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WEDNESDAY  
SEPT. 11, 2019  
WE REMEMBER

Vol. 143, No. 182

# THE CHRONICLE-NEWS

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## THE FINE PRINT

### ■ WEDNESDAY—SEPT 11

PINON WATER SANITATION  
WEDS. (8:30 a.m.) District meets 2nd

Wednesday at Century Financial, 109 W. Main.

Info: Stacey Massarotti, 719-846-2080.

#### TRINIDAD TOURISM

WEDS. (9 a.m.) The Trinidad Convention and Visitor's Bureau now meets 2nd & 4th

Weds. in the City Hall 3rd Floor Conference Room, 135 N. Animas St. Info: 719-846-9215 or

marty.hackett@trinidad.co.gov

#### "WE REMEMBER" RECEPTION

WEDS. SEPT. 11 (9 a.m.-4 p.m.) Because "WE REMEMBER" all area First Responders are invited to stop by any time

today and enjoy donuts and pastries at

GOAL Academy, 326 N. Commercial St. Marcie

Knezel, 719-360-1494.

#### STONEWALL FPD

WEDS. (5:30 p.m.) Board of Directors

meets 2nd Weds. in the Stonewall Fire House.

Info: Bernadette Cappellucci, 719-868-3046.

## Today's Quote

**"When you are stressed you eat ice cream, cake, chocolate and sweets. Why? Because stressed spelled backwards is desserts."**

~Garfield

### ■ THURSDAY—SEPT 12

#### CONTINUUM OF CARE

THURS. (8 a.m.) The community is invited to attend the Caring for the Homeless group that meets 2nd Thursday at Fisher's Peak Soup Kitchen, 308 Church St. Info: Charlene Tortrice, 719-846-9159 or Chris Ruscetti at cruscettiaada@outlook.com.

#### ORATORY NIGHT

THURS. SEPT. 12 (5:30 p.m.) Sign up now or show up at the Carnegie Public Library - come recite a poem, present an opinion, ad lib, tell a joke, read from a book talk about anything, 202 N. Animas St. Info: Tom Potter, 719-846-6941.

#### AUTISM AWARENESS

THURS. (6 p.m.) Support Group for parents with challenged children meets 2nd

Thurs. at the Trinidad Community Center, 1309 Beshore Dr. Info: Jo Agnello, 719-439-8730.

#### CATHOLIC CEMETERY

THURS. (6:30 p.m.) Association meeting will be at the Knights of Columbus Hall, 205 S. Commercial St. The public is invited to attend. Info: Leesa Givigliano, 719-486-4934.

#### GREETVILLE WATER ASSN.

THURS. (7 p.m.) Greetville-Carbondale Board of Directors will meet at the Century Financial Group, 109 W. Main St. Info: Jeni Skalko, 719-846-2080, ext. 116.

#### MITCHELL MOVIE NIGHT

THURS. SEPT. 12 (7 p.m.) Come see one of Hollywood's block-buster Western productions "The Sons of Katie Elder" starring John Wayne and Dean Martin at the Mitchell Museum, 150 E. Main St. Proceeds benefit the Museum. kids 10 and under are free. Info: 719-846-4224.

### ■ PUBLIC SERVICE

#### 7TH ANNUAL ARTOCADE WEEKEND

FRI-SAT. SEPT. 13-14: Bigger and better than ever — Artocade extravaganza rolls into Trinidad. Info: [www.artocade.com](http://www.artocade.com)

\*FRI. SEPT. 13 (6 p.m.-?) / "Cruisin'

Main and Hangin' at Moose's, 308 W. Main St. Art cars will be parked in the vicinity of Moose's for public viewing.

\*SAT. SEPT. 14 (Noon) Artocade Parade

down Main Street and surrounding area. After the parade art cars will be parked along Main and Commercial for public viewing.

\*SAT. SEPT. 14 (6:30 p.m.-midnight)

CarDango Dance Party Circus & Revue at Art Cartopia Museum, 2702 Freedom Road.

Event not recommended for children. Tickets available now at Art Cartopia Museum or the door evening of the event.

#### TPD KICKIN' IT FOR KIDS

SUN. SEPT. 15 (8 a.m.) Register today to join forces with the Trinidad Police Dept., have some fun with the kids and help support the Shop with a Cop effort at the Kickball Tournament at Central Park, 700 Smith Ave. Info: Courtney Festi, 719-680-2450 or courtney.festi@trinidad.co.gov

## RIVER CALL

Purgatoire River Call as of:  
09/10/2019. Hoegne Ditch,  
Priority #20: Appropriation Date:  
10/07/1865.

#### Trinidad Reservoir Report:

Release 217.38 AF  
Inflow 141.74 AF - 71.46 CFS  
Evaporation 12.36 AF  
Content 20,620 AF  
Elevation 6,184.50  
Precipitation 0

Down Stream Call: Highland  
Canal, Appropriation date:  
05/31/1866.



