

Upcoming Events High Plains Community Health Center

Free Be Well Colorado Workshop starts Monday, January 23rd @ 9:30-12:00 pm, High Plains Adult Health Center - A free six week workshop to help individuals, caregivers, or family members learn effective ways to help manage the difficulties of ongoing health conditions.

Tomando Control de su Diabetes, Martes, Enero 24th @ 9:00 -11:30 am, en el community building - Un taller de seis semanas para personas con Diabetes, aprenda estrategias para manejar su enfermedad

Fit Family Challenge, Monday, January 9th & January 23rd @ 6:00-7:00 pm, High Plains Adult Health Center - A free family program designed to help families work together to be active, eat better & set goals for healthier living.

Cooking Matters, Wednesday, January 11th - February 15th 6:00-8:00 pm, 4H Building at the Fair Grounds - A FREE cooking class for new and expecting mothers. Cook up a lifetime of health for you and your family.

Free Hearty Eating Class, Tuesday, February 7th @ 6:00-7:00 pm, High Plains Adult Health Center - Nutrition class focused on heart healthy eating. Free Cholesterol & Blood Glucose Screening beginning at 5:30 pm. Healthy recipes & snacks provided. (Spanish & English class)

Get Lean Lamar, every Tuesday Night @ 6:00-6:30 pm, High Plains Adult Health Center - FREE weekly support group focused on behavior change and weight loss.

Saturday Stroll, Every Saturday Morning @ 9:00 am, LCC Wellness Center - Get moving with a Health Coach at the LCC Wellness Center.

D-Waste Management

719-729-3536
719-940-0249

Convenient Quarterly Billing • 1.5 & 3 yd. Containers • Commercial/Residential Service

Kiowa County 719.729.3536

Prowers County 719.940.0249

The Prowers Journal HOME ROOM

Featuring Weekly School Activities

DISPOSAL
RESIDENTIAL
&
COMMERCIAL

Serving Rural
Prowers & Kiowa
County

Volume 1 - Number 19

January 18, 2011

Area School Activities

Holly:

Jan 20 No School • Snowball • Junior Dinner at Basketball Games

Jan 25 st State FFA Degree Review @ Karval, 2pm

Lamar:

Jan 25 FFA District Speaking Competition @ Walsh, 6pm

McClave:

Jan 20 Knowledge Bowl @ Eads, 8:30am

Jan 25 FFA State Review

Granada:

Jan 20 NWSS Bison Judging

Jan 25 District Public Speaking, @ Walsh, 6pm

Weekend Scores

Girls Basketball:

Lamar 20	Trinidad 40
Wiley 52	Walsh 32
St. Mary 43	La Junta 18
Swink 48	Las Animas 61
Holly 49	South Baca 36
Las Animas 54	Rye 39
Kit Carson 51	Granada 38
McClave 41	C.Wells 20
Eads 48	Kim 35
Granada 51	S. Baca 27
Guymon 26	Lamar 20

Boys Basketball:

Trinidad 76	Lamar 68
Walsh 68	Wiley 9
La Junta 66	St. Mary 56
Rye 58	Las Animas 49
Granada 70	Kit Carson 40
McClave 56	C.Wells 19
Hi Plains 40	Eads 31
Guymon 60	Lamar 35
Wiley 52	Cheraw 43
Holly 56	S. Baca 53
Granada 63	S. Baca 60

Sports Schedule

Basketball:

Jan 19 Wiley @ Manzanola

Jan 20 Lamar Girls @ James Irwin
Lamar Boys Host James Irwin
Walsh @ Holly

Las Animas @ John Mall
McClave @ Eads

Jan 21 Delores Huerta Girls @ Lamar
Lamar Boys at Delores Huerta
Holly @ Kit Carson
Las Animas @ Hoehne
McClave @ Springfield
Eads @ Granada
Karval @ Wiley

Wrestling:

Jan 19 Lamar @ Las Animas
Holly @ Dual Vs Wichita County in Leoti

Jan 21 Lamar @ Canon City
Las Animas @ Trinidad

SOS Center Hours

The Lamar Community Resource and Senior Center hours of operation are: Monday - Friday from 8am to 5pm; Tuesday and Thursday evenings from 6pm to 9pm and the Saturday night dance is from 7pm to 10pm. Call 719-336-4072 for information.

Wanted!

Volunteer Drivers for the Meals on Wheels Program for Sage Services in Prowers County. For more information, call 336-7115.

