, and able, Teresa Walters tackled a program of large-scaled, big-boned pieces, and she sailed through them with an easy fluency that made each one sound like child's play."

The London Times called her "an enormous talent." The Jerusalem Post critic wrote, "Her playing was marvelous, as close to perfect as I hope to hear." The Washington Post reported, "Teresa Walters is a splendid musician whose marvelous technical prowess and rich expressive resources create music of intimate introspection, orchestral grandeur, and the most minute inflections of color."

After a Walters concert, a Tokyo critic observed, "The audience left with a feeling of ecstasy, so spiritually powerful was her performance."

Continued on Page 4 ...

## DIABETES HEALTH & WELLNESS

### Residents, visitors walk to increase awareness

By Scott Mastro  
Correspondent  
The Chronicle-News

This past Saturday, beginning in Cimino Park and going the length of the River Walk, from the Water Works Building all the way to North Linden Street and back, Mt. San Rafael Hospital and the Las Animas County Health Department hosted a collaborative community walk to raise awareness about diabetes.

Registered nurse and diabetes educator, Elvira Martin, talked

about diabetes management and care. "Diabetes is a disease that you have to know what to do to manage it, diet, exercise, and medication."

Type 1 Diabetes effects children and young adults. Type 2 Diabetes afflicts older adults. More and more, studies show that children and young adults are becoming susceptible to Type 2, and neither strain has a cure, only management and education of how to avoid the hormonal imbalance known as diabetes.

Lala Cabral is a cook at What a Grind Coffeehouse and Restaurant and a certified Piyo instructor, a workout that is a combination of pilates and yoga. Born and raised in Denver, her mother grew up in Sopris. She spoke about her mother's condition. "We don't carry the gene in our family, but I think it comes from stress and depression. My mother needs to be educated. She's set in her ways, her diet, beans, tortillas, and everything

Continued on Page 4 ...

## FUNDING PROGRESS

### Rural Philanthropy Days match local non-profits with statewide funders

By Scott Mastro  
Correspondent  
The Chronicle-News

From Baca, Bent, Crowley, and Huerfano Counties the non-profit organizations came, from Kiowa, Las Animas, Otero, and Prowers Counties too, for this year's Southeast Colorado Rural Philanthropy Days, this past week in Trinidad.

Community Resource Center's event coordinator, Alisha Hall, said, "The work of non-profits is invaluable to community, organizations like hospitals, fire departments, schools, libraries, long-term care and daycare facilities among them."

About why Trinidad was chosen for this every-four-year event, Hall said, "The fair had been in La Junta. Trinidad members of the steering committee suggested having it here. Those people are no longer involved, but co-chairs, Harriet Vaugeois and Linda Perry, made it happen."

The booklet welcome letter stated, "20 years ago Rural Philanthropy Days formed when Sue Anschutz-Rodgers inspired and challenged Front Range grant-makers to facilitate rural Colorado non-profits. May the seeds planted over the next three days grow into a prosperous and sustainable future."

Workshops leading up to a Friday pitch session included: how to compete for grants, grant-writing, first time essentials, trends in philanthropic giving, advanced pitching tips, filling out grant forms, financial statements, long-term growth,



Photos: Scott Mastro / The Chronicle-News

From top to bottom, co-chair coordinators, Harriet Vaugeois, left, and Linda Perry, helped bring Rural Philanthropy Days to Trinidad last week. Sue Anschutz-Rodgers and Abel Wurmnest were in the audience for the film about Southeast Colorado. From left, Acting City Manager, Audra Garrett, Chamber of Commerce and Tourism Board member, Elizabeth Harlan, and Susan Rollins with Economic Development attended the Rural Philanthropy Days events.

In the evening, non-profit hopefuls shared dinner at the Mitchell Museum, catered by David Griego and the Clubhouse Grille. Speakers Harriet Vaugeois, Linda Perry, Alisha Hall and Sue Anschutz-Rodgers stressed the need for development of rural communities.

Marty Hackett and Kim Schultz of Mount Carmel were present, as were Tara Marshall with the Chamber of Commerce, Mayor Reorda, Holy Trinity Academy's Andrea Jimenez and Kathy Donnelly, Branson Mayor, Jackie Ward Mack, Purgatoire River Anglers President and new Hot-Yoga-on-Main instructor, Blaine Roeder, and many others from Trinidad as well as Huerfano and other Counties.

