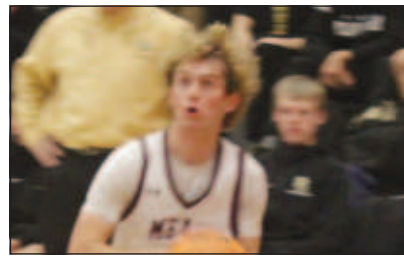




Senior Health

— Special section inside today's Valley Courier



Alamosa basketball teams swept by Pagosa Springs

— Page 6



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LOCAL NEWS... LOCAL VIEWS January 20, 2024 \$1



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SLV Today

Local author presentation on Sunday

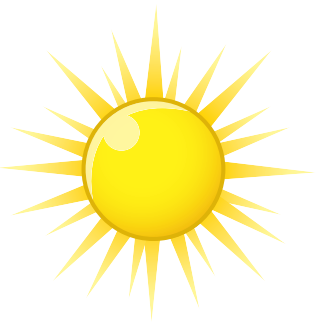
ALAMOSA — The Alamosa Public Library will host a local author presentation on Sunday, Jan. 21 at 2 p.m., with Virginia Sanchez, author of "Pleas and Presentations: Hispano Culture and Legislative Conflict in Territorial Colorado." In this talk, she will discuss how New Mexico lost its northernmost area to Colorado in 1861, and the effects on the 7,000 Nuevomexicanos living in that area.

SLV County Commissioners to meet on Monday

ALAMOSA — The San Luis Valley County Commissioners Association will meet on Monday, Jan. 22, at 9:30 a.m. at the Alamosa County Commissioners Chambers located at 8900 Independence Way, Alamosa. The meeting is open to the public and available on ZOOM at meeting ID 270-314-6874.

On the agenda is an update from CSU Extension by Larry Brown, Care and Share Food Bank from Nate Springer, Alamosa County Commissioner Lori Laske on the District Attorney's office building and Department of Local Affairs grant, Eric Treinen will present from SLV Emergency Managers regarding SLV Immigrant Housing.

SLV WEATHER



Mostly Cloudy 42/14
Sun: Mostly Cloudy 40/17
Mon: Mostly Cloudy 41/15

INSIDE

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- Opinion Page 4
- Religion Page 5
- Sports Page 6
- Lifestyle Pages 7, and 12
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- Classifieds Pages 9 and 10
- Comics Page 11

Levee 101 — Where things stand, what needs to be done

By PRISCILLA WAGGONER
Courier Reporter

ALAMOSA — For years, the city and county of Alamosa has had a huge project on the horizon related to the 6.4-mile levee that protects the city from floodwaters of the Rio Grande in the event of a "hundred-year flood." Since 1869, there have been 11 flooding events, one of which took three lives and washed out five bridges.

In 2016, an Alamosa County Hazard Assessment ranked a breach in the levee as the highest threat to the city and determined that failure of the levee would cause approximately \$57 million in damage and interrupt crucial services for at least 72

hours. The current status of the problem, as presented by Alamosa Director of Development Services Rachel James in a presentation to the city, is relatively straightforward: the levee has been assessed by the United States Army Corps of Engineers (USACE) as "unacceptable." That assessment by the corps puts levee certification at risk. The stakes in fixing (or not fixing) the levee are significant, not just in terms of public safety but also related to the huge economic impact on homeowners and the economy of the city.

Levee certification is issued by the Federal Emergency Management Agency. See LEVEE page 3

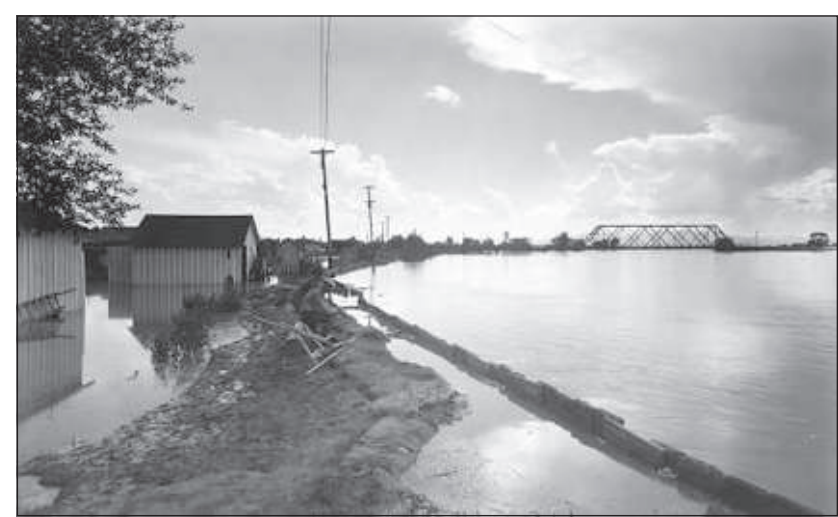


Photo from the Denver Public Library Digital Collections. The Rio Grande in Alamosa is flooding in this July 1, 1927, photo. According to a 2010 Valley Courier article, the river on that day was flowing at 14,000 cubic feet per second (cfs). Cubic feet per second measures the volume of water passing any given point in a river in one second.

San Luis Valley governments take precautions for any migrant arrivals

Sen. Bennett, Sen. Hickenlooper and others seek federal assistance

By JOHN WATERS
Courier News Editor
SAN LUIS VALLEY —

On Jan. 18, County Commissioners in Rio Grande County and Alamosa County met separately to address a possible influx of migrants to the Valley from other countries. At this point, there have not been any arrivals of migrants, and various county officials stressed they are only making plans to be prepared in the event of any migrant arrivals.