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Navajo artist shows work at Trinidad Photography Gallery

Rich Alford  
Correspondent  
*The Chronicle-News*

Tony Lobato is September's guest photographer at the Trinidad Photography Gallery. An opening night reception was held for the artist during the First Friday Art Walk on Friday, Sept. 6 at the gallery at 319 W. Main St.

Tony came to photography and his interest in the visual world late in life. A Navajo man, Tony grew up in the San Luis valley and later became a police officer in Leadville. When chemicals at a meth lab blew up in his face in 2003, his vision began to fade because of degenerative corneal disease. By 2011 he was going blind and had to give up his career.

Prayer drew Tony to God. He found himself attracted to a healing ministry. Then one day in 2011 he had a powerful dream in which his eyesight was healed. He awoke from this dream only to find his



Rich Alford / *The Chronicle-News*

Tony Lobato's inspiring work is divided between a series of churches in Colorado and New Mexico, and landscape scenes from the same territory are included in the artist's display.

eyesight still fading. But soon his eyesight did return. He remembers looking into his daughter's face and seeing just how beautiful she was, the color of her eyes, and all the details a parent cherishes. He had awakened to the beauty of the visual world.

Not long after, when Tony was

Continued on Page 4 ...

Construction, fundraising efforts move forward on Noah's Ark new local animal shelter facility

Jim Turner  
Correspondent  
*The Chronicle-News*

Providing final funding comes together, construction of the new animal shelter in Trinidad could be done by March 2020, allowing Noah's Ark Animal Welfare Association to move into a modern facility with greater capacity to house and care for dogs and cats in need of a permanent home.

The new 6,000 square foot building is well along, with work on the exterior shell wrapping up, paid for by the City of Trinidad. The new location is going up on city-owned land next to the power plant on E. Main St, on the former site of the municipal swimming pool. The project broke ground this past March.

On a recent morning, with workers hammering and sawing away in the background, Noah's Ark Executive Director Laurel Young explains the layout of the new 6,000 square foot animal shelter under construction at E. Main St. in Trinidad.

Continued on Page 4 ...

Noah's Ark Executive Director Laurel Young explains the layout of the new 6,000 square foot animal shelter under construction at E. Main St. in Trinidad.

## Trojans win pair at 2019 SOCO Tournament

Mike Salbato  
Athletic Director  
Trinidad State

TRINIDAD, Colo. - The 2019 SOCO Classic Volleyball tournament was held at Scott Gym this past weekend. Teams from Kansas, Texas and Colorado competed in the event. TSJC went 2-1 over the weekend with wins over Clarendon and Dodge City before falling to Colby College on Saturday.

Thursday's match with the Bulldogs from Clarendon College in Texas was the home opener for the Lady Trojans. Trinidad came out hyped up in front of the home supporters but quickly lost momentum in the first set, falling 25-17.

The Trojans bounced back to lead the second set from start to finish, holding on for a 25-22 win. Clarendon fired back to take the third 25-18 and appeared on their way to a four-set win as they led late in the fourth set.

TSJC rallied to even up the match with a 26-24 win. In the final set the Trojans jumped out to a big 11-3 lead only to see the Bulldogs tie it up at 13. TSJC then scored the final two points for the 15-13 win.

The crowd played a huge part in the victory as they cheered the home team through each play. The Trojans were led by sophomores Paola Maradei and Margaret Alexia Collantes who each finished with 10 kills in the contest. Masha Armstrong had 23 assists to lead the set.

Continued on Page 4 ...



The Trojans celebrate their win over Clarendon on Thursday evening.



Firemen Fill the Boot for MDA, raise \$12,881 at Las Animas Grill

Eric John Monson / *The Chronicle-News*

Firefighters from Trinidad Fire Department greeted the public on Friday, August 30 at Las Animas Grill with beer and fireman's boots. The boots were used to collect donations for the Muscular Dystrophy Association (MDA), with a portion of the proceeds from the beer sales for the night also going to help the cause. Trinidad Fire Department Captain Kenney Baker and Las Animas Grille owner Jay Gonzalez organized the event. Baker said his department raised \$12,881.75 for MDA over the weekend. Pictured (L-R) are Travis Knezel, Matt Comden, Lyle Mrace, Max Martinez (in the back) and Garrett Neuman.



## WEATHER WATCH

**Wednesday:** Sunny, high near 85. Breezy, with a southwest wind 15 to 20 mph.

**Night:** Mostly clear, low around 52. West southwest wind 10 to 15 mph.

**Thursday:** Sunny, with a high near 82. West northwest wind 5 to 10 mph.

**Night:** A 20 percent chance of showers

and thunderstorms. Partly cloudy, with a low around 52. East wind around 10 mph.