Sue Anschutz spoke about rural communities. "I grew up in Russell, Kansas and moved to Wichita when I was fourteen. I appreciate my rural roots."

Thursday morning at Trinidad State, staff with orange i.d. cards, funders with green, and non-profits bearing blue, chose from a huge tent offering shade and the concrete abutments offering sunshine, breakfasting on a full morning menu provided by the college's food service,



marketing, governmental collaboration, reporting progress and success, volunteers, self-evaluation, social media, successful strategic planning, federal grants, board leadership, pitching the proposal, creative district status, and finally a tour of Trinidad.

Community Resource Center program manager, Leah Rausch, gave some tips. "What is your purpose, your unique place in the community? Research who you're pitching to, and be yourself. Foundations want to meet you. Be passionate about partnership."

Anschutz Foundation's Abel Wurmnest said, "Share your organization's goals."

Seen at the Fair were Noah's Ark's Karen Griego, Holly Laughlin, and Kim Riddle. Kim said, "The big fund-raising event for animal organizations specifically is the Colorado Federation of Animal Welfare Associations, in Blackhawk, October 2, 3, and 4."

Acting City Manager, Audra Garrett, Chamber of Commerce and Tourism Board member, Elizabeth Harlan, and Susan Rollins with Economic Development manned the Trinidad Information Booth.

"We're promoting Trinidad," Harlan said, "Showing people how to enjoy our town," Rollins added.

Laura Dotar, with MHz Productions in Arvada, Colorado said, "We help non-profits share their vision with low-cost videos."



Sodexo, networking in preparation for Friday's presentations.

Carnegie Library's Mallory Pilard and Shawna Nall found shade more appealing, reviewing notes and the day's itinerary, while Earth Mountain Farm's Joni Steiner stood in the sun and spoke with Ryan Se-

Continued on Page 2 ...

Weather Sponsored by:  
**LA QUINTA**  
INN & SUITES  
Inn & Suites  
Wellness  
Hotel  
719-845-0102

# CLASSIFIED

PHONE: 719-846-3311 • FAX: 719-846-3612

DEADLINE: NOON, MONDAY-FRIDAY

### 01 Real Estate

**WANTED**  
Medical Marijuana Dispensary (CUP) Conditional Use Permit NOT being used for the City of Trinidad. Please Call 720-355-2062

### 02 Houses For Sale

**SMALL HOUSE 1BD, 1 BA**, new roof, elec., & plumbing. \$45,000 Will consider owner finance with down. 719-846-6435

### 03 Houses For Rent

**2BR 2BA + OFFICE**. Good Neighborhood. Fenced yard, pets ok. \$695 + Util. Avail 10-15. 846-8496 or 680-7279

### BEAUTIFUL 2BD 1BA house

Lrg yrd. Completely Remodeled w/ appliances. Non-smoker, No pets, \$550mo + dep Call 719-846-3587

424 W First Street. Two bedroom/one bath apt. with laundry hook-ups. Nice floor plan + dining room + laundry room. Owner pays all utilities except electric. \$525.00 + Security deposit. Call Elsie at TLC Real Estate. 719-846-6821/719-859-1777.

NICE! 2BD, 1BA 1 car garage, 2620 espinosa St. \$700/mo + deposit. 719-680-3431

Clean 1BD, 1BA home for rent or lease w/option to buy. Renovated BA, W/D, large yard. \$500 dep, \$500/mo. 846-7007

RENT TO OWN 5BD House, a good job & 3 good ref. a must. 719-672-3697 or 719-588-5892

LEASE W/ OPTION TO BUY 4 BD, 1BA, Needs some work, good neighborhood, owner finance possible 846-6435

Executive Female seeking Housemate. Furnished \$500/mo. 817-944-5302

1200 Santa Fe Trail, 2 BD w/ carpet. Call anytime 680-1806

### 04 Apartments

**LARGE 2BD** apt in quiet 4-plex near TSJC some utilities paid Call 719-859-5767

**FURN.** 1 BD Util. Paid Priv. Park & Entr. No Pets No Smokers 846-6697

**3 BD/1BA** upstairs apartment • \$675 mo incl' utilities • 110 Maple St • 719-680-2225

**Large 2BD, 1BA.** All utilities incl. \$800/mo + dep. 719-422-8260

**2BD/1BA CLOSE** to TSJC \$450 mo + \$400 dep Some utilities included. Tommy 719-680-1093

**1BD & 2BD Apts** partially furnished \* all util pd except electricity \* \$550 & \$600 mo Dep \$600 \* No smoking & No pets 846-2506