Ebook Reader Instruction

Are you the new owner of a Kindle, Sony Reader or Nook? Classes are scheduled for Thursday, January 19 from 6-7 PM and Saturday, January 21 from 1-2 PM - Learn now how to use the Lamar Public Library Overdrive program. - Call the library if you need more information. 336-4632 Ask for Kristen

¿Padece de DIABETES?

Las promotoras de salud de High Plains Community Health Center les invitan a aprender como mejorar el manejo de su enfermedad junto a otros miembros de su comunidad, en solamente seis semanas.

Curso Practico: Tomando Control De Su Diabetes

Clases seran en el Lamar Community Building todos los Martes por 6 semanas Comenzando el 24 de Enero, 2012

De 9:00am a 11:00am

•Alimentacion saludable

•Ejercicio

•Medicamentos

•Tecnicas de relajacion

•Manejando emociones negativas

•Manejando sintomas

•Mejorando la comunicacion

•Propositos semanales

Para inscribirse o mas informacion llame al 336-0261 Y pregunte por Liliana, Reyna, o Miriam.

Prowers Area Transit

PATS, Prowers Area Transit offers public transportation Monday thru Friday from 7:30am to 5pm. Please make reservations 24 hours in advance. Call for your ride at 719-336-8034. Senior Discount Tickets are available in the front office at 407 East Olive, Lamar.

Law Enforcement

12P-0093 Agency Assistance 10:36:28 01/10/12 R Rodriguez OHS

Deputy Rodriguez & Det J. Parker responded 1900 block of S. 14th St. to assist the Lamar Police Departing in locating a subject who wanted to hurt himself. The subject was located and taken into custody. LPD handled the investigation.

12P-0099 Theft 18:56:50 01/10/12 JE Weisenhorn ACT

Deputy J Weisenhorn took a report of a theft of animal medication from a local business. No suspects ...case placed as inactive.

12P-0101 Controlled Substance Problem 02:20:27 01/11/12 JE Weisenhorn CCI

Deputy J Weisenhorn issued Christopher Cook of Greeley a citation for possession of less than 2 ounces of marijuana and possession of drug paraphernalia in the 7000 blk of Hwy 50.

Case#: 12L-00368 Officer: C. Filbeck Date: Tue Jan 10, 2012 MEDIA RELEASE:

Officers responded to the 1900 blk of S. 14th St. for a possible suicidal party. Officers contacted the subject and he was later arrested. Subject is held on a \$4,000.00 bond.

Case#: 12L-00372 Officer: A. Koehn Date: 01-10-2012 MEDIA RELEASE:

Code enforcement officer responded to the 28000 block of County Road 8.1 on a report of stray dogs causing damage at a residence. A dog was trap was set to capture the strays. No further action was taken.

Case#: 12L-00377 Officer: J Sherrill Date: Tue Jan 10 2012 MEDIA RELEASE:

Officers cited Dakota Turner, 18 and Ann Stevenson, 18 for possession of marijuana and possession of drug paraphernalia.

Case#: 12L-00379 Officer: G. Ibarra Date: Tue Jan 10 2012 MEDIA RELEASE:

Officers conducted a traffic stop in the 100 blk of Savage Ave. Officers arrested Dakota Turner, 18 of Lamar for active warrants. Dakota is being held on a \$25,000.00 bond at PCJ.

Case#: 12L-00401 Officer: K Dewey Date: Wed Jan 11, 2012 MEDIA RELEASE:

Albert Flores, of Lamar, was arrested after being contacted in the 1000 blk of S. Main St. Mr. Flores had a warrant for contempt of court. He is being held at the Prowers County Jail on no bond.

Case#: 12L-00405 Officer: C. Filbeck Date: Wed Jan 11, 2012 MEDIA RELEASE:

Officers contacted a vehicle in the 600 blk of N. Main St. for a REDDI report. Officers arrested Joshua Mark James Viar, (19), of Lamar for Distribution of Schedule II Controlled Substance. Viar is being held at PCJ on a \$50,000 bond.

Case#: 12L-00409 Officer: J. Curtis Date: Wed Jan 11, 2012 MEDIA RELEASE:

Brian Gurule, (19), of Lamar was arrested for DUID and related charges. Brian was held at Prowers County Jail on \$1,000.00 bond.