In December of last year, the small mountain community of Carbondale was suddenly impacted by the arrival of over 120 migrants, mostly from Venezuela. This event raised concerns that other rural Colorado communities may see the arrival of new migrant residents.



Photo Courtesy Senator Michael Bennett. On Jan. 18, U.S. Rep Brittany Pettersen, Denver Mayor Mike Johnson, Senator, John Hickenlooper, Senator Michael Bennett, Rep. Jason Crow, held a press conference and discussed their support for additional federal funding to assist Colorado communities with the increase in migrants.

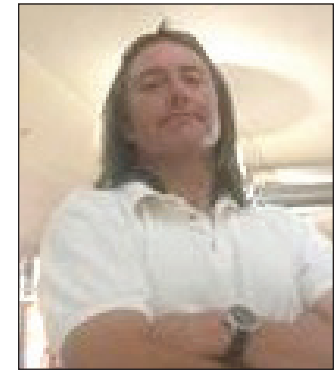
Carbondale has requested \$224,000 in emergency state funds to help with the influx.

In Rio Grande County, Commissioners passed a resolution, "Opposing Support for Illegal Immigration and Undocumented Persons." The resolution reads in part, "That Rio Grande County

is not a sanctuary county and will not open shelters or provide services to undocumented persons and or illegal immigrants that may be in the San Luis Valley and in Rio Grande County. Rio Grande County will continue to place the needs of our local citizens first above requests for emergency

or long-term assistance from non-citizens. The Rio Grande County Board of County Commissioners calls upon the United States Congress to immediately restore the rule of law along the Southwest Border by enforcing the existing laws and rapidly creating a system to allow

See ARRIVALS page 3



Teo Greer
APD seeking public's help in 2021 murder of Teo Greer
'We're trying to get a new break in the case'

STAFF REPORT
ALAMOSA — Nearly two-and-a-half years after he was found murdered in his home on State Avenue in Alamosa, the Alamosa Police Department (APD), in conjunction with the Colorado Bureau of Investigation (CBI) is seeking the public's help in the cold case homicide of Teo Greer. Greer was 45 years old at the time of his death. See CASE page 3

Dmytro to return to Saguache in joint benefit recital

CONTRIBUTED
SAGUACHE — The Saguache United Methodist Church is announced that outstanding Ukrainian concert pianist Dmytro Vynogradov will return to Saguache on Feb. 1, to present a joint benefit piano recital with Mykola Suk, a brilliant Ukrainian-American pianist who is on the faculty of the University of Nevada at Las Vegas.

For those who attended November's recital at the church when Dmytro enthralled his audience, this next recital will be perhaps an even more thrilling event.

Suk gained international recognition in 1971 as winner of the First Prize and Gold Medal at the International Liszt-Bartok Competition. Former New York

Times music critic Joseph Horowitz called him at the time "the greatest present-day Liszt pianist."

Suk has performed in many countries spanning four continents and at some of the most prestigious concert halls including Moscow Conservatory, Lincoln Center's Alice Tully Hall and Carnegie Hall. The European Piano Teacher's Journal wrote that Suk is "... surely the most towering and volcanic talent to have come out of Russia since Anton Rubinstein." Suk is from Ukraine which was once part of Russia (USSR).

Vynogradov, also from Ukraine and now teaching at Adams State University, made his debut in 2018. See RECITAL page 3



Courtesy photo. The Saguache United Methodist Church has announced that outstanding Ukrainian concert pianist Dmytro Vynogradov will return to Saguache on Feb. 1.



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Record

OBITUARIES

Johnny Duane Maes

SAN LUIS — Johnny Duane Maes, a beacon of love and kindness, whose adventurous spirit uplifted everyone he encountered, passed away peacefully in his birthplace of Alamosa, Colo., on Jan. 8, 2024. Born on May 18, 1946, into the warm embrace of the Maes family, Johnny lived a life that exemplified the power of positivity and the strength of familial bonds.



to always move forward, to discover, and to experience the joy of life's journey.

Johnny's professional life was spent among the community at the potato warehouse in Monte Vista, where his dedication and hard work were as steadfast as his ever-present smile. His colleagues became his extended family, sharing in the laughter and camaraderie that Johnny naturally fostered.

Beyond the warehouse walls, Johnny's adventurous spirit found its outlet in the simple pleasure of driving. Those who loved him knew that if Johnny was missing, he was out embracing the open road, exploring the beauty of the world around him. This love of travel was more than a hobby; it was a reflection of his desire

Family was the cornerstone of Johnny's existence. He leaves behind a legacy of love and cherished memories with his son, James Maes of Pueblo, Colo., and his adored grandchildren, Jeremy, Shilea, Patrick, and Nathaniel Maes, all of Alamosa, Colo. His sister, Darlene Burns of Blanca, Colo., and his brother, Ronald Maes, will hold dear the times shared with Johnny, as will his numerous nieces and nephews. His family was his pride, his joy, and his life's greatest accomplishment.

Johnny's life story would be incomplete without acknowledging the profound influence

of his late parents, Rose and Andrew, and his siblings Elmer, "Dickie," and Maddie Barletta, who preceded him in death. The values they instilled in him became the guiding principles by which he lived every day.

In the words of Johnny, the road is not just a path from one place to another but a symbol of life's endless possibilities. Let us honor his memory by seeking the joy in every day, by cherishing our loved ones, and by making the world a kinder place, one act of love at a time. Johnny's journey continues within each of us, inspiring us to live with the same boundless enthusiasm and unwavering compassion that he shared with the world.

Per the families wishes a memorial mass of Christian burial will be held at 2 p.m. on Friday, Jan. 19, 2024, at Rogers Family Mortuary, 205 State Ave., Alamosa, Colo.

