

P VALLEY CAMPUS PROSPECTOR



VOLUME 3...ISSUE 1

**Tips to
Avoid the Flu**

Suicide Prevention

**In 2006, more people were lost to
suicide than to homicide.**

Meet the Faculty

Ray Hinton

Tanner Kingery

Ted Smith

VALLEY CAMPUS
PROSPECTOR



C CONTENTS

Features

- Suicide Prevention- 2
- Around the School- 5
- Avoid the Flu- 6
- Meet the Faculty- 4

This is a Student Run Newspaper

VALLEY CAMPUS
PROSPECTOR



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A Message From the Dean

Welcome to the initial edition of the Trinidad State Junior College Valley Campus Prospector. We are excited to share the Valley Campus events and news with you. Trinidad State Junior College Valley Campus is bustling with activity this fall. Our students are busy studying and developing the skills necessary to pursue their chosen careers.

Our support staff members are working extra hours to keep up with the increased enrollment. The Valley Campus Prospector staff members have prepared timely articles of interest so you may enjoy the latest news.

Tom Scarlett,
Dean of Career and Technical Education
Trinidad State Junior College
Valley Campus



Travel Warning

German Travel Alert-September 23, 2009

The Department of State alerts U.S. citizens that Al Qaeda has threatened it will conduct terrorist attacks in Germany immediately prior to and following the federal elections on September 27. This Travel Alert expires on November 11, 2009.

We encourage U.S. citizens to read the Department of State's current Worldwide Caution. Additional general information on residing and traveling abroad, including the latest Country Specific Information for Germany, may be found on the Bureau of Consular Affairs website.

All U.S. citizens traveling to or living in Germany are urged to register with the U.S. Embassy through the State Department's travel registration website.

Travelers may also obtain up-to-date information on security conditions by calling 1-888-407-4747 toll-free in the United States or outside the United States and Canada on a regular toll line at 1-202-501-4444.

Suicide Prevention



IT IS ESTIMATED THAT IN THE UNITED STATES:

- * 33,300 PEOPLE COMMIT SUICIDE EACH YEAR.

That is Approximately 91.2 suicides a day.

Which equals 1 Suicide every 15.8 minutes

- * FOR EVERY SUCCESSFUL SUICIDE THERE ARE 12-25 ATTEMPTED SUICIDES

Using 25 attempts for every successful suicide, that is approximately 832,500 annual suicide attempts in the United States.

That is one suicide attempt every 38 seconds.



Caleb McLaren

If you are in a crisis and need help right away

Call this toll-free number, available 24 hours a day, every day: 1-800-273-TALK (8255). You will reach the National Suicide Prevention Lifeline, a service available to anyone. You may call for yourself or for someone you care about. All calls are confidential



Know Local, State, or International Help Lines.

San Luis Valley Mental Health
(719-589-3671)

Pueblo Suicide Help Line
(719-544-1133)

Teen Line
(719-564-5566)

National Crisis Help Line
(1-800-784-2433)

Emergency medical Assistance
911



September is Suicide Prevention Month

Colorado is ranked 9th in the Nation for suicide deaths. This week, September 6-12, is National Suicide Prevention Week. I am writing this on Thursday, the 10th, World Suicide Prevention Day.

Most people don't talk about suicide. Who wants to talk about suicide or death? But suicide and the results are a real, REAL issue for so many people. The actions of those who have committed suicide have affected their whole life! And the factors and illnesses preceding many suicides affect many more. And while suicide may not directly affect you, it has the potential to in future, and is indirectly affecting you now.

Know Warning Signs

- Trouble eating or sleeping (sleeping all the time, unable to sleep at all, not able to eat or overeating)
- Talking about suicide, death, or preoccupation with dying
- Significant changes in behavior and/ or personality
- Withdrawing from family and friends
- Loss of interest in activities, work, school, hobbies, or social interactions
- Giving away prized possessions
- Previous suicide attempts
- Increased drug and/or alcohol use
- Statements about hopelessness, or worthlessness
- Taking unnecessary risks
- Sudden happiness or calmness following a depressed mood
- Obsession with suicidal means (guns, knives, hanging materials)
- Problems in school or work performance
- Chronic pain or frequent complaints of physical symptoms
- An inability to concentrate, trouble remembering things

Know What to Do

- Take all suicide threats seriously. Listen and express concern in a non-judgmental way.
- Take action! Get the individual connected with professional help.
- Ask questions openly ("Do you have a plan? Will you talk with someone who can help?")
- Show that you care.

