

The Fish Pond AND Carla Ann Creations
Invites You To Our Grand Opening
 Feb. 13, 2010
 11:00 - 4:00
 227 N. Commercial St. 846-7902
HTA WILL BE SELLING HOT DOGS, POPCORN & FUNNEL CAKES!

Verna Adams steers students at RHS

By **TIM KELLER**
The Chronicle-News

Verna Adams grew up on cattle ranches all over New Mexico. After spending five years in Las Cruces for college, she longed to return to the rural life. She and her young family moved to the Raton area in 2005; last August, Adams became one of three new teachers at Raton High School.

She entered college at NMSU to study pre-veterinary medicine but quickly discovered that the lack of chemistry in her high school course load left her in the dust. She decided to go into science education, partly to help prepare students to achieve their own goals. While earning her B.S. degree in Agricultural



Photo by Tim Keller

Verna Adams, left, works with her aide, senior Sarah Marchiondo, in the RHS biology classroom.

Education and Extension, she worked in veterinary clinics and prepared halter horses for competitions, twice taking quarter horses to AQHA World in Oklahoma City.

By the time she graduated from NMSU, Adams was a wife and new mother. Her husband is Senior Patrolman Joshua Adams of the New Mexico State Police, now based in Raton. They chose the Raton area together, longing for a simpler and more rural life in which to raise their children, who now include three boys - Conner, 6; Ian, 4; and Danner, 2. The family lives a few miles outside of

town.

Verna Adams' first teaching job was at Springer Middle School, where she taught science and history from 2005 to 2007. She then took two years off to be home with her sons, but she didn't leave education altogether: she completed her master's degree in Early Childhood Education through the University of Phoenix online, earning the M.Ed degree last August, just in time to take a new teaching job at Raton High School.

At RHS she teaches five classes of sophomore biology, plus a class of anatomy for juniors and seniors.

She's also the FFA sponsor in a transitional year for the program. As reported in *The Chronicle-News* last May, the program scaled down this year, but with a plan to rebuild with new elements next year. As FFA moves into a future of career preparation, sciences, public speaking, and green technologies, Adams is positioned to nurture the program.

That puts her right where she wanted to be, helping young people to make all the right moves toward their own successful futures.

Free Hallmark Valentine Card
 with purchase of flower arrangement of \$35.00 or more, a \$2.50 value.

Teri's HALLMARK & FLORAL
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Chef Dan's Valentine's Day Specials
 SERVING BOTH SATURDAY AND SUNDAY 5-9 PM
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 (8-oz) \$17.95; (12-oz) \$21.95
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Your best friend

By **Helga Meyer**
Spanish Peaks Mental Health Center
 Special to *The Chronicle-News*

Happy Valentine's Day! Although the day is meant to show love to a special friend or sweetheart, let's go a different direction. Look within, and ask yourself if you are being a good friend to yourself.

The famous words, "Love your neighbor as yourself," assume that you first love yourself. Loving yourself means treating yourself well, and makes it easier for you to love others—whether they are strangers, neighbors, friends, or your sweetheart. Unfortunately, when you do and say harmful things to yourself, you're sending a message that you don't care about yourself.

First, let's be clear that loving yourself does not necessarily equate to being selfish or narcissistic. If you can respect, understand, and love others while loving yourself, you needn't worry about being narcissistic. My focus today is on people who have low self-esteem and/or have developed some bad habits that make it difficult for them to be friends to themselves.

How do you become your own best friend? Ask yourself what you would do or

say to your best friend, your sweetheart, or maybe even your child(ren). And whatever that is, do the same for yourself. Here are some examples:

Respect your body's needs. Get sufficient sleep, exercise regularly, eat nutritional foods, and avoid too much stress. You'd tell your child(ren) to do that, so set a good example and don't make excuses for not doing the same yourself. Remind yourself that you should be your best friend, and that feeling well physically often carries over to feeling well emotionally. Engaging in healthy behaviors gives you more energy so you'll feel better about being alive.