Rogers Family Mortuary is in care of the arrangements. To leave online words of comfort, remembrances, and condolences for Johnny's family, please visit www.RogersFunerals.com.

Alice Faye Wardlow

Alice Faye Wardlow, 86, passed away peacefully on Jan. 15, 2024. Alice was born on April 24, 1937, in Chicago, Ill., the daughter of Edward Curtis and Faye Livengood Curtis. She moved to Colorado with her mother and sister when she was seven. Alice graduated from Loveland High School in 1955.

While attending Mercy Hospital Nursing Program, she met her husband, Bruce Monroe Wardlow. They were married in 1956 at the Saguache Methodist Church and began the life of a military family. Alice enjoyed being stationed throughout the states, most memorably in Lake Charles, La., where their children were born, and the time they spent in Bangkok, Thailand in 1967.

Alice and her children returned to Saguache, Colo., in 1968. With the unwavering support of her lifelong friends, Ellen and Buck Moores and her extended family, including Eleanor and Larry Ward and Lois and Gene Livengood, Alice devoted her life to raising her children, her proudest accomplishment. Alice shared her strong faith



with them as an active member of the Saguache Methodist Church. She taught them a love of community by participating in the Saguache Study Club, Saguache Senior Citizens and volunteering wherever needed.

Alice's unwavering spirit and hard work led her to a variety of jobs: cashier, nursing aide, waitress, and hardware clerk. Alice found her calling and dedicated much of her life to serving the people of Saguache as the Town Clerk then Town Manager. She truly enjoyed visiting with local residents, representing the Town of Saguache at board meetings, serving on several state and local commissions, and assisting in meeting the needs of her community.

Alice was an avid gardener, loving to grow vividly colored flowers from

many parts of the world she visited, especially those that invited hummingbirds. She delighted in a good book, particularly historical fiction or nonfiction that took her to a far-off land she might visit. Her love for travel took her to many states including Hawaii as well as Vietnam, Hong Kong, England, and Korea.

Alice will forever remain in the hearts of her surviving family: her daughter, Noreen Gross, her son, Bruce Wardlow and his wife, Anita, her five grandchildren and two great grandchildren. Her presence will be missed by her brothers, Jim and John Bennett, and a host of cherished friends. Alice was preceded in death by her loving parents, Faye and Willis Bennett, and her sister, Eleanor Ward.

Those who wish to remember Alice are invited to join her family Jan. 27, 2024, at 11 a.m. at the Saguache Methodist Church, Saguache, Colo.

Rogers Family Mortuary is in care of the arrangements. To leave online condolences, tributes and words of comfort for Alice's family, please visit www.RogersFunerals.com.

Crestone Food Bank prepping for grand opening

By MARIE MCCOLM CRESTONE — The Crestone Food Bank will be hosting a prepping party at 10 a.m. on Saturday, Jan. 20. The public is invited to attend and help the food bank prepare to open.

The new food bank is opening across the parking lot from the Baca Grande Library. The official address is 67487 County Road T. Anyone can come and volunteer their time. There will be shelves that need painted, outlet covers that need installed, furniture that needs to be moved, and the food bank itself still needs lots of cleaning.

Eden Elderberry spoke about the food bank and how the project has been coming for a long time.

"The volunteers so far have been amazing. This has been a long time coming," Elderberry said. "There is going to be new everything in there, it's going to look really pretty in there. Basically, on

Saturday for the party, we are going to put in some new shelving. We are going to move around the building materials that were in there and left over. We are going to paint the shelves and put everything in its place including outlet covers, all that kind of stuff. We want to really get the place cleaned up. On Saturday everyone is invited, people who want to do a little or a lot to help are all invited to attend. It's going to be fun."

Elderberry, who works for the Baca Grande Library and is a big part of the food bank, also said that there will be another party before the grand opening.

"It's called a pantry packing party. We are going to have music, and people can come and see what the process is going to look like. People can come check it out too," Elderberry said.

Elderberry said she is relieved and excited that

they are going to open in February.

"A lot of people really need this; people are asking every day. When is the food bank going to be open? People need the bank to open, it would really help so many people, so very much. We do have some food supplements, but the food bank just provides a lot better choices and a lot more for all the families who really need it right now. The more people who come out on Saturday for the party the better. Many hands make light work," she said.

The food bank is requesting volunteers for their prep parties, and on the day, they open their doors in February, details and the time and date when they will open will be announced soon. For more information on the opening of the new food bank, contact Courtney Carag at 720-663-7194 or stop by the library and speak with Elderberry.

Newly elected MV council members sworn in

RG County sheriff seeks letter of support for new jail

By MARIE MCCOLM MONTE VISTA — Newly elected Monte Vista City Councilors Loren Howard and Brad Watson were sworn in on Jan. 4 at the Monte Vista City Hall.

Howard, who served some of a prior term on council, by stepping in for Larry Foster when he left, was officially elected to retain the seat. Watson received the second most votes during the 2023 election.

In other matters, Rio Grande County Sheriff Anne Robinson was also at the meeting seeking a letter from the council to help obtain a new jail facility.

"Our average population has gone up a little bit in the last 5 years," she said during her presentation. "Obviously with COVID in 20, and 21, we had reduced numbers of inmates."

Robinson said they have beds for 53 inmates but consider themselves full at 49 inmates. On average last year, the facility was run with about 42 inmates housed per month.

Robinson also spoke about the maintenance and repairs bills of the building, and different state mandates that are calling for updates in the building.

"Our bills have increased significantly. The older part of our jail is 70-plus years old. The new portion of the facility which is our C-pod, is about 25 years old and things are failing. We just went through ARPA (American Rescue Plan Act) funds in the amount of about \$400,000 to put a new roof on our building." Robinson said the average maintenance cost for the jail is around \$35,000 a year and it's going up because the plumbing

systems are failing, and the HVAC system needs replacement.