**Friday:** A 10 percent chance of showers and thunderstorms after noon. Mostly sunny, with a high near 87. South southwest wind 5 to 10 mph.

**Night:** Mostly clear, with a low around 54. South southwest wind around 10 mph.

**Saturday:** A 20 percent chance of showers and thunderstorms after noon.

Sunny, with a high near 87. South southwest wind 5 to 10 mph.

**Sunday:** Sunny, with a high near 88.

# CLASSIFIED

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

DEADLINE: NOON, MONDAY-FRIDAY

## 03 Houses For Rent

FOR RENT - 2 BD home in the country, no pets, 719-846-3518

FOR RENT  
401 S. Spruce St.  
3 Bed, 1 bath \$900/Mo.  
Utilities incl.  
NO PETS!  
719-580-1852

## 04 Apartments

ALL WAITLISTS AT THE TRINIDAD HOUSING AUTHORITY ARE OPEN!!! INCLUDING SECTION 8

## INCOME LIMITS

1 Person 38,150  
2 Persons 43,600  
3 Persons 49,050  
4 Persons 54,500  
5 Persons 58,900  
6 Persons 63,250  
7 Persons 67,600  
8 Persons 71,950

Applications may be picked up MONDAY through THURSDAY from 8:00 am to 4:00 pm and FRIDAYS 8:00 am to 12:00 pm at the Trinidad Housing Authority Office located at 422 E. 1st Street. If you have any questions please call 1-719-846-7204 - Tonya Valdez ext. 103, or Stormy Blanchette ext. 100

TDD# 1-800-545-1833 ext. 297

 EQUAL HOUSING OPPORTUNITY

## 04 Apartments

**NORTH AVENUE APARTMENTS AN ELDERLY/DISABLED 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 employer and provider.

 Large 2 BD Apt.  
Some utilities included  
\$575 mo + deposit  
719-679-7643

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# Shepherd's Pie

Everything to love about meat and potatoes

Catherine J. Moser  
Features Editor  
The Chronicle-News

Shepherd's Pie is as ancient a dish the world over as there are known to have been shepherds tending their sheep, which is practically forever. This succulent lamb stew meal topped with either pastry crust or mashed potatoes is a stand-alone country meal that's fit for any king. It is a delicious combination of meat, gravy and veggies that will satisfy even the most persnickety appetites.

This hardy dish is perfect for fall and winter dinners. If it's made with anything other than lamb, then it's known as Cottage Pie. This humble country dish is peasant food at its very best and enjoyed in every county on earth in some form or other. I suppose there are as many recipes for this menu item as there are sheep to be counted on all the world's hills.

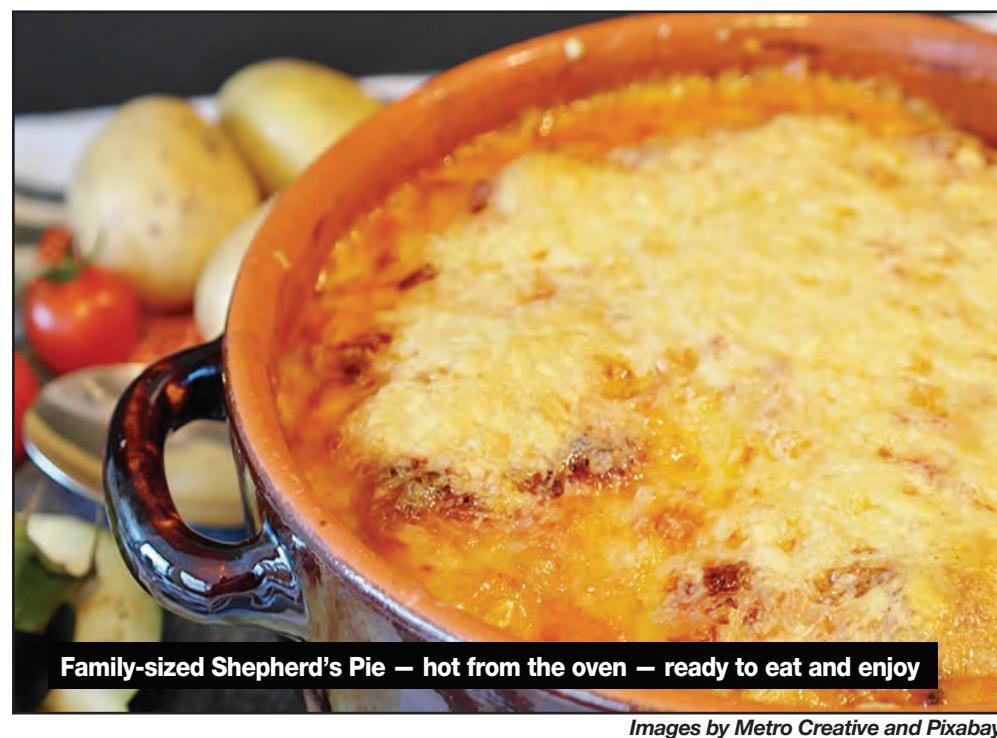
The great news about making shepherd's pie or cottage pie is that whatever you like in a stew can be topped with a lovely layer of mashed potatoes, topped with cheese and then baked to a golden perfection. Served with a warm loaf of artisan bread, cottage pie is sure

to disappear from your table almost as quickly as you put it there.