Be aware of unhealthy habits you've developed. You know that habits such as smoking, overeating, or drinking too much are not good for you. Some of you may also engage in risky behaviors or abuse your bodies by cutting, bingeing, purging, or shooting up. What would you tell your best friend, your spouse, or your child if any of them engaged in such behaviors? If you feel concern for them, feel the same for yourself, and if it's difficult to change your bad habits, seek help to change them—either from someone you trust, or from a mental health professional.

Listen carefully to your

self-talk. Do you berate yourself if you've made a mistake, or did something stupid? You wouldn't tell your best friend that he/she looked horrible, was dumb, or couldn't accomplish something challenging, so don't tell yourself such things. Feeling guilty, focusing on your weaknesses or telling yourself that you're not as good as someone else makes you in essence an enemy to yourself, and saps you of positive energy.

Reward yourself occasionally. It's not selfish to do something special for yourself, such as engaging in relaxing and enjoyable activities. If you'd do it for a friend, do it for yourself. Occasional indulgences will nurture you and provide the opportunity to refill your emotional and physical supplies of energy.

Balance immediate needs with long-term goals. Each of these satisfies you in different ways, so by balancing them, you can enjoy the moment, and also be able to look forward to something special in the future.

The message is clear: You have to take care of yourself—in essence, become a best friend to yourself—before you can help someone who needs you. If you have a sweetheart, are a parent, or a caretaker of a chronically ill person, pay special heed to this, because becoming best friends with yourself will not only benefit you, but also those whom you love.

St. Valentine's Day Dance
 Proceeds to benefit Holy Trinity Academy
 Saturday, February 13, 2010
 at Sebastiani Gym
 LIVE BAND • DANCE TO THE MUSIC OF LEROY CASTILLO, JIMMY GROSSO, RICH SAMORA AND CHRIS SAMORA
 Cash Dessert, Chocolate Fountain and snack bar available
 DANCE 8 P.M.-12 A.M. • GYM OPENS AT 7 P.M.
 COST \$10 PER PERSON
 Tickets are available at: Shear Mechanix Salon (in the Bell Block), the school or from any HTA parent

THE MOVIE PICTURE SHOWHOUSE
The Lovely Bones
 Mon-Thurs: 6:45 p.m.
 RATED PG-13
Up in the Air
 Mon-Thurs: 7:15 p.m.
 RATED R. No one under 17 admitted without parent. Id's required
Avatar
 Mon-Thurs: 6:30 p.m.
 RATED PG-13
Tooth Fairy
 Mon-Thurs: 7 p.m.
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Helga Meyer is Public Education Director at Spanish Peaks Mental Health Center in Pueblo. For suggestions on future mental health topics for this column, please contact her at 719-545-2746, or at helgam@spmhc.org. For specific information on local programs or referrals, please contact the Trinidad Spanish Peaks office at 846-4416.

Caring people helping those in need...

THE ROTARY CLUB OF TRINIDAD & THE CHRONICLE-NEWS
 have teamed up together to buy
"SHELTER BOXES FOR HAITI"
 the portable homes for those who have no home. Your donations will be used to provide much needed humanitarian aid to the people of Haiti & your gift is tax deductible. One ShelterBox provides a temporary home for 10 people & includes ground sheets, blankets, mosquito nets & a wide range of survival equipment for those who have lost everything.
 Please make your check payable to **SHELTERBOX USA** & send it to The First National Bank, 100 E. Main, Trinidad, CO 81082 or call **(719) 846-9881** for more information.
 Cash donations will be accepted at the bank.
 Any amount you can give will be greatly appreciated.

SPANISH PEAKS INN

VALENTINE'S DAY DINNER & DANCE
 Sunday, February 14 3 p.m. - 8 p.m.
 12 oz. New York Strip, Baked Potato, Vegetable, Salad, Texas Toast & Dessert
 Complementary glass of wine
\$17.50 (including dinner)
 Entertainment by Sam Bachicha
 (\$5 Cover Charge without meal)
Tavern Grill & R.V. Park • Gulnare, CO

FAT TUESDAY CELEBRATION
 Tuesday, February 16 5 p.m. - 8 p.m.
 Mardi Gras Party
 Serving Shrimp Creole over Rice, Garlic Bread & Dessert
\$8.50