**1BD 1BA** \$450/mo \$450dep Utilities pd. No pets. References Req. Call 859-7703

**FOR RENT 1 BD APT** in clean quiet building \$400/mo + \$400 dep. 627 Arizona Ave 719-679-2653

### TRINIDAD WESTERN APTS.

is now taking applications! Studios, 1-2-3 Bdrm Apts. Laundry facilities Rental assistance to those who qualify. Call 719-846-7539 or stop by and see us at **411 NORTH AVE.,** Trinidad TTY / TDD **1-800-659-2656** Our community is an equal opportunity provider.

### 04 Apartments

**1BR APT.** in 4-plex, off-street parking, extra storage space, \$485/month. 719-250-7855

**The Chronicle-News reserves the right to correctly classify, edit or to reject or cancel any ad at anytime. All ads placed by phone are read back to the advertiser at time of placement. Email verification provided to advertisers who provide email address. Classified ads are prepaid unless prior credit approval is established.**

### 04 Apartments

**NORTH AVENUE APARTMENTS A SENIOR HOUSING COMPLEX , TAKING APPLICATIONS** 1 Bedroom units only Appliances, stove, refrigerator, Laundry Room, community Room Rental assistance available to those who qualify. Call 845-0216 or stop by and see us at 421 E North Ave, Trinidad, CO TDD 1-800-659-2656 This institution is an equal opportunity provider.



### 05 Mobile Homes

1995 OAKWOOD 3bd/2ba Fenced yrd, nat. gas, good cond., recently painted \$15,000 Owner Finance Available 680-7046

Mobile home spaces available in quiet mobile home park located next to Trinidad Golf Course. Double wide and single wide spaces available. Water, sewer and trash included in rent. Please call Rusty or Michelle at 719-846-3303 ext. 0

### 06 Office Space

**OFFICE SPACE** 112 Maple St. \$400/mo incl' utilities • 680-2225

**OFFICE SPACE** for rent. Great location! \$500mo w/ \$500dep Call (719)422-8260

### 07 Commercial Property

**GARAGE/STORAGE FOR RENT** 8-10 car capacity Call for info 846-2478

### 08 Building Lot for Sale

**HUGE LOT** 5 + City Lots+1.3 Acres+City Utilities+Views \$49,000-Call 859-4302

### 09 Farms & Ranches

**WINTER PASTURE** WANTED for 50 hd cattle Call 719-749-8213

### 11 Mountain Property

**35 AC.** Close to town. Great for modular home. Power in road. Partial fence. Great Views. EZ Access. \$22k Terms. 719-598-7941

### 17 Help Wanted

**CITY MANAGER** City of Trinidad, Colorado

The City of Trinidad, Colorado, is accepting applications for the position of City Manager. Candidates should have at least five (5) years of progressively responsible experience in government and/or business. A bachelor's and/or master's degree in public administration, business, or other applicable field are preferred. Compensation shall be commensurate with qualifications. Additional criteria and application information are available at the Colorado Workforce Center, 140 North Commercial Street, Trinidad, CO 81082, (719) 846-9221; or on-line at www.connectingcolorado.com. Candidates are strongly encouraged to apply by November 14, 2014.

### Customer Service Representative

College degree highly preferred. High school diploma or equivalent required. Previous client service experience highly preferred. Ideal candidate will have basic PC skills, basic math skills, strong analytical capability, conflict resolution skills, ability to multi-task, and strong verbal and written communication skills. For a complete job description and to apply visit the Colorado Workforce Center.

### HIRING FOR DIETARY AIDE

at Trinidad Inn Nursing Home. Applications can be picked up at the front office, 409 Benedicta, between 8am & 9pm

### HIRING FOR ENVIRONMENTAL DEPT

at Trinidad Inn Nursing Home. Applications can be picked up at the front office, 409 Benedicta, between 8am & 9pm

### Double Tree LLC

is taking applications for labors. Contact the Work Force Center for application information. 846-9221

### Corrections: Please check your ad for errors on the first day it appears. The Chronicle-News will not be responsible for incorrect ads after the first day of publication.