Why, there's even cottage pie made with fish, which initially struck me as a horrible consideration, but once I sampled it — my friend Frannie makes an incredible fish pie — well, let's just say that now I'm a lifetime fan. She uses beautiful chunks of firm white fish, shrimp and salmon sautéed in butter with basil Alfredo sauce added and a little diced hard-boiled egg for the filling. She finishes it off with creamy mashed potatoes and cheese shreds. It is quite marvelous! Quite marvelous, indeed!

If you ever have left over beef roast, gravy, potatoes, carrots and onions and want to re-work it into a new dinner, then cottage pie is your answer there. Throw it all into a baking dish, cover with mashed spuds and a favorite cheese and off to the oven it goes. TAA-DAH! No one will ever know it's a re-run and you won't even have to think about leftovers after that.

Cottage pie made from scratch is as easy to make as anything you can imagine. Basically, it's whatever stew you like to make. Start by browning the meat in a large skillet. Deglaze the pan with a little broth or dry white wine to



Family-sized Shepherd's Pie — hot from the oven — ready to eat and enjoy

Images by Metro Creative and Pixabay

loosen all the tasty browned bits from the bottom of the pan and throw in any chopped veggies that you like. Sauté until the veggies are crisp tender and the rest is a snap. Add a little slurry made from flour and broth or water to thicken the gravy and you're in business.

Some people like a little tomato thrown into their version, which makes it almost like a chili pie and that's very tasty, too. And, of course, it's hard to imagine any savory dish that couldn't be enhanced by mashed potatoes.

While some cooks like to put their potato layer on the bottom, but I'm definitely a potatoes on the top kind of girl. There's something about all the ooey-gooey-melt cheese all over the spuds that really speaks to my taste buds. But by all means, feel free to layer your shepherd's pie any way that you like to eat it.

Another beautiful thing about this one-dish meal is that you can use mashed sweet

potatoes in lieu of russets for the big finish, which is awesome if you're a sweet potato lover like I am — especially the white sweet potatoes. It's a subtle change that is also excellent in combination with any red chili recipe that you care to use.

Once you have your cottage pie ready to bake be sure and put it on top of a cookie sheet to catch any juicy runovers that might occur. Please, ask me why I know this — and thank you because I just saved you from an ugly burned-oven-mess clean up.

Only one rule when making this dish and it's better make plenty — shepherd's pie lovers always want seconds.

Happy cooking and eating, everyone!

—  
Questions or comments? Please email: cathy@trinidadchroniclenews.com

## ~ Come taste a little bit of heaven piled into a one-dish meal ~



Stew ready to top with mashed potatoes & cheese



Individual Shepherd's Pie ready to serve



Mashed potatoes & cheese topped with beef

### Classic Shepherd's Pie

**POTATOES:**  
1 1/2 pounds russet potatoes  
1/4 cup half-and-half  
2 ounces unsalted butter  
3/4 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
1 egg yolk

**MEAT:**  
2 tablespoons canola oil  
1 cup chopped onion  
2 carrots, peeled and diced  
small  
2 cloves garlic, minced  
1 1/2 pounds ground lamb  
1 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
2 tablespoons all-purpose flour  
2 teaspoons tomato paste  
1 cup chicken broth  
1 teaspoon Worcestershire sauce  
2 teaspoons freshly chopped rosemary leaves  
1 teaspoon freshly chopped thyme leaves  
1/2 cup fresh or frozen corn kernels  
1/2 cup fresh or frozen English peas

Peel the potatoes and cut into 1/2-inch dice. Place in a medium saucepan and cover with cold water. Set over high

heat, cover and bring to a boil. Once boiling, uncover, decrease the heat to maintain a simmer and cook until tender and easily crushed with tongs, approximately 10 to 15 minutes. Place the half-and-half and butter into a microwave-safe container and heat in the microwave until warmed through, about 35 seconds. Drain the potatoes in a colander and return to the saucepan. Mash the potatoes and then add the half and half, butter, salt and pepper and continue to mash until smooth. Stir in the yolk until well combined.

Preheat the oven to 400 degrees F.

While the potatoes are cooking, prepare the filling. Place the canola oil into a 12-inch sauté pan and set over medium high heat. Once the oil shimmers, add the onion and carrots and sauté just until they begin to take on color, approximately 3 to 4 minutes. Add the garlic and stir to combine. Add the lamb, salt and pepper and cook until browned and cooked through, approximately 3

degrees F. Meanwhile, cook the potatoes. Place the potatoes in a large (3- to 4-quart) pot. Cover with about 2 quarts of water, stir in 1 teaspoon of the salt, and bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer until the potatoes are tender, 15 to 18 minutes. Meanwhile, make the filling.