"We also need to expand our facility to include state mandates, which call for visitation facilities for full contact family members, education," Robinson said. "We are in need of a medical ward. We need to isolate people that come in with some significant communicable diseases."

Robinson said people with behavioral health issues also need their own space as they tend to get picked on by other inmates in jail and then act out. She said that though they have a jail nurse, they need a new facility where she can conduct her duties in private and isolate specific inmates that need it.

Robinson said she anticipates the number of people incarcerated will be rising. She stated that the department is seeking funding through grants to build a 130-bed facility.

"We anticipate that we will likely fill that as we are housing Saguache County and Mineral County inmates, and several parolees on the short term on holds, until they are placed in DOC or come up for their revocation hearing," she said.

Robinson also had grant writer Nancy Lake, who is the Rio Grande County attorney, speak about the grant process and what she is doing to try to obtain grants for the department.

"This is our third year of begging for money from the federal government mostly, but we will be looking for state funds as well," Lake said. "The price tag has gone from \$43 million to \$58 million."

Lake explained that in addition to the 130-bed facility they are looking

at obtaining a classroom to help inmates obtain their GED. They are also looking at a 20-bed youth wing separate from the adult community, that would have access to family visitation. They are looking at a 6-bed mental health ward with padded cells, and an 8-bed medical ward.

"In designing this new facility, we will not only take care of the Rio Grande population, but the Saguache population, and Mineral County population, with their holds, and we would also be available for the overflow from other places as well," Lake added.

Robinson explained that they were not seeking any financial help from the City of Monte Vista, just a letter of support to help obtain a grant for the facility.

Robinson said more and more counties are closing their jails, and some counties don't have jails at all. Robinson said statutorily they are required to have a jail.

"However, if you can't hire the staff, or you don't have the people to support that jail, or your facility has become so degraded so much that you can't keep it open, or keep it safe, you have to look to other places to house inmates," she said.

The council voted unanimously to write a letter of support for the sheriff.

The next City Council meeting will be held at 6 p.m. on Jan. 18, City Hall in Monte Vista.

School Menu
Monday
January 22, 2024

BREAKFAST
Cereal/Graham Crackers
Fruit & Milk

ELEMENTARY
Tomato Soup/Grilled Cheese
Green Beans
Veggie Bar
Fruit & Milk

MIDDLE SCHOOL
Tomato Soup/Grilled Cheese
Green Beans
Veggie Bar
Fruit & Milk

HIGH SCHOOL
Tomato Soup/Grilled Cheese
Green Beans
Veggie Bar
Fruit & Milk

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Alamosa School District

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Please email obituaries if possible to squintana@alamosanews.com If the newspaper errors in publishing an obit, corrections will be made and the obit rerun. If the errors are on the part of the submitting party, an additional fee will be assessed.

Society Hall thankful for \$10,000 grant from the El Pomar Foundation



Photo courtesy of Ruthie Brown

ALAMOSA — On Jan. 10, Colorado Springs-based El Pomar Foundation announced a \$10,000 grant to Society Hall in Alamosa for general operating support. Society Hall Board member Ruthie Brown said, "We are so grateful to Kathy and Karla for, independently, suggesting Society Hall to the El Pomar Foundation. We have never had a 'cushion' for emergencies, and now we do! From the bottom of hearts, thank you!" From Society Hall (left to right) are Don Richmond, Karla Shriver, Ruthie Brown, Kathy Woods, Sarah Dixon, and Joel Garcia.

Valley News

Arrivals

Continued from Page 1
 reasonable vetting of migrants who may enter the United States legally and become productive members of this country.”

In an interview with the Valley Courier, Rio Grande Commissioner Tyler Ratzlaff said, “There are illegal immigrants being shipped around, Denver has a bunch and Carbondale got some and we wanted to be ahead of it if they wanted to send them our way.”

On Jan. 12, Texas Governor Gregg Abbott announced that his initiative, Operation Lone Star, has transported 100,000 migrants to other states including 15,700 to Denver. Ratzlaff said that there

had not been an influx of migrants.

“We’re just trying to be ahead of it. We just feel we don’t have the resources to help and every dollar we spend for illegal aliens we don’t have to spend for our own citizens...we are just not set up to house illegal aliens.” If migrants do arrive in the county, Ratzlaff said, “We have the funds to help them travel elsewhere.”

On the other side of the Valley, Alamosa County Commissioners held a work session regarding migrant services, Eric Treinen, Director and SLV Emergency Secretary for the Alamosa County Office of Emergency Management attended the meeting. He will address the San Luis Valley Commis-

sioners Association meeting next week on the subject of migrant housing.

Treinen, told the Valley Courier, “We have no knowledge of a group of Southwest Border migrants intending to come to the San Luis Valley, we don’t know that for sure, but we are going before the county commissioners as a whole in response to the Carbondale migrants. We are trying to create a plan and discussion between all of the Valley Commissioners so that if we do have a group show up, how can we help assist them, what can we do, what is the commissioners as our policy group holders, what is their intent to assist.

“We all do not want people to die, our concern is if they show up tomorrow

night and it is seven below. People coming from near the Equator are not going to be prepared for our climate. How can we get them moved to a more appropriate location where they do have services. At our Alamosa County Commissioners [work session] meeting on Wednesday, we wanted to make it very clear that Alamosa County does not have services to help these individuals. We are at capacity; we are struggling to help the homeless that we do have right now. We are tapped out, but we don’t want people to die either... we don’t have the resources,” said Treinen.