12P-0111 Medical Emergency 12:36:32 01/12/12 R Rodriguez NCR

Deputy Rodriguez and Det J. Parker responded to the 800 block of W. Cliff St. in Holly on a report of suspicious 911 call. It was determined the reporting party needed medical assistance and was transported to the hospital by the Holly Ambulance Service.

12P-0114 fingerprinting of public 16:01:23 01/12/12 C Rodriguez OHS

One female subject came in for horse racing fingerprints.

12P-0138 Controlled Substance Problem 21:44:34 01/13/12 T Weisenhorn CCI

Detective T Weisenhorn responded to the 1100 Blk of Parkview Ave on a report of marijuana

odor. Gary Bissitt and William Langin were issued citations for possession of 2oz or less of marijuana and poss. of drug paraphernalia. Subjects were given a Prowers County Court date of February 13.

12P-0142 DUI 02:13:02 01/14/12 T Weisenhorn CCI

Detective T Weisenhorn contacted a vehicle in the 1000 Blk of N Main St, Lamar. Stetson Mitchell was issued a summons for driving motor vehicle while under the influence of alcohol and vehicle not equipped with tail lamps as required. Mitchell was released to a sober party.

12P-0146 Controlled Substance Problem 23:21:15 01/14/12 Shawn Stone CCI

Deputy contacted a vehicle at Memorial Drive and Kendall Drive for failing to display headlights. Three juvenile males were cited for possession of less than 2oz of Marijuana and possession of drug paraphernalia.

12P-0149 Controlled Substance Problem 02:08:58 01/15/12 Shawn Stone CAA

Deputies arrested Tiffany Granados in the 100 block of East Beech Street for Possession of a Schedule II Controlled Substance (Cocaine) and Harassment. Tiffany was transported to the Prowers County Jail and held on a \$4,000.00 bond.

Case#: 12L-00484 Officer: C. Filbeck Date: Fri Jan 13, 2012 MEDIA RELEASE:

Officers responded to the 300 blk N. Main St. for a two vehicle accident. Karla Salazar (25) of Lamar was arrested for Driving Under Restraint. Salazar is held at PCJ on a \$1,000.00 bond.

Case#: 12L-00498 Officer: J. Sherrill Date: 01/13/2012 MEDIA RELEASE:

Officers responded to the 100 block of E. Oak St. to serve a warrant on Eric E. Montoya, age 33 of Lamar, who was already in confinement for other charges. Eric was advised of the new charges and held on an additional \$10,000.00 bond.

Case#: 12L-00526 Officer: G. Ibarra Date: Sat Jan 14 2012 MEDIA RELEASE:

Officers responded to the area of W. Maple St and N. 5th St. on a REDDI report. Officers arrested Jesus Tamayovega, 42 of Lamar, for DUI and other charges. Jesus is being held at PCJ on a \$10,000.00 any type bond.

Case#: 12L-00534 Officer: J Jenkins Date: Sun Jan 15, 2012 MEDIA RELEASE:

Officers responded to the 400 block of East College for a report of a domestic disturbance. Officers arrested Miguel Solis, 20, Lamar, for assault, domestic violence and related charges.

12P-0168 911 misdial 19:11:33 01/16/12 JE Weisenhorn OHS

Deputy J Weisenhorn was dispatched to the 9000 blk of Cnty Rd NN for a 911 hang up. Upon contact, the resident stated he was playing with an old phone and didn't realize it would call 911. No action taken.

See the full report daily online at: theprowersjournal.com

Two Nabbed in Lamar Drug Bust

Lamar Police Department Press Release - Officers contacted a vehicle in the 600 block of North Main Street after receiving a REDDI report on the vehicle. After investigation of the matter officers arrested Brian Gurule (19) of Lamar for DUID. Gurule is being held at the Prowers County Jail on a \$1,000.00 bond. Officers also arrested Joshua Mark James Viar (19) of Lamar for Distribution of Schedule II Controlled Substance. After Viar, who was a passenger in the vehicle, was found to be in possession of approximately 20 prescription pills. Viar is being held at the Prowers County Jail on a \$50,000.00 bond. Officers also cited Danen Disque (19), who was also a passenger of the vehicle, for Possession of Less than 1 oz of Marijuana.

The Lamar Police Department would like to thank the citizen who called in to report the suspicious activity. If you would like to report suspicious activity in your neighborhood, please call the Lamar Police Department at 719-336-4341 or Prowers County Dispatch at 719-336-3995.