Know What Not to Do

- Do not keep it a secret.
- Do not sidestep the issue or treat it lightly.
- Do not leave the person alone.
- Do not offer simple solutions.
- Do not judge.
- Do not offer or suggest drugs or alcohol.
- Do not try to be a therapist. Get professional help.

Suicide Prevention Training for Students, Faculty, and Community

Training by ASIST

*Training in October

*TSJC Students and Community:

35\$ for workbook

*Contact Bonnie Ortega for more information:

bonnie.ortega@trinidadstate.edu
Office Phone: 719-589-7131

When it seems like there is **no hope**, there is **help**



If you or someone you know is thinking about suicide, call the National Suicide Prevention Hotline

SUICIDE PREVENTION

Meet the Faculty



Caleb McLaren

Agriculture- Technology & Business Management

Instructor: Ray Hinton



Phone:

719-589-7132 &

719-580-5715

E-mail:

ray.hinton@trinidadstate.edu

Q1. What do you like best about your field?

A1. What I like best about teaching Agriculture is the diversity of the students, and their differing relationships with agriculture. I can have a student with 5 acres and another with 500. The small guy learns from the big guy, and the big guy learns from the little guy.

Q2. What do you like best about teaching here at TSJC?

A2. Everyone who is a part of the class is involved in agriculture. Everyone understands the life.

Q3. Where does class take place?

A3. The class regularly meets at the Valley Campus in Computer lab 216. The rest of the time is in the field, visiting production sites. Which sites we visit depends on the subject matter.

Aquaculture

Instructor: Ted Smith



Phone:

719-589-7049

E-mail:

ted.smith@trinidadstate.edu

Q1. What do you like best about your field?

A1. I love fishing and the aquatic environment. I have ever since I was three. My family every summer would spend 3 weeks at a lake, and it was there that it (this love) started. I also enjoy hunting and farming. So when Journalism wasn't what I thought it would be, my dad suggested that I try putting my two loves together in the then just emerging field of Aquaculture.

Q2. What do you like best about teaching here at TSJC?

I have the best of both worlds – the business side and the theory side of aquaculture, what with the teaching and then the managing of our facilities. And then there are the young people. "Working with young people keeps you young."

Q3. Where does class take place?

A3. Our lab and classrooms are here at the Valley campus. Then we have ten different facilities around the Valley where the fish are raised.

Automotive Technology

Instructor: Tanner Kingery



Phone:

719-587-1706

E-mail:

Tanner.Kingery@trinidadstate.edu

Q1. What do you like best about your field?

A1. The high performance side. I used to race. But now I have kids.

Q2. What do you like best about teaching here at TSJC?

A2. I like interacting and working with the student. I also like the problem solving. I always try and teach them as much as I can, but there is just so much, you never can.

Q3. Where does class take place?

A3. The automotive shop, which is behind Ortega Middle School.



Caleb McLaren

Announcements

October Fest

Do you know what October Fest is?

Also called Career Exploration Day, the October Fest held here at TSJC Valley Campus is a time when High School students from around the Valley and beyond are invited to come for a tour of the Valley Campus. The tour will include presentations and demos for the different technical programs offered here at the School.

Held on Oct. 28-29, October Fest will start at 9:00 am and wrap up at 1:00 pm. Attendees will be split into groups of 10-15 people and then taken through the tour. Those who come will be able to question and converse with the instructors of the different programs. Breakfast, as well as lunch, will be provided by the school.

Registration at TSJC for the upcoming semester will be possible during Career Exploration day.

Non-traditional High school students (e.g. home schoolers) and post high school inquirers are welcome. Please register with Krystle Cantu at krystle.cantu@trinidadstate.edu or call her at 719-589-7083.