Alamosa County Administrator Roni Wisdom said, “Commissioner Laske’s initial comment was that Alamosa County is not

a sanctuary county and, while we truly appreciate those that have designated themselves as a sanctuary county, Alamosa County does not have the resources to provide assistance to anyone long term.” Wisdom continued, “We believe it would be a good idea to draft a letter/statement to send to agencies that are in sanctuary cities/counties expressing our appreciation for what they are doing and remind them that Alamosa County does not have the resources needed to take care of migrants. We would respectfully ask them to discourage anyone who thinks they may want to come to the Valley.”

At a press conference in Washington on Jan. 18, Senator Michael Bennett, Senator John Hickenlooper, Rep. Jason Crow, U.S. Rep Brittany Pettersen, and Denver Mayor Mike Johnston met and urged Congress to support Colorado communities receiving migrants.

Mayor Johnston said, “We are a city that is facing a humanitarian crisis and a fiscal crisis unlike anything we have seen in the last 25 years and that is the result of migrants that are arriving.” Johnston estimated the crisis may cost the city \$180 million in 2024.

“Ultimately we see that we need comprehensive immigration reform, but in the process of working towards that, we have to take care of the people that have come here and housed and fed humanly,” said Sen. Hickenlooper.

Sen. Bennett offered, “Colorado communities like Denver and Carbondale have worked hard to house the immigrants that had come there, but they don’t have room in their budgets to be able to deal with this on our own. Congress needs to step up, Immigration is the respon-

sibility of the federal government — we can’t fail, blame each other, walk away and say it’s someone else’s responsibility. This is our responsibility.

“We need to make sure that funding compensates the interior cities like Denver, Carbondale, and interior units of government so that they can continue to provide services they provided to our own taxpayers as well as providing a humane response to immigrants who are just seeking a better life,” said Bennett.

During the press conference Colorado Rep. Crow said he and others sent a letter to Federal Emergency Management Agency Administrator (FEMA) Deanne Criswell. The group requested funds available through FEMA’s Shelter and Services Program (SSP). “In light of the recent influx on migrants across the state, there is a pressing need for expanded support. All the affected communities must be eligible to apply to every funding tranche should the new funds become available,” according to the Dec. 22 letter. The letter requested increased funding for the program, and that the eligibility criteria for the program be expanded. “Colorado has experienced a significant influx of migrants which is placing considerable strain on state and local government resources and non-profit organizations,” said the letter signed by Crow, Hickenlooper, Bennett, and several other elected officials.

The San Luis Valley County Commissioners Association will hear a presentation from Treinen at their meeting on Monday at 9:30 a.m., regarding immigrant issues. The meeting is at the Alamosa County Commissioners Chambers located at 8900 Independence Way in Alamosa and via Zoom with meeting ID 270-314-6874.

Recital

Continued from Page 1
 his public debut at age 8 when he performed Mozart’s Fantasia in D Minor and by age ten, he had successfully performed in public Prokofiev’s 10 Pieces, Op. 12 and Schubert’s 4 Impromptus, D. 899.

Graduating with honors from the National Musical Academy of Ukraine, Vynogradov has won prizes in a number of international competitions, including Second Prize at the 20th International Concours des Grands (Paris, 2009), First Prize at the Rocky Mountain Piano Competition (Colorado, 2009) and Special Mention Prize at the Ibla Grand Prize (Ragusa-Ibla, Italy, 2008). He has also mentored many students who have successfully passed exams and been admitted into prestigious universities around the world.

The recital, scheduled for 6:30 p.m. on Thurs-



Courtesy photos

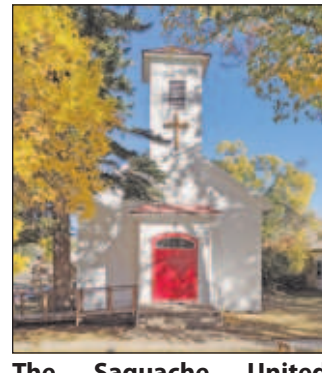
Mykola Suk, a brilliant Ukrainian-American pianist who is on the faculty of the University of Nevada at Las Vegas, will be performing at the Saguache United Methodist Church on Feb. 1.

day, Feb. 1, will include two 40-minute segments performed by Dmytro and Mykola with a 10-minute intermission. The program will include Beethoven’s Sonata No. 14 (“Moonlight Sonata”), Thalberg’s Fantasy on Rossini’s opera “Moses in Egypt”, the Schulz-Evler Transcription of Strauss’s The Blue Danube and other pieces by Rachmaninoff, Scriabin, Chopin, and more.

A reception to honor the musicians will be held in the Saguache Methodist

Fellowship Hall following the performances.

This is a benefit concert to support the war victims of Ukraine. This time, however, tickets will cost \$20 per person. After expenses are paid, the rest of the proceeds will all go to help the people of Ukraine. Anyone wishing to donate additional money to the cause will have that opportunity at the concert. Advance purchase of tickets is recommended to ensure a seat. Contact any church member you may know or call



The Saguache United Methodist Church is excited to have Ukrainian concert pianist Dmytro Vynogradov perform on Feb. 1.

719-850-1590 and leave a message.

“We at the Saguache UMC are totally blessed to be able to host this wonderful evening of musical entertainment and to share it with our town and surrounding area! It’s still unbelievable that this amazing opportunity has ‘fallen into our laps’ in this tiny town of Saguache,” Saguache UMC officials stated.

Saguache UMC is at 550 Christy Ave., corner of Christy and 6th Street, in Saguache.

Levee

Continued from Page 1
 ment Agency (FEMA). Without that certification, close to every single property owner with a mortgage in the city would be forced to carry flood insurance, which is very cost prohibitive and, according to James, would likely make a quarter of those applying for a loan ineligible since the cost of insurance would

make the mortgage payment unaffordable.