Heat the oil in a large oven-safe skillet — 12-inch cast iron is best — over medium-high heat until shimmering. Add the beef and salt, breaking it into large chunks as you add it to the pan. Let the meat brown for 1 to 2 minutes undisturbed, then use a spatula to break up the chunks into smaller pieces. Cook, stirring occasionally, until browned, about 10 minutes total.

Add the vegetables, water, flour, ketchup, onion

### Easy Shepherd's Pie

**POTATOES:**  
3 pounds russet potatoes (4 to 5 large), peeled and diced  
2 teaspoons kosher salt, divided  
1/2 cup whole or 2% milk  
4 tablespoons unsalted butter  
1 large egg yolk

**FILLING:**  
1 teaspoon vegetable oil  
1 1/2 pounds lean ground beef  
1 teaspoon kosher salt  
1 (10-ounce) bag frozen vegetable medley, such as carrots, peas, green beans, and corn  
1/2 cup water  
2 tablespoons all-purpose flour  
2 tablespoons ketchup  
1 teaspoon onion powder  
1/2 teaspoon garlic powder

Arrange a rack in the middle of the oven and heat to 400

### Best Shepherd's Pie

4 cups prepared mashed potatoes  
Garlic salt  
1lb. ground beef  
1/3 cup chopped onion  
2 garlic cloves, minced  
3 tablespoons all-purpose  
1 tablespoon tomato paste  
1 tablespoon Worcester-  
shire sauce  
1 tablespoon tamari or soy  
sauce  
1 can (14.5oz) chicken  
broth  
2 cups frozen vegetable  
medley  
Salt & pepper, to taste

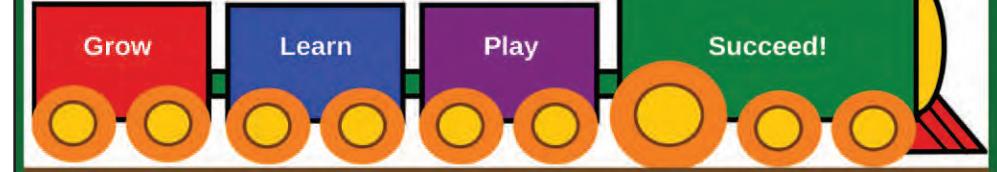
Preheat oven to 400 degrees F. Brown ground beef, onions and garlic in a large skillet over medium-high heat. When meat is completely cooked, sprinkle in flour and continue to sauté for 1-2 minutes.

Stir in tomato paste, Worcestershire sauce, gluten-free tamari or soy sauce and chicken broth. Simmer for 5-6 minutes, or until sauce is thick. Turn off the heat then stir in frozen vegetables and season with salt and pepper to taste.

Pour beef mixture into a large, ovenproof casserole dish then top with mashed potatoes and sprinkle with garlic salt.

Place casserole dish on a large sheet pan (in case the sauce overflows) then bake for 20-30 minutes, or until top is golden brown. Scoop onto plates then serve.

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10 am to 2 pm

Saturday, September 14, 2019

Peakview Elementary School

375 W Pine St, Walsenburg

10 am to 2 pm

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**Friday, September 13, 2019**  
SCCOG Early Learning Center  
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10 am to 2 pm

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Peakview Elementary School  
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# COMMUNITY

## Navajo artist shows work



Rich Alford / The Chronicle-News

Navajo photographer Tony Lobato is September's guest artist at the Trinidad Photography Gallery at 319 W. Main St.

in a store and saw a camera, a Nikon DSLR, he felt drawn to that camera. He felt that he was meant to have it. His very first photograph was taken at a church while a play was taking place. Without intending it, the photograph captured a shadow of an image of Jesus.

Today Tony loves all kinds of cameras. He uses a digital SLR like most photographers, but he also loves to shoot film and use cameras others would regard as antiques. He is self-taught as a photographer, but he has picked up tricks from the masters. For example, he likes to shoot black and white film with a red filter, a trick Ansel Adams used to darken and dramatize the Western skies.

In the current show, Tony's work is divided between a series of churches in Colorado and New Mexico, and landscapes from the same territory. Tony works in both color and black and white. He has an eye for drama and symbolism. His church photographs have a kind of moodiness reminiscent of an Edward Hopper painting.

Tony is assisted in his photography by his wife, Christina, and his children, a daughter, Kalani, and a son, Keone.

Tony's show will be on display until October 2 at the Trinidad Photography Gallery at 319 W. Main. His photography can also be viewed at his website at [www.RedeemedVisionPhotography.com](http://www.RedeemedVisionPhotography.com).