Please register to attend October Fest by contacting your High School counselor or by e-mailing/calling Krystle Cantu at krystle.cantu@trinidadstate.edu and her office phone 719-589-7083.

To current students: No classes are canceled. That way, our visitors can see us in action. Be prepared as a student to interact with our guests and to make them feel welcome.

A Rocking Book Drive!

Phi Theta Kappa-

Thank you! Thank you! Thank you! Without you, our book drive would have gone nowhere, and done nothing. But you gave approximately 107 college level books! Our collection box was falling apart!

Because of your generosity, our chapter will earn some money, fewer books will go to the landfill, and funding will be generated for the National Center for Family Literacy! Visit their website at: www.famlit.org.

This book drive made possible by Better World Books, Book Drives for Better Lives! To learn more about this self-sustaining, for-profit social venture visit their website at: www.betterworldbooks.com

-Caleb McLaren,
VP of the PTK at Trinidad State
Valley Campus-

Do you know about TSJC's Fish Sales?

If you didn't, you're missing out on some great Tilapia. Ted Smith's Aquaculture class regularly harvests Tilapia with Kerr Aqua-farms here in the Valley. The class gets to harvest and process the fish before they are packaged for local buyers. The boneless/skinless tilapia fillets are always fresh and never frozen.

The fresh tilapia fillets retail for \$7.99 per pound and there are typically 4 to 5 fillets to the pound.

To find out when the next harvest will be or for more info about the Aquaculture Program, please contact Ted Smith at ted.smith@trinidadstate.edu or his office phone: 719-589-7049.



Attention Faculty

Anyone who would like an announcement or has a story idea for upcoming issues please email Nelda Curtiss at:

nelda.curtiss@trinidadstate.edu

CDC Says: “Take 3” Steps to Fight the Flu

Flu is a serious contagious disease.

Each year in the United States, on average:

- More than 200,000 people are hospitalized from flu complications.
- 20,000 of those hospitalized are children younger than 5 years old.
- 36,000 people die from flu.

The Centers for Disease Control and Prevention (CDC) urges you to take the following steps to protect yourself and others from influenza (the flu):



Vaccinate

- Take time to get a flu vaccine.
- CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease.
- While there are many different flu viruses, the flu vaccine protects against the three main flu strains that research indicates will cause the most illness during the flu season.
- The vaccine can protect you from getting sick from these three viruses or it can make your illness milder if you get a different flu virus.
- Getting a vaccine is very important for people at high risk for serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart or lung disease, and people 65 years of age and older.
- People who live with or care for those at high risk should also get a flu vaccine to protect their high-risk contact.



Stop Germs

- Take everyday preventive actions.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get the flu, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread this way.



Antiviral Drugs

- Take flu antiviral drugs if your doctor recommends them.
- If you do get the flu, antiviral drugs are an important treatment option. (They are not a substitute for vaccination.)
- Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body.
- Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. This could be especially important for people at high risk.
- For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).
- Flu-like symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches.



For more information about flu, visit www.cdc.gov/flu



SPLASHLAND HOT Springs

Aquaculture Class in Action *Service Learning Project*

Business Management

Prepare for a Future In:

Business Leadership

Entrepreneurship

Management

TRINIDAD STATE
JUNIOR COLLEGE

Now is the time to increase your marketability in the workforce, and further your education. A degree in Business Management could be your ticket to a successful career

Office Technologies

DEVELOP THE TECHNIQUES TO
HELP BUILD A SUCCESSFUL CAREER

Office technology is a rapidly changing field, and TSJC adjusts its courses and degree options as the business climate changes. Learn skills in accounting, communications, management, spreadsheets, databases and computer presentations.

graphic
design

LEARN.

ANALYZE.

TRANSFORM.

