

# THE RAMPART REVIEW

*The Kiwanis Club of the Rampart Range – Caroline Vulgamore, editor*

**Meetings every Tuesday, 7:30 am, Aspen Pointe Café, 1675 Garden of the Gods Rd. 80904**

President: Rick Couch, Secretary: Al Ziegler, Treasurer: Rex Kramer, Directors: Belenda Cornelius  
Burl Kreps, Caroline Vulgamore, Harry Vulgamore, District Governor: Kathy Lee  
Lt. Governor Jo Carroll, RMD Executive Administrator: Nancy Wiehagen, International President: Jane Erickson

**January 24, 2017**

**PROGRAM.** Speaking about “Choking Game Awareness,” **Martha Garnett** and **Henry Suarez** shared the story of their daughter Kim, who at 15, suffocated by choking herself. They found her standing in the shower with a slipknot around her neck. A straight A student, involved in sports, Kim was anticipating college and her school prom. Youth finding ways to “pass out,” and to experience euphoric highs, has been a problem for decades, but worse today because of social media. Boys try more often—dubbed the “good kids’ high” because they

don’t want to get involved with drugs and alcohol. Most dangerous is when kids get addicted and practice alone, with no one to revive them. It takes only 2 to 3 minutes to become brain dead. Statistics are inaccurate when officials name suicide as cause of death when in reality it’s the choking game. Games Adolescents Shouldn’t Play (G.A.S.P.) is a nationwide campaign established to fight this deadly game. Martha and Henry also spoke highly of support from Safe2Tell. **Belenda Cornelius** first met the couple at PPCC’s Rampart Range Campus.

---

**NEWS.** Donations were for Salvation Army. **Rich Couch** announced that important issues from the Division 4 Presidents’ Meeting will be discussed next week. **Burl Kreps** mentioned that **Bill Edmondson**, husband of former member **Barbara Schaefer**, has died. Belenda asked to discuss Key Club training next week.

---

## UPCOMING EVENTS

**January 25:** BUG assembly. Eagleside Elementary. 7:45 a.m. Harry, Caroline.

**January 31:** *Board Meeting.*

**March 3-5:** RMD Mid-Winter Conference. Hilton Hotel. Fort Collins

---

## HAPPY DOLLARS

- **Harry Vulgamore:** Great presentation this morning.
- **Caroline Vulgamore:** Glorious sunrise colors on Pikes Peak.
- **Tammy Larson:** Today’s presentation; surviving Christmas and being back; for everyone who helped with bell ringing.
- **Rick Couch:** Glad to be here; all that goes on in this community; ways to get today’s message out to broader audience; missing Jo and Tom.
- **Belenda Cornelius:** Always happy; wonderful presentation; glad friends could come.
- **Martha Garnett:** Being here.
- **Jack Cooley:** Presentation; the “pink” on the foothills this morning.
- **Al Ziegler:** Our speakers; a sad event making us knowledgeable; glad to be done helping son with plumbing.
- **Burl Kreps:** Glad for presentation.



Martha Garnett and Henry Suarez opened our eyes this morning.



Rick and Martha share a smile.



Two buds acquaint.



*Pikes Peak in alpenglow, the source of some happy dollars this morning.*

---

**PRAYER FOR JANUARY 31<sup>st</sup>: Jack Cooley.**

**QUOTE OF THE DAY:** "You are only young once, but you can stay immature indefinitely."  
...Ogden Nash

---



**The Prez**

