

## Toys for Tots

Toys for Tots Food for Families will be accepting toys and donations all year round. We are looking for new or used toys but must be in good working condition. We do not want your Junk! And remember, shampoos and conditioners from motels are a good stocking stuffer.

To drop off toys or donations you can take them to Paul's Body Shop, 7345 US Highway 50 or 1208 South 5th Street. For more information, contact Darlene Lopez at 719-688-0167.

## Support the Alba Family

As a result of the recent tornadoes that hit in our area, Randy Alba's family lost their home east of Lamar. The home was totally destroyed and they were also left without the majority of their personal belongings. In an effort to help them rebuild from this loss, a fund has been set up at Community State Bank in their name for those who would like to make donations.

## Public Citizen Input Needed

The City of Lamar, Parks and Recreation Board, is seeking public citizen comment and requesting a petition to be signed to support the application for a Great Outdoors Colorado (GOCO) grant to complete the two fields at the Lamar Sports Complex. This public meeting will be held on May 9 at 7pm at the Lamar Community Building. Your opinion and input is important. Please contact Rick Akers at 719-336-2774 for more information.

## 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.

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## Volume 2 - Number 3

May 2, 2012

### Yard Sales

#### UMW Rummage Sale

107 South Sixth Street (in Alley) Friday, May 4th 8am to 7pm & Saturday, May 5th 8am to 1pm. We will be taking donations April 30 to May 3 from Noon to 6pm.

#### Multi-Family Garage Sale

6919 CR HH (1st White Brick Home – Airport Rd), Lamar – Saturday, May 5th at 7:00 am – Too Many Items To List

#### Multi-Family Yard Sale

701 Willow Valley Drive, Lamar – Saturday, May 5th from 7:00 am to ??? – Multi-Family yard sale – Computers, electronics, kids stuff, lots of misc.

#### Entertainment Sale

102 North 4th, Lamar – Saturday, May 5th from 8:30 am to 11:00 am – TV, bowling ball bag, MANY MOVIES/BOOKS, CDs, Nintendo's, scrapbooking, games, puzzles, xylophone, couch, table, curio cabinet (needs door).

#### Garage Sale

510 Willow Valley, Lamar - Friday, May 4th from 3:00 pm to 7:00 pm & Saturday, May 5th from 7:00 am to Noon - TVs, microwave, washer, dryer, lots of Good Stuff!

#### Moving Sale

1600 S. 11th Street, Lamar - Friday, May 4th from 3:00 pm to 5:00 pm & Saturday, May 5th from 8:00 am to noon. Toys, speakers, lots of Misc.

#### Garage Sale

519 Willow Valley, Lamar - Saturday, May 5 - Starts at 8:00 am - Futon, desk, chair & ottoman, tables, lamps, lots of clothing for kids to adult.

#### Yard Sale

700 1/2 South 8th Street, Lamar (Southside of football stadium) - Saturday, May 5th from 8:00 am to ??? - lots of odds and ends, flower pots, antiques, and collectibles.

#### Yard Sale

111 North 6th, Lamar - Friday, May 4th from 8:00 am to 5:00 pm and Saturday, May 5th from 8:00 am to Noon - Appliances, furniture, radial arm saw, 77 Karaoke CD's with graphics (sold individually), baked goods, candles and accessories and Lots More!

#### Multi-Family Yard Sale

1409 South 13th, Lamar - Saturday, May 5, 8am to ? - Game Systems, TVs, Household Items

### Reception to Honor Annie Gibbs Community Contribution!

(Lamar, CO) Annie Gibbs, long-time High Plains Community Health Center Dental Hygienist, will be honored at a reception on Thursday, May 3, 4:30 - 6:00 p.m. at the High Plains Adult Center. "Annie was one of the first people we hired when High Plains opened in 1995. Anybody that has had the opportunity to meet Annie knows what a treasure she has been to everybody she has touched over the past seventeen years. As she prepares to leave the community, I invite everybody to stop by on the 3rd, wish her the best in her future endeavors, and express your appreciation for sharing this many years of her life with us," notes Jay Brooke, High Plains Executive Director.