### 17 Help Wanted

Local company is looking for drivers to transport railroad crews up to a 200 mile radius from Trinidad. Must live within 20 miles of Trinidad, be 21 or older, and pre-employment drug screen required. A company vehicle is provided, paid training, and benefits. No special license needed. Compensation is \$8.50 per hour. Apply at www.renzenberger.com

### Mountain Creek Home Health

Mountain Creek Home Health is looking for a Part time RN for our busy Trinidad location. Need at least 1 year experience in med-surg and strong assessment skills. Some weekend work required. Home health experience is a plus, but not required. Please call Kathy at 719-738-5707 or Jennifer at 719-846-2030 for questions. Resume can be emailed confidentially to kathy.bressan@healthservices.cc or faxed to 719-846-2380. EOE/M/F/V/H

### Office Cleaning, PT

Tues./Thurs. Eve., Sat. Days- Westwood Area, Integrity a must 719-859-0040

### 2005 GMC Canyon 2whl

dr. 4 cyl , 25 mpg Hwy, 95k mi., runs good, good condition. \$4000. 970-576-2580

### BAR H PRODUCE

Farm Fresh Roasted & Peeled Green Chile, Hot - Med - Mild - & xtra Hot. **2014 New Crop Pinto Beans are in!** Burritos • Fresh Tamales • Fresh Green Chile • Farm Fresh Produce. Just past Bob & Earls on Rt. Hand Side 846-2002 • 859-0201

### LOWBUCK STORAGE

10x10's and 10x20's now available! 719-845-0461

### WANTED

Medical Marijuana Dispensary (CUP) Conditional Use Permit NOT being used for the City of Trinidad. Please Call 720-355-2062

### Legals

### NOTICE

Correction to City of Trinidad disbursements for the month of August 2014 published on September 29, 2014: Arkansas River Power Authority disbursement should read 487,384.29.

### Request for Proposal

Miners' Colfax Medical Center (MCMC), 203 Hospital Drive, Raton, NM 87740 is soliciting Request for Proposals from qualified persons, firms and/or corporations to provide MEDICAL CODING Services at the Acute Care Facility of Miners' Colfax Medical Center.

Proposal packages may be received from the Purchasing Department of Miners' Colfax Medical Center. Telephone number (575) 445-3661, or by writing to the above address requesting the information. Also information is available at our website at www.minershosp.com

Sealed bids must be submitted by the deadline date of September 30, 2014, no later than 4:00 PM, M.S.T. Proposals submitted after that date and time shall not be accepted. Please reference Request for Proposal number 14-662-0100-909B, dead line date and time on the bottom left hand corner of the sealed envelope.

PUBLISHED: September 17, 18, 19, 22, 23, 24, 25, 26, 29, 30, 2014 55213

### Request for Proposal

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Proposal packages may be received from the Purchasing Department of Miners' Colfax Medical Center. Telephone number (575) 445-3661, or by writing to the above address requesting the information. Also information is available at our website at www.minershosp.com

Sealed bids must be submitted by the deadline date of **October 8, 2014**, no later than 4:00 PM, MST/MDT Proposals submitted after that date and time shall not be accepted. Please reference Request for Proposal number 14-662-0100-909A, dead line date and time on the bottom left hand corner of the sealed envelope

PUBLISHED: September 22, 23, 24, 25, 26, 29, 30, October 1, 2, 3, 2014 55261

### Dear Abby

By Abigail Van Buren

**By Abigail Van Buren**

### AGING CAREGIVER MUST FIND RESPITE TIME FOR HERSELF

DEAR ABBY: How can I convince my aging, sick sister-in-law that her feeble husband's care is too much for her at this point? She can barely care for herself, yet she must help him eat, get out of chairs -- everything short of chew his food for him. I have tried telling her she deserves respite care of some kind, to no avail.