The Graphic Design program can help prepare students for a position in the exciting, evolving graphic design industry. Courses in our Graphic Design degree program stress conceptualization and design capabilities, while practical, hands-on lab classes emphasize critical production skills

Cosmetology

HAIR SERVICES

HAIRCUT-- \$6.00

BANG TRIM-- \$2.00

STYLE-- \$5.00

UPDO-- \$8.00

SCALP TREATMENT-- \$5.00

DEEP CONDITIONER-- \$6.00

CORN ROWS-- \$1.50 EACH

BRAIDS-- \$1.00

ROLLER SET-- \$7.00

SHAMPOO ONLY-- \$2.00

FACIAL SERVICES

FACIAL-- \$8.00

FACIAL WITH MAKEUP-- \$10.00

EYEBROW ARCH-- \$5.00

FACE WAX-- \$10.00

LIP WAX-- \$5.00

MACHINE FACIAL-- \$10.00

MICRODERMABRASION-- \$25.00



TEXTURE SERVICES

BASIC PERM--\$18.00

DESIGN PERM--\$25.00 & UP

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RETOUCH COLOR--\$13.00

HIGHLIGHTS --\$22.00

FOILS--\$28.00

CORRECTIVE COLOR--\$30.00 & UP

6-PACK--\$10.00

TIPS ONLY (BLEACH)--\$10.00

NAIL SERVICES

PLAIN MANICURE-- \$5.00

PEDICURE-- \$8.00

ARTIFICIAL NAILS-- \$17.00

NAIL REMOVAL-- \$6.00

POLISH ONLY-- \$2.00

NAIL ART-- \$4.00

REBASE-- \$7.00

PARIFIN WAX-- \$3.00

Set Up An
Appointment
Today!

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Cosmetology



* DAY AND NIGHT
CLASSES

* FINANCIAL AID
AVAILABLE

* HANDS-ON
PRACTICE

**Begin an exciting work experience in
cosmetology today!**



C O L O R A D O
WORKFORCE
 C E N T E R

Job Listings

Order #	Job Title	City	Wage	FT/PT
5321045	Sales/Insurance	Alamosa	negot.	FT
5321464	Insurance Sales	Alamosa	\$26,000 ann.	FT
5321148	Receptionist/Sales	Alamosa	\$8.50/hr	FT
5320778	Assistant Manager	Alamosa	\$8.50/hr	FT
5317499	Agricultural Worker	Monte Vista	\$8.50/hr	FT
5320731	Shift Coordinator	Alamosa	\$7.28/hr	FT
5320161	Cashier/stock clerk	Alamosa	\$7.28/hr	PT
5322061	Janitors and Clean	Alamosa	\$8.50/hr	FT
5321240	Settlement clerk	Alamosa	\$10.00/hr	FT
5318362	Core Counselor	Alamosa	\$32,000 ann.	FT
5321170	Registered Nurses	Alamosa	\$23.00/hr	FT
5321604	Auto Detailer	Alamosa	\$8.00/hr	PT
5321834	Cooks, Short Order	Alamosa	\$7.28/hr	PT
5321835	Dishwasher	Alamosa	\$7.28/hr	FT
5321698	CDLA Truck Driver	Alamosa	\$300/week	FT
5318543	Waiter/Waitress	Alamosa	\$7.28/hr	FT
5318497	Cashier	La Jara	\$7.50/hr	FT
5321054	Cook Aide	Conejos	\$7.50/hr	PT
5321061	Teacher Assistant	Conejos	\$8.00/hr	FT
5319192	Construction Labor	Alamosa	negot.	FT
5320255	Tellers	Alamosa	\$8.00/hr	PT
5318123	Customer Service	Alamosa	\$32,000 ann.	FT
5321836	Executive Director	Alamosa	\$52,000 ann.	FT
5321838	Administrative Ass	Alamosa	\$26,000 ann.	FT
5318578	Grill Cook	Alamosa	\$7.28/hr	PT

Do you feel sick?



**You may have the flu if you have fever or chills
AND
a cough or sore throat**

**You may also have a runny nose, body aches,
a headache, tiredness, diarrhea, or vomiting**

**If you think you have the flu,
stay home or in your residence,
except to get medical care.**

**For more information visit www.flu.gov
or call 1 (800) CDC-INFO (232-4636)**