Also, flood insurance caps out at \$200,000 damage. Any costs exceeding that would be up to the homeowner to pay.

The levee was built between 1985 and 1998 when the city built the first two segments of the levee and USACE built the remaining third. “It was deficient almost from the beginning with some things not built to standard,” James said. There

were some problems in the construction, but the city was largely given a pass on aspects not quite up to standard when the levee was inspected.

But, following the devastation caused by Hurricane Katrina when the failure of levees in New Orleans caused significant loss of life and tens of millions of dollars in damages, FEMA enforcement of the rules changed significantly, which impacted how the Alamosa levee was then assessed by the USACE in 2018.

After years of FEMA threatening to decertify the levee and the city making some attempts to address the problem — but nothing of the level needed to fix the situation - the city took a much needed step in 2018 in hiring a company (Wood, Inc.) to conduct a “Phase 1” assessment to determine what needs to be done for FEMA to recertify the levee. That assessment took three years to complete and, in

2021, the final report was delivered, identifying the nature and scope of the deficiencies.

As it stands right now, the levee project is viewed by the Development Services Department as a multi-year project whose goal is to retain FEMA certification of the level.

The city and county have hired AECOM, one of the leading multinational infrastructure consulting companies, to begin a 60-month engineering project at a total cost of \$1.3 million, with that cost shared between the city and county at about \$850,000 and \$477,000 respectively.

AECOM has also told the city that, according to what is currently known, the total cost of the project will be about \$25.55 million but that figure is likely to change. Hopefully, the bulk of that will be paid for with grants, James told the council, but there is the possibility of funding through a bond. She also summa-

rized other funding efforts that are being made, including contacting the Colorado Water Conservation Board plus U.S. Senators Bennet and Hickenlooper’s offices.

In a sign that the pace is picking up on the levee project, James and her staff have also been making visits to people’s homes where improvements they have made to their property has trespassed upon the levee itself.

James said that part of FEMA’s complaints have related to the city not maintaining the levee as it needs to be maintained, specifically related to preventing anything that obstructs access or interferes with the levee’s integrity.

In many of those cases, property owners did not understand that, even if they owned property “all the way to the river”, they were not entitled to make improvements or put in irrigation systems that would interfere with access to the levee, access that will likely be needed when

more aggressive maintenance and construction start taking place.

James’ point in speaking with property owners was that the city hoped by giving them advance notice of what needed to be done, they could remove the barriers themselves instead of waiting for another firm to do the work for them at a cost that could not be predicted.

It was also felt that, by James going to property owners in person, door-to-door, they were more likely to ask questions they needed to ask and, as a result, be given answers directly from the person with the city who is most knowledgeable.

“I think there’s a pretty big education disconnect to where is the flood plain, what areas would flood first should the river breach the levee and what constitutes a ‘trespass issue’. We’re taking steps to educate people but need to do more. Things are really picking up now, so we expect to get a lot of questions.”

Case

Continued from Page 1

the time of his death. “Teo”, as he was known to many, was a lifetime resident of Alamosa. After not hearing from him for a while, a family member called APD to do a welfare check on Aug. 7, 2021. When APD officers arrived at Teo’s house, they discovered his body, the victim of an apparent homicide.

The investigation is still active and ongoing,

and detectives are looking for assistance in finding any information leading up to Greer’s death.

“We’re just trying to get a new break in the case,” said Interim Police Chief Joey Spangler, “revisiting old cases and trying to keep them from going cold.”

Anyone with information is urged to contact Detective Jason Russell at 719-589-2548 or SLV Crimestoppers at 719-589-4111 if they choose to remain anonymous.

CALENDAR OF EVENTS

January

SUNDAY • 21	MONDAY • 22	TUESDAY • 23	WEDNESDAY • 24	THURSDAY • 25	FRIDAY • 26	SATURDAY • 27
www.adams.edu			Zacheis Planetarium Free Movies: 5:30 p.m. <i>FORWARD! To The Moon and Earthquake: Evidence of a Restless Planet</i>	Zacheis Planetarium Free Movies: 5:30 p.m. <i>IBEX: Search for the Edge of the Solar System and Moons: Worlds of Mystery</i>	M Wrestling vs University of Central Oklahoma 6 p.m. Plachy Hall Art Opening Reception: F*I*N*S, Art Department Exhibition 5 p.m. until 7 p.m. Visual Art Building	M Lacrosse vs Air Force - Scrimmage 12 p.m. Lacrosse Field
Through February 22, 2024						
Cloyde Snook Gallery: FINS a Department of Art Exhibition Gallery Hours: 8:30 a.m. until 5 p.m. Monday through Friday						

Opinion

National Corn Chip Day is Monday, Jan. 29

Monday, Jan. 29, is National Corn Chip Day. The celebration started because of a small crunchy snack. The original "beach snack," was created from frying masa (as you know, Masa is dough from ground corn) into a funky chip.

Movin' On with Nellie



Nelda Curtiss

In 1932 (during the Great Depression) C.E. Doolin, a tinkerer, invented the Frito, "little fried things," when he bought a recipe from a vendor frying corn dough at a gas station. After perfecting the ingredients, the famous corn chip Frito was born.

The Texas State Historical Association shared: "Doolin had a reputation for fairness and generosity toward his employees. He considered—and called—they collectively the "Frito Family," and he sold them discounted company shares, gave them sizeable pensions, and often personally presented them with rewards for excellence or years of service. He mingled with his employees and invited them to socialize with each other regularly at holiday parties and other celebrations."