## Efforts for new animal shelter

... Continued from Page 1



Jim Turner / The Chronicle-News

Construction worker Jason Griego works on the exterior shell of the new Noah's Ark animal shelter.

will come through to help complete the new building. "I feel very comfortable and the reason why is because I know our community just really loves animals and they've always been supportive not just of Noah's Ark but any animal need."

Those wishing to contribute can visit Noah's Ark website at [www.noahsarktrinidad.org](http://www.noahsarktrinidad.org) and click on "Raise the Woof." Young says people can also help out by shopping at Noah's Ark Thrift Store, 147 E. Main St. in Trinidad.

As far as donations from the community, Young is confident money



Trinidad State

Masha Armstrong gets a kill as teammates Jocelyn Charlesworth, Dalis Agbaosi (17) and Margareth Alexia Collantes (12) look on.

## Trojans win

... Continued from Page 1

Trojans, Victoria LaBay had 29 digs and Maradei finished with ten blocks.

On Friday night the Trojans dominated Dodge City in straight sets by scores of 25-15, 25-14 and 25-20. Collantes had eight kills to lead the team and Jocelyn Charlesworth finished with eleven assists and a pair of aces. On Saturday morning Trinidad fell to the Trojans from Colby College. The scores were 25-20, 25-21 and 25-20. Collantes and Julieanna Ramos combined for 15 kills to lead the team.

The Trojans are now 3-9 on the season. They will travel to Texas this week for a tournament and then head to Nebraska next weekend for their final preseason tournament of the year.

TSJC will kick off region play on Friday September 27 when they host Western Nebraska at 7 p.m. in the Scott Gym.

### 65 Comi Funeral Home

**Marjorie L. Patterson**  
Marjorie L. Patterson, passed away at the Trinidad Inn on August 29, 2019 at the tender age of 101.

Marge was preceded in death by son Louis Remple. She is survived by son Thomas K. Remple, Trinidad and all her extended family of the Las Animas County Rehabilitation Center.

Memorial Services will be held Thursday, September 12, 2019 at 10:30am at the Comi Chapel with brother Harry Gonzales officiating.

Private inurnment at a later date.

Arrangements made under the direction of the Comi Funeral Home.

### Charles A. Healy

Charles A. Healy, of Gulnare, CO, passed away in Pueblo, CO on September 7, 2019. He was 88.

Arrangements are pending and will be announced later by the Comi Funeral Home.

### Henry Guzzo Sr.

Henry Guzzo Sr., passed away at home on September 8, 2019.

At his request, cremation with no services.

Arrangements made under the direction of the Comi Funeral Home.

### Jennie J. Novara



Jennie J. Novara, age 95, passed away at Pikes Peak Hospice Unit at Penrose Hospital in Colorado Springs, CO, September 6, 2019. She was born in Trinidad, CO, November 23, 1923, to John and Marie (Pasquelone) Dighera.

On September 4, 1948, she married Ross Novara at Holy Trinity Catholic Church. She was a member of the Mt. Carmel and Holy Trinity Parishes and the Sayre Senior Citizen Center.

She enjoyed visiting with her family, her flowers, embroidery and crocheting, cooking for all who came by, scenic rides in and around the Trinidad area, and fishing. Jennie enjoyed listening to music, watching the Denver Broncos.

She also was devout in watching EWTN, which included the daily Mass and recitation of the Most Holy Rosary.

She was preceded in death by her parents, her husband Ross Novara, brother James Dighera, sister-in-law Marie Dighera, sister Josephine Sciacca and brother-in-law Sam Sciacca.

She is survived by her children Sandra (Bob) Towry, John (Diana) Novara, Michael Novara, and Catherine (Mark) Evans, six grand-children and nine great-grandchildren, niece Louise (Ken) Zito and nephew Steve Sciacca.

Visitation will be Thursday from 3pm-7pm at the Comi Chapel.

Rosary will be recited Thursday, September 12, 2019, at 7pm at the Comi Funeral Home Chapel.

Funeral Mass will be celebrated at Holy Trinity Catholic Church on September 13, at 10:00am.

Burial will follow at the Trinidad Catholic Cemetery.

Persons wishing to do so may make contributions in her memory to Holy Trinity Catholic Church 235 N Convent, Trinidad, CO 81082 or the Sayre Senior Citizen Center, 1222 San Pedro, Trinidad, CO 81082.

Arrangements made under the direction of the Comi Funeral Home.

### Sharon Sue Cummings

Sharon Sue Cummings, 74, died September 4, 2019.

Arrangements are pending and will be announced at a later date.

The family has entrusted Mullare-Murphy Funeral Home with the arrangements.

### 64 Novenas

#### A THANKSGIVING PRAYER

Thank God the Father; God the Son and God the Holy

Spirit. Thank you Virgin

Mary, Mother of God; Thank

you Saint Joseph. Thank you

Saint Jude; Thank you Saint

Anthony; Thank you Saint

Michael, the Archangel; and

Thank you Saint Raphael.