### Advertise Your Yard Sale Today!

Hundreds of people will be reading this insert and when you advertise your weekend yard sale, garage or moving sale. Just \$5 is a great investment to make your yard sale a success. Deadline for entries is 5 pm Tuesday evening. Call Robinson Printing at 336-9095 or stop in at 210 South Main Street, Lamar.

## Senior 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.

## Wake Up Workout

Need an early morning workout to get you going? Then this is the perfect class for you! This is **Yoga** and **Toning** class taught by Mary Minor. Designed to relieve stress, to keep you motivated and help you stretch yourself into a New You!

Classes meet every **Tuesday** and **Thursday** at **6:00 AM** and on **Thursday Evenings** at **7:00 PM** at the Community Building. The cost of these classes is the Daily Visit Fee or you can use your punch card or annual pass.

## July 3rd Benefit

Country Acres, south of Lamar, will host a night of music, **6pm, Tuesday, July 3**, to raise funds for **The Remember Foundation**. Dance to the John Cary Band & Brethren Flow, joined by Jay Gruber. Enjoy a summer BBQ while bidding on various silent auction items. Proceeds will benefit area Alzheimer's patients. **You must be at least 21 to attend.** Call Holly Burton at 719-688-4196 or Shawna Smith at 719-691-8021 for details.

## Help Wanted

### Maintenance Worker II

Under general supervision, performs a variety of skilled and semi-skilled manual labor in the construction, maintenance, and repair of public works, sanitation, utility operations, public buildings, and equipment; operates light and medium duty equipment and trucks up to 2 1/2 tons on a regular basis. Work is varied, requiring limited judgment within prescribed standards and procedures; adjusts work methods to meet task requirements. Must have a valid or be able to obtain a Commercial Driver's License (CDL).

Applications and job description may be picked-up in the Human Resources office at 102 East Parmenter, Lamar, CO 81052. Applications should be returned to above address by 4 p.m. Friday, May 4, 2012. Contingent upon job offer, the successful applicant will be required to take a pre-employment physical, a pre-employment drug and alcohol test and provide a current motor vehicle record. EOE

### Court Judicial Assistant

Prowers Combined Court – Clerical position for self-motivated, dependable individual for full-time position. Strong clerical skills, legal experience, and computer knowledge desirable. Graduation from high school or GED. State benefit package. Applications to: Barbara McDaniel, District Administrator, 301 S. Main, #300, Lamar, CO 81052 by 5-8-12. EOE. Applications available on internet at: [www.courts.state.co.us](http://www.courts.state.co.us).

### City Administrator

The City of Lamar ([www.ci.lamar.co.us](http://www.ci.lamar.co.us)) is accepting applications for City Administrator. The City of Lamar is a home rule city that operates under the Mayor/Council form of city government. The City Council chooses to appoint a City Administrator to serve as the Chief Administrative Officer for the City. This full-time position is responsible for the overall administration of all City departments, operations and personnel. College degree in Business or Public Administration or a similar field preferred but not required; five (5) years progressively responsible experience in business and/or government with a minimum of three (3) years of working in local government administration, finance, planning or similar area; or any equivalent combination of education and experience. Salary Range: DOQ plus excellent benefits. Those interested in the position must request an application packet from City Hall, Human Resources, 102 E. Parmenter, Lamar, CO 81052 or by calling (719) 336-1366 or emailing [bert.davis@ci.lamar.co.us](mailto:bert.davis@ci.lamar.co.us) before May 23, 2012, 4:00 p.m., local time. Deadline for applications is scheduled for June 1, 2012, 4:00 p.m., local time. The City of Lamar is an Equal Opportunity Employer.

### Now Hiring: Fast Food Restaurant

Part time management-could lead to full time position. Must be at least 21 years of age, able to pass a background check, available, nights, weekends, and holidays. Send Resume to: PO Box 1488, Lamar, CO 81052.