On Oct. 18, 2007, National Public Radio did an episode on The Birth of the Frito (www.npr.org/2007/10/18/15377830/the-birth-of-the-frito). This episode of The Hidden Kitchens series detailed the rise of the main ingredient in Frito Pies, Frito Casseroles, Chicken Frito Pie and Frito Jets (chocolate dipped Frito corn chips).

Doolin, besides an inventor, was a known vegetarian, and installed kitchens wherever he worked; in the factory where his specialized corn was morphed into the marketed chip "Frito." His kitchens were the laboratories where he designed and tried out the munchies with the help of his wife and children.

When you've had a Frito, you've had



a one-of-a-kind snack. I remember Frito's in my Howdy-Doody lunch pail to compliment my peanut butter and jelly sandwich and apple. While talking to friends across the table in the cafeteria, I would line up Fritos inside the sandwich to add that extra crunch. I did this with meat sandwiches too because by the time lunch came around, the lettuce was no longer fresh. I liked the crunch and taste of the addendum to my sandwich.

My classmates would trade out their lunches — they'd trade a pb-and-j for a salami one; an orange for potato chips or Fritos; sometimes they would even trade for Oreo cookies. In between all the hullabaloo, we all had to remember to repack the lids for the Tupperware snack cup of fruit cocktail, or half pears. For sure the Fritos were all gone.

As a young mom, I remember making the Frito Pie for a church potluck and watching how fast the dish disappeared with each heaping spoonful on a plate. I made the hamburger-Frito-salsa dish once a week when my son wanted to watch Star Trek: Next Generation or Family Ties.

In the hot Galveston summers, I remember how my Aunt Nono dumped a package of Fritos in a salad of tomatoes, cheddar cheese, onions, Catalina Dressing, kidney beans, and shredded



Courtesy Photo

lettuce. Sometimes if she didn't have kidney beans she'd open a can of Campbell's Pork and Beans. We'd open the doors and let the outside in, then plunk down on the shotgun style house hardwood floor for an inside-outside picnic. Sometimes my cousins daughters dropped in and filled out the blanket on the 100-year-old floor.

So National Corn Chip Day is 9 days away and what better reason to reach into a bag for Fritos. After all, they are made from corn, and its inventor was a

To submit news, email: news@alamosanews.com

To submit sports, email: khamrick@alamosanews.com

Letters policy

Letters are welcome and encouraged. All letters submitted for publication in the Valley Courier must be typewritten, signed by the author, and must include a phone number and address where the author can be reached. Letters must not be libelous. The Courier will not run letters that are negative to specific businesses. We reserve the right to edit for clarity, civility and accuracy. Please limit letters to 500 words or less.

The Courier's editorial board reserves the right to reject a letter for reasons it believes are appropriate. Letters may be subject to editing to fit available space, or exclusion from the Opinion Page. Please, no poetry. Please send signed letters to P.O. Box 1099, Alamosa, CO 81101 or email them to news@alamosanews.com. Letters to staff, not for publication, should be marked "personal."

Iowa showed Trump's flaws

By STEVEN ROBERTS

The most important number coming out of the Iowa caucuses is 49. That's the percentage of Republicans who backed a candidate other than Donald Trump.

All the headlines are trumpeting Trump's "historic" triumph, and his stranglehold on the Republican base is unquestioned. But turn those results around and view them from another angle, and they reveal Trump's potential weaknesses. If a single rival had attracted 49%, compared to Trump's 51%, the headlines would be very different, describing a tight race that Trump had barely won.

As he did in 2016, however, Trump is benefitting from a splintered field of opponents. Eight years ago, it was Jeb Bush, Marco Rubio and Ted Cruz splitting the non-Trump vote, while this year it's been Ron DeSantis, Nikki Haley and Vivek Ramaswamy, who quit after a fourth-place showing in Iowa.

Again, this year, that fragmentation will almost certainly enable Trump to win the GOP nomination. And again, Trump's victory over a badly divided opposition will mask his drawbacks as a general election candidate.

Trump has yet to prove he can win a majority of American voters. In both previous races, he failed to break 47%, and only squeezed by in 2016 because 6% of the electorate backed third-party candidates.

One key reason for Trump's ceiling is that a small but significant slice of Republicans despise the man and will never vote for him, and the Iowa results reveal

that vulnerability.

Of the Iowa caucusgoers, 38% told entrance pollsters they would not be satisfied with a Trump candidacy, and 1 out of 5 said they would not support him in November if he won the nomination. The former president won only 22% of two groups: voters under 30 and self-described moderates or liberals. More than 3 out of 5 Iowans with college degrees backed someone else. So did 9 of 10 who preferred a candidate with the "right temperament" for the job.

Given his own advanced age, Biden cannot duplicate a critical argument made by Trump's chief rivals — that he's too old for the job and a "new generation" is needed. But Haley's campaign, in particular, does offer a road map that Biden will undoubtedly follow: Hammer at the chaos and craziness that Trump inevitably stirs up, and offer a calmer, steadier, safer alternative.

It's a message aimed directly at the moderate voters, many of them women, living in the suburbs of cities like Milwaukee, Atlanta and Phoenix, who will decide what promises to be a very close contest next fall.

This analysis in no way minimizes Biden's weaknesses. In the latest ABC poll, his favorable rating has plunged to 33%, a new low. Only 31% approve of his economic policies, while 56% disapprove. Elevated prices for gas and groceries continue to sour the national mood, with only 1 in 4 voters rating the economy as "good," while 7 of 10 call it "bad." By large margins, voters think Trump is better pre-

pared, mentally and physically, for the rigors of the presidency.

Along with Trump's weaknesses, the Iowa results also highlight many of his strengths. Two-thirds of caucusgoers answered yes to this question: "If Donald Trump were to be convicted of a crime, would you consider him fit to be president?" Almost half defined themselves as "part of the MAGA movement," and Trump won 78% of those True Believers.