Thank you for granting my

petitions & prayers!

V.L.

#### UNFAILING PRAYER TO ST. ANTHONY

O Holy Saint Anthony, gentlest of Saints, your love for God and charity for His creatures made you worthy, when on earth, to possess miraculous powers. Miracles waited on your word, which you were ever ready to

speak for those in trouble or anxiety.

Encouraged by this thought, I implore you to obtain for me. The answer to my prayer may require miracle; even so, you are the Saint of

Miracles. O gentlest and loving Saint, whose heart was ever full of human sympathy, whisper my petition into the ears of the sweet infant Jesus, who loved to be folded in your arms; and the gratitude of my heart will ever be yours.

V.L.

### CHRONICLE-NEWS

### MEDIA GROUP

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### Editor

Eric John Monson

[editor@trinidadchroniclenews.com](mailto:editor@trinidadchroniclenews.com)

### Circulation, Classifieds, Memorials, and Obits

Kim Hoffman

[classified@trinidadchroniclenews.com](mailto:classified@trinidadchroniclenews.com)

### Sales & Legals

Rich Hoffman

[circulation@trinidadchroniclenews.com](mailto:circulation@trinidadchroniclenews.com)

### Accounting

Julie Loudon

[admin@trinidadchroniclenews.com](mailto:admin@trinidadchroniclenews.com)

### Marketing & Advertising

Kirk Loudon

[advertising@trinidadchroniclenews.com](mailto:advertising@trinidadchroniclenews.com)

### Features Editor, Design &

Layout, Fine Print:

Catherine J. Moser

[cathy@trinidadchroniclenews.com](mailto:cathy@trinidadchroniclenews.com)

### Reporter

Garrett Watson

[news1@trinidadchroniclenews.com](mailto:news1@trinidadchroniclenews.com)

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... Continued from Page 1

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# Tips for seniors to ensure a healthy road trip

StatePoint

When thinking about road trips, you might envision college kids heading on adventures, but older adults take road trips, too, according to a recent survey by Cigna.

Travel is a top priority for 37 percent of older adult respondents in the survey. In fact, more than 30 percent said they take three or more trips annually.

With automobiles topping the list of older adults' favorite ways to travel, Cigna is offering helpful tips for heading out on the highway.

■ Get shut-eye. The National Sleep Foundation recommends people 65 years and older get seven to eight hours sleep nightly. Unfortunately, 17 percent of older adults responding to the survey indicated they have trouble maintaining sleep sched-

ules when traveling. According to the National Highway Traffic Safety Administration, 91,000 crashes occurred in 2017 due to drowsy driving, resulting in 50,000 injuries and nearly 800 deaths. Repeated yawning is the first warning sign that it's time to pull over and rest.

■ Stretch your legs. Some long-distance travelers are at risk of a potentially dangerous condition called deep vein thrombosis, according to the Centers for Disease Control and Prevention. Though you should talk to your doctor if you feel you're at risk, it's a good idea for everyone to take breaks to stretch and walk around.

■ Keep eyes healthy. Good eyesight is critical to safe driving. Before long trips, make sure you've had an eye exam and your prescription is up-to-date. Many Medicare Advantage plans cover annual eye exams and glasses.

■ Prioritize safety. Twelve percent of older adults responding to the survey said they travel alone. Solo travelers should prioritize safety. Tell friends and family your route, destination and when to expect you. Also, check in occasionally so they know your trip is progressing well.

■ Eat healthfully. Twenty-six percent of traveling seniors have difficulty eating healthfully while traveling, according to the survey. Avoid stocking the car with junk food. Instead, pack nutritious snacks, like fruits and vegetables. Plan ahead, finding restaurants with healthy fare along your route. If you have to eat fast food, make healthy choices like salads. Finally, drink water instead of soda. It's healthier and will better hydrate you.

■ Pack prescriptions. According to the Cigna survey, 96 percent of senior travelers get a large enough prescription supply to

last the entire trip. One way to do this is by getting a 90-day fill.

Write down your medication schedule and the names and numbers of your doctors and pharmacy in case you need them. If you have questions about changing time zones, talk to your pharmacist before leaving. Always carry medications in their original labeled containers to prevent anyone from mistaking them for other substances.

■ Act quickly. For health-related emergencies, time is of the essence, so go to the nearest emergency room or hospital or call 911 as quickly as possible and then notify your insurance plan as soon as you reasonably can.

"Travel is an important part of older adults' independence," says Shannon Adams, who leads the Cigna customer experience team that completed the travel survey.

## Millions of diabetes patients are missing out on Medicare's help with nutrition

Phil Galewitz  
KHN

Louis Rocco has lived with diabetes for decades but, until he met with a registered dietitian in August, he didn't know eating too much bread was dangerous for him.