Have you any ideas how I can convince her she is literally killing herself and deserves some assistance? Their three daughters are no help at all to them. They turn a

### 38 Announcements

Considering a different way to manage your pain? Medical Marijuana Doctor Evaluations by a Board Certified Physician in Trinidad October 11&12 **SCHEDULE YOUR CONFIDENTIAL APPOINTMENT TODAY** Call 7198591008 Renewals Available Referrals Wanted

### 40 Professional Services

**ADVANCE CLEANERS** Carpets-Furniture-Walls Windows-Drapes Trained, Certified and 56 Yrs. of Experience Free Estimates 719-846-6028 680-2958

### KTH HANDY Man Services

719-680-3935

### NITTY-GRITTY MAINTENANCE CLEANING

**HOUSEKEEPING PAINT and REPAIR Licensed and Insured 719-859-1502**

### RBS True Value Building Materials

2 Locations: Raton North Downtown & Angel Fire 575-445-2725 Pellet Stove Repair and Installation **Pellets Tool!**

### 43 Merchandise

**WANTED** Medical Marijuana Dispensary (CUP) Conditional Use Permit NOT being used for the City of Trinidad. Please Call 720-355-2062

### 44 Garage Sales

**STORAGE UNIT SALE** one day only! SAT 10/4 8am - 2pm LowBuck Storage Exit 18, behind the rest area

### 45 Furniture

**MATTRESS SALE**, Full Set \$269.00, Queen Set \$299.00 Gary's Log Furniture 846-0233

### 52 Miscellaneous

**FOR SALE - "New" motorized wheel chair** 719-846-2509

## Shuler performance series opens

... Continued from Page 1

Walters grew up on a farm in the American Midwest. At age four, she simultaneously began studying piano and a map of the world. Since earning a doctorate from Peabody Conservatory and a year of study in Paris, she and her husband have lived in New York City. They enjoy getting away to their lake cottage where Walters indulges her love of wildlife and bird watching. Her two cats apparently don't interfere. Her favorite cause is animal welfare.

Her touring schedule, however, suggests that she's not home much. She makes her living on the road, performing concerts for audiences around the world.

Thursday night's performance at the Shuler Theater begins at 7 p.m. Reserved seat tickets are \$20 for adults, \$15 seniors,

and \$10 students, available at the door or in advance from Raton Arts & Humanities Council at Old Pass Gallery, 145 S. First St., (575) 445-2052. Six-show season tickets are available at \$80 for adults, \$65 seniors, \$40 students, or \$200 for a family of two adults and two students, with additional students \$20 each.

The Performing Arts Series continues with the Glenn Miller Orchestra October 26, singer/songwriter/pianist Tony DeSare November 19, ventriloquist Todd Oliver & Friends February 4, a cappella group Six Appeal April 24, and a Carpenters tribute May 12. An additional show, with all tickets \$20 and not included in the season tickets, is Yesterday: A Tribute to the Beatles, Live from Las Vegas, Nevada, January 17.

## Walk to increase diabetes awareness

... Continued from Page 1

smothered in butter and sour cream. She's sick from medication. The insulin makes her throw up. It hurts to see it. She's 67 and needs to eat healthy and to exercise, ride a bike, or just walk."

Jonathan Robinson is 12. He's had Type 1 Diabetes since he was eight. He and his mother, Valerie, talked about his condition. Valerie said, "He started throwing up a lot and way gray. He was thirsty and had to pee all the time. This went on for two weeks. We took him to his Pueblo pediatrician and they said, 'Keto acidosis,' diabetes. "He was in the hospital four days. They prescribed an insulin called Humalog. There's no cure. He's going to have it forever."

There is even something called 'pregnancy diabetes.' Rebecca McClatchy moved from Berlin, Germany to be with her sister, Marsha Girdlestone. Rebecca said, "They don't know where it comes from, but I had it in the last two months of pregnancy for both my sons, Leo and Christopher, then it just went away. I don't know how that is. They say it happens with babies over 9 pounds. Both my sons were like that."

According to preventive literature on hand at the walk, "The risks for Diabetes are being overweight or over 45 years of age, having high blood pressure, or having a family, genetic disposition for the disease. A condition called insulin resistance increases the risk of contracting diabetes. With insulin resistance the body makes insulin, but does not use it effectively. When blood sugar

whose ancestors from Spain and London emigrated to New Mexico then to Madrid on Highway 12, behind Trinidad Reservoir, at Long's Pond. "I was diagnosed five years ago. My mother had it. I think mine comes from stress. I take oral medication and cinnamon supplements." Cinnamon helps lessen diabetes' symptoms and, in some cases, its progression. "The goal is to stabilize your sugars, not too high, not too low. You want your pancreas to make the right amount of insulin," a sugar hormone. "This area has the highest rate of diabetes in the nation."

