

May Events at Juniper Village

May 13th, 2-4pm - Celebrate Mother's Day. We love our mothers, grandmothers and great grandmothers! Juniper wants to show that special lady they are appreciated! Join us as we meander down memory lane with your loved one! Bring us your favorite photo and story of that special lady and we will make it scrapbook ready. Juniper will have a photographer there to capture that special day. Bring your generations of family along to capture that special and lady with her family. Come join us and celebrate!

May 16th - National Nursing Home Week. It's time again for National Nursing Home Week. Come show your support for our community and help Juniper Village Celebrate the Journey! On Wednesday we will be having refreshments for all to enjoy! Upon completion of your guided tour sign up for one of the many door prizes to be given away as we Celebrate the Journey.

May 23rd, 2-4pm - Red Hat Green Tea Social. Red Hat Alert! If you enjoy the companionship of a Red Hat Group, join Juniper Village and fellow Red Hatters as we enjoy a wonderful afternoon of conversation and indulge in some green tea, hot or cold. We will also be having some small treats so come on down and treat yourself to a tea break. Don't forget the red hat!

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.



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Volume 2 - Number 4

May 9, 2012

Yard Sales

Back by Popular Demand Yard Sale

910 South 10th, Lamar - Saturday, 8am to 3pm - Tools, automotive items, fruit jars, furniture, antique glassware, CD radios, lawn and garden items, old horse collars and more.

Yard Sale

703 South 9th, Lamar - Saturday, May 12, 7am to ??? All of Eva Austin's friends are having this yard sale to benefit her Memorial Fund.

Yard Sale

311 South 1st, Lamar - Saturday, May 12, 7:00 am to ? Lots of Stuff, and Odds and Ends.

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.

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.

\$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.

July 3rd Benefit

Country Acres, south of Lamar, will host a night of music, **6pm, Tuesday, July 3**, to raise funds for **The Remem-ber 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.

Public 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 **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.

Wake Up Breakfast

Reminder, Lamar Days "Wake-Up" Breakfast, Friday, May 11th at 6:45a-7:45a. at the Lamar Elks Lodge. Hosted by the Lamar Chamber and City of Lamar. Tickets are \$7 each. Please RSVP by Thursday, May 10th at Noon.

We appreciate your support!

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.

Help Wanted

City Administrator

The City of Lamar (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 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.

For Rent

Office space for rent in Eads, CO - 1000-4000 sq ft. Call Brandon at 719-342-5855.

S.E. Colorado Gets Health Report Card

The good news is Coloradoans are the least obese people in the nation. The bad news is that we're starting to catch up to the rest of the country, not the other way around. Emily King with the Colorado Health Institute and Caren Henderson with the Colorado Health Foundation presented those findings, and others, during a health oriented seminar for various medical professionals in Prowers County, sponsored by LiveWell Prowers County, on Wednesday, May 2.

The Colorado Health Report Card tracked 38 health indicators that span the life of Colorado residents, from newborns to senior citizens. These rankings are updated annually and compared to the other 49 states to provide a general overview and to set goals for improved lifestyles for all Americans. Colorado had been the only state listed where the obesity rate was below 20% for all residents, a first place position that ended two years ago when we went from 19% to 22%. The southeast Colorado region has a general obesity rate of 28%, the second highest in the state, following the northeast corner of Colorado. Adult exercise activities has southeast Colorado ranked lowest compared to the other regions. Child age obesity is also higher than the state average in our region.

Henderson noted two health areas from early life stages that affect a person throughout the rest of their lives. The first is a drop in the number of child immunizations between 2008 and 2010, and Colorado ranks 48 out of 50 states in the number of vaccine refusals, or the second highest in the country. Colorado is also low on healthy teeth; as the listing of water fluoridation treatments is lower than average. Financially translated, every dollar spent on health prevention measures saves \$38 in treatment costs. For Colorado, for dental care alone, that translates to \$46.6 million.

Three other measurements for our region brought mixed results, as our mental health index is better than the state average at 12.4% compared to 13.5%, binge drinking is also lower than the state average at 10.6% to 15.9%, but tobacco use is higher at 21.5% compared to the adult rating of 16.9% for the rest of the state.

Rated like a report card, the various five life health states had a C for newborn age children, C- for children, B- for adolescents, B for adults and a B for older citizens. Each group was also rated with various sub-categories. *By Russ Baldwin*

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