"I'm Italian, and I always eat a lot of bread," he said. After two hour-long visits with a dietitian — including a session at his local grocery store in Philadelphia — Rocco, 90, has noticed a difference in his health.

"It's helped bring down my sugar readings," he said of changes in his diet including eating less bread. "I wish I knew I could have had this help years ago."

After getting a referral this summer from his doctor, Rocco learned that Medicare covers personal nutritional counseling for people with diabetes or kidney disease.

The estimated 15 million Medicare enrollees with diabetes or chronic kidney disease are eligible for the benefit, but the federal health insurance program for people 65 and older and some people with disabilities paid for only about 100,000 recipients to get the counseling in 2017, the latest year billing data is

available. The data does not include the 20 million enrollees in private Medicare Advantage plans.

Health experts say the little-used benefit represents a lost opportunity for beneficiaries to improve their health — and for the program to save money by preventing costly complications from the diseases.

An estimated 1 in 4 people 65 and older have diabetes and 1 in 3 have chronic kidney disease. Kidney disease is often a complication of diabetes.

The prevalence of diabetes has risen markedly in the past 20 years and the condition is more common as people age.

Nationwide, there are 100,000 registered dietitians — more than enough to meet demand, said Krista Yoder Latortue, executive director of Family Food in Philadelphia, which employs about 50 dietitians including the one who visited Rocco. Medicare data showed about 3,500 dietitians billed the program for nutritional counseling in 2017.

The problem may be that not enough physicians know about the Medicare benefit. Doctors have to refer patients to a dietitian. Congress approved the benefit, which began in

2002, after studies found medical nutrition counseling leads to improved health outcomes and fewer complications for older patients. Under the preventive health provisions of the Affordable Care Act, the counseling has been available without out-of-pocket costs to Medicare beneficiaries since 2011.

Medicare pays for three hours of dietary counseling during the first year the benefit is used and two hours in subsequent years. A doctor can appeal to Medicare for additional nutritional therapy if the physician believes it is medically necessary.

Larry Lipman, 70, of Falls Church, Va., said he was shocked to learn he had diabetes earlier this year because he's relatively thin and is an avid cyclist.

When his doctor recommended meeting with a dietitian, he not only said yes but also brought along his wife, who does most of the cooking.

"It was great because I could ask specific questions and get into the nitty-gritty about how I eat, what I eat and when I eat," said Lipman, a retired journalist.

"I've learned I needed to cut down on portion sizes of rice and other things to keep my carbohydrates

down," he said. "I'm thinking more about what I eat every time and staying away from Doritos and ice cream."

Doctors shoulder some of the blame for patients not getting dietary counseling by failing to refer them to dietitians.

"It's a lot easier to prescribe a medication than it is to discuss the importance of nutrition and get patients to meet with a registered dietitian," said Dr. Holly Kramer, a Chicago nephrologist and president of the National Kidney Foundation.

"I don't understand how we have this burgeoning obesity and diabetes epidemic and we are not using dietitians in our clinics for all these patients, yet we are paying for all these things that mediate from the disease process such as arthritis, dialysis and amputations," she said.

Jennifer Weis, a registered dietitian in Philadelphia, said the limited hours Medicare covers is frustrating given how difficult it is to change behaviors in older adults.

"It's better than nothing, but in my mind is not sufficient," she said.

Doctors might not be aware of the Medicare option since "it's a challenge to keep up with what is a covered benefit and what is not," said Dr. Michael Munger, chairman of the American Academy of Family Physicians who practices in Overland Park, Kan.

He said that many doctors who don't practice with a large health system may not be familiar with dietitians in their community.

For convenience, Munger said, he refers his diabetes patients to a nurse practitioner in his office for nutritional counseling. But only registered dietitians are covered under the Medicare benefit, so his Medicare patients face a copayment for that service.

Nutritional counseling is not the only underused Medicare benefit that can prevent health complications.

Fewer than 5% of Medicare beneficiaries use their 10 to 12 hours of diabetes self-management training benefit, which can cover

individual and group sessions providing tips for eating healthily, being active, monitoring blood sugar, taking drugs and reducing risks.

Part of the problem, said Yoder Latortue in Philadelphia, is there is a lot of misinformation about whom the public can trust on nutrition advice.

Lauri Wright, a Jacksonville, Fla., registered dietitian and spokeswoman for the Academy of Nutrition and Dietetics, said the federal Centers for Medicare & Medicaid Services sends out notices to health providers once a year but more information is needed.

About 10,600 registered dietitians have enrolled to treat Medicare patients, a CMS spokeswoman said. She said the agency has been advising health providers about the benefit and promoting it to enrollees on its website and its annual handbook that it sends to beneficiaries.

Still, "I think because only two diseases are covered by Medicare and the rest aren't, it falls off everybody's radar," Wright said.

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