Phil Martin said, "I'm glucose intolerant, pre-diabetic. "I have the symptoms for diabe-



Photos by Scott Mastro / The Chronicle-News

I have to stay away from carbohydrates, like pasta and rice. I used to love chocolate." He added, "There's a theory that says Hispanics are pre-disposed to diabetes because of our diet. A fat gene in Native Americans was passed on to us. We need education. That's why we're having the Diabetes Walk today. This younger generation plays video games, watches television. They're inactive, so risks for it for them are on the rise. My wife, Elvira, was diagnosed with Type 1 Diabetes when she was ten. She'd done a lot in the field of diabetes education.

I'm proud of her." Karen Lucas said, "I found out 15 years ago I have Type 2. I was having sugar crashes, highs and lows. In the last three years I've managed to get them leveled out. My A1Cs," the standard diabetes test, "have stabilized.

Fatima Pina is a dietician at Mount Saint Raphael Hospital. Raised in Germany, she received her B.A. and M.A. in Oklahoma. "I'm the hospital's Director of Nutrition," she said. "I plan the hospital menus. On the clinical side, I see in-patients at the hospital and advise out-patients by reference.

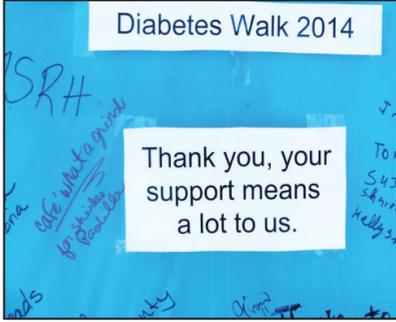
The Hispanic culture is highly susceptible to diabetes. When I do a diabetic consultation, I ask patients to come in with a realistic three-day diet recall, what they've eaten in the past three days. We look at that and make improvements."

Diet and exercise are the keys to preventing diabetes. Finding some way to be happy can also help immensely.

The American Diabetes Association says, "You can lower your risk for diabetes by losing only 7-percent of body weight, 15 pounds if you weigh 200 pounds. Physical activity as simple as walking 30 minutes a day, 5 days a week can be very helpful in curbing the risk of contracting diabetes.

The Diabetes Walk was over by 11 a.m., but the disease, its diagnosis, treatment, and education go on.

For more information, visit Cornerstones4Care.com, phone 719-846-2213 or 719-846-7436, or email - emartin@la-health.org.



increases, so does the risk for diabetes." But, "If insulin resistance is properly diagnosed, timely treatment can begin and progression of the disease can be controlled."

Eight-year-old, Averi Scheels, was diagnosed with Type 1 Diabetes only three weeks ago. Her mother, Erika, said, "it came out of nowhere. For eight weeks we thought it was a bladder infection. When the stomach pains increased, we took her to Denver Children's Hospital. Her pancreas was shutting down. A lot of our friends from Denver came down for the walk, to show their support." Insurance coverage is incomplete. It covers some procedures and not others. "I'm fortunate my husband is a pharmacist."

Jennifer Sanchez-McDonald was among Averi's supporters. Holding a sign saying, "Team Averi," she said, "Diabetes is a lifelong change." Irene Madrid is one of the Madrid's

blind eye from their parents' situation. --RELATIVE WHO CARES IN OHIO

DEAR RELATIVE: I can think of a few things you might do to help. The first would be to talk to the daughters and explain your concerns for their mother's health -- because if she doesn't get some respite care, SHE could die before their father does. Be sure to point out that if that happens, their father's care would become THEIR responsibility. When they realize the effect it would have on their own lives, it might motivate them to do something.

The second would be to do some research and see what options are available for part-time caregivers or senior day care centers where her husband would be safe and looked after while your sister-in-law has a few precious hours to herself. The man's doctor could guide you.

Then have a frank talk with her and explain that for her to be as effective a caregiver as she obviously wants to be, she's going to have to take better care of herself because the track she's on right now could cost her her own health or even her life, and that's no exaggeration.

DEAR FRUSTRATED: As people age, many of them encounter the problem you are trying to cope with now at your young age. Hearing loss is difficult because it is often subtle and can be extremely isolating for the person who has it.

My first tip would be to avoid noisy places for meeting women, if you can. My second would be to be upfront about your hearing loss right off the bat. If a woman finds you attractive, she will find ways to accommodate the problem. And if she doesn't, then she wasn't the right candidate for a relationship in the first place.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.