**\$5.00/Week**

To Place Your Yard Sale Ad,  
Use This Convenient Form  
(Please Print)

**TAKE ONE**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

#### YOUR AD INFORMATION:

Title: \_\_\_\_\_

Date/Time: \_\_\_\_\_

Description of items: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Payment Method: Check# \_\_\_\_\_ Other: \_\_\_\_\_

Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature: \_\_\_\_\_

Ads may be mailed or delivered to 210 South Main, Lamar CO

Ads must be at The Prowers Journal & paid for by Tuesday at noon for placement in that weeks edition.

The Prowers Journal reserves the right to edit or refuse any ad.

## Letter to the Editor on PMC Rehab Bond Issue

VOTE YES ON THE MAY BOND ISSUE FOR THE PMC OUTPATIENT REHABILITATION CENTER ONLY \$22 A YEAR

The 5 million dollar capital development bond will increase property taxes on a \$100,000 home an estimated \$22 a year, or fifty cents a week.

Why a new rehab center...

1. Additional space is needed for the growing demand for outpatient rehabilitation services including: occupational therapy, speech therapy, physical therapy, aquatic therapy, pulmonary therapy, and cardiac therapy.

2. Enrollment in outpatient rehabilitation services has doubled in the past 5 years with growth expected to continue.

3. The number one request on PMC's outpatient "Patient Satisfaction Survey" is for more space and aquatic therapy.

Many of the outpatient services provided are only offered at PMC, with the next closest facility in Pueblo or Colorado Springs. YOU own PMC. At PMC your voice matters.

Make your voice heard by voting yes for the outpatient rehabilitation center

Submitted by: Nicholas Durst - 3306 Memorial Drive - Lamar, CO - 719- 688-1345

## Letter to the Editor – John E. Cochran-PMC

April 26, 2012

Residents of Prowers County:

After attending a meeting last week of prospective hospital board candidates, I came away with the opinion that PMC and High Plains haven't worked well together in the past and that PMC was the problem. As an employee of PMC, I was concerned about PMC's role in the lack of cooperation and began looking a little closer at the situation. I came up with a few questions, but no direct answers.

1. Why do High Plains physicians choose to use health care providers outside of the Lamar area?

2. Why do High Plains physicians ask their Prowers County patients to drive to Pueblo, Colorado Springs and/or LaJunta?

3. Why is the finger pointed at PMC for lack of willingness to work with High Plains?

I'm not quite sure, but I have an idea. Let me provide a real life patient example that was just presented to me, that may suggest the seriousness of the questions.

A patient was recently seen by a High Plains physician. It was determined that he needed to see an ENT specialist, so the patient was referred to an ENT in Pueblo. Why? Dr. McLean, an ENT, services the Prowers community and could have seen the patient right here in Lamar! That Pueblo ENT felt the patient needed a modified barium swallow study, so the physician referred the patient to the LaJunta hospital to complete the study.

At PMC, I am the only health professional in Lamar that has completed hundreds of modified barium swallow studies as well as approximately 50 since beginning employment at PMC 1 1/2 years ago. Another opportunity to support the medical professionals in the area was missed. I will have the opportunity to work with this patient as an outpatient. Graciously, the Speech Pathologist at La Junta forwarded me the swallow study results. Unfortunately the fax transmission from her hospital was blurry, so I requested another copy to be sent from the ENT in Pueblo. The second copy is just as unreadable as the first. So I begin treatment with this patient next week, with a barely usable swallow study and a diagnosis of swallowing difficulties.

The above situation resulted from a High Plains physician's choice to refer a patient to Pueblo instead of using a local healthcare provider. In this case, the patient and I are at a disadvantage as we begin treatment. However, it does provide Prowers County residents a "real life" example of the medical obstacles in this community that need to be overcome.

If the High Plains medical staff has concerns with the providers or healthcare at PMC, it would be appropriate to speak to those professionals in person and work towards resolving the differences. We can choose to be part of the solution or part of the problem. If there is going to be an improved cooperative effort to provide better healthcare services in Prowers County, it needs to begin now.

Take the past out of the equation, let it go and make a new fresh start. We have quality healthcare people in the community at both facilities, but unless old grievances are dropped, it won't be that way for long.

John E. Cochran CCC-SLP

Prowers Medical Center Speech Pathologist