Trump has shrewdly turned his legal troubles — 91 felony indictments in four separate cases — into a political asset, and he even bragged at one rally, to a cheering crowd, "I got indicted more than the late great Alphonse Capone."

He's turned courtrooms into campaign platforms, using various hearings as a chance to portray himself as a martyr, even a messiah, crucified by an unfair and unscrupulous enemy. He wears his indictments as a crown of thorns, a badge of honor, a perfect excuse to remind his faithful followers: See, I told you they were all out to get me, to get us — the Deep State, the Swamp, the Elites.

His religious imagery is not lost on his hardcore acolytes, who increasingly see him as a savior from all the ills of the modern world, from supposedly disease-ridden, drug-smuggling immigrants to gay couples, transgender athletes and uppity women. It's no surprise that Paul Figie, a pastor in Iowa, told the Washington Post that Trump was "ordained by God."

Perhaps. But Trump's performance in Iowa showed his many flaws, despite his victory.

vegetarian to boot. In the 1950's Fritos were served at a specialty restaurant in Disneyland and in 1959 Doolin — his Fritos in tow — ran for president on the Vegetarian ticket.

Enjoy a few Fritos today. I'll see you at City Market when I pick mine up.

Nelda Curtiss is a retired college educator and long-time local columnist. Reach her at columnsbynellie.com or email her at columnsbynellie@gmail.com.

Write them

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Sports

Mean Moose defeated by third-ranked Pagosa

By **KEN HAMRICK**
Courier sports editor

ALAMOSA – The Alamosa High School boys basketball team had a tough task at hand when it hosted third-ranked Pagosa Springs Friday at the AHS gym.

The Mean Moose gave the Pirates all they could handle, but when the dust had settled, Pagosa came away with a 53-43 win.

Parker Gilmore put the Mean Moose into the lead early with a 3-point basket, and Brant Jackson followed up a missed shot to give Alamosa a 5-0 lead.

Blake Laner put Pagosa on the board with a layup, but Jackson hit a trey to extend the Moose lead to 8-2.

Ridge Wilson scored a layup and Laner split at the line. Michael Motz knocked down a jumper for Alamosa, but Creede Dozier made one of two free throws, and Colt Lewis made two straight threes to give Pagosa its first lead at 12-10.

Kiko Ruybal tied the score with a layup, but Wilson scored a layup and added a free throw for a 15-12 Pagosa lead at the end of the first quarter.

Jackson opened the second quarter scoring with a layup, but Wilson made one of two from the line. Victor Zepeda drove for a layup to tie the score at 16-16, but Nathaniel Kinsley did the same on the other side of the court.

Tajuan Jamestown deadlocked the score at 18-18, but Laner and Lewis both scored for a 22-18 Pirates lead.

Motz made two free throws, but Laner scored again and Pagosa led 24-20 at halftime.

Gilmore made a jumper to begin the third quarter, and Motz made a 3-pointer to put Alamosa back into the lead at 25-24.

The Pirates answered with seven straight points for a 31-25 advantage. Jackson knocked down a jumper, and after Lewis made one of two free tosses, Zepeda scored in the paint to bring the Mean Moose within 32-29.

Zack Crowther made a 3-pointer with 48 seconds left in the quarter to tie the score at 32-32, but Kinsley scored a layup for a 34-32 Pagosa edge at the end of the period.



Courier photo by Ken Hamrick
Alamosa High School's Michael Motz puts up a shot in Friday's game against Pagosa Springs at the AHS gym. The Mean Moose lost to the Pirates 53-43.

Jamestown made a trey to begin the fourth quarter and gave the Mean Moose a 35-34 lead. But that would be Alamosa's last lead as Pagosa scored 11 straight points for a 45-35 advantage.

Zepeda made a three to end the run with a three, and Jackson hit a running jumper to bring Alamosa within 45-40 with 2:13 remaining.

The Pirates, however, made eight out of 12 free throws to seal the victory.

Jackson was the Mean Moose's leading scorer with 11 points, followed by Zepeda with 10.

Lewis led the Pirates in scoring with 16 points.

Alamosa (8-4, 1-2) will host Centauri today at 7 p.m.

Pagosa Springs 53, Alamosa 43
 Pagosa Springs – Harper 0 2-6 2, Laner 4 1-2 9, Kinsley 3 2-3 8, Lewis 6 7-10 16, Wilson 3 2-4 9, Dozier 0 1-4 1, Ziegler 1 0-0 2. Total 17 15-30 53.
 3-point goals – Lewis 3, Wilson 1. Total 4.
 Alamosa – Zepeda 4 0-0 10, Gilmore 2 0-0 5, Jackson 5 0-0 11, Motz 2 2-2 7, Meis 0 0-0 0, Ullery 0 0-0 0, Crowther 1 0-0 3, Ruybal 1 0-0 2, Jamestown 2 0-0 5. Total 17 2-2 43.
 3-point goals – Zepeda 2, Crowther 1, Gilmore 1, Jackson 1, Jamestown 1, Motz 1. Total 7.
 Pagosa Springs 15 9 10 19 – 53
 Alamosa 12 8 12 11 – 43
 Fouls – Pagosa Springs 12, Alamosa 21.

Lady Mean Moose pounded by Pagosa

By **KEN HAMRICK**
Courier sports editor

ALAMOSA – Friday, the Alamosa High School girls basketball team hosted Pagosa Springs at the AHS gym with sole possession of first place in the Intermountain League on the line.

Unfortunately for the Lady Mean Moose, they were defeated by the Lady Pirates 41-26.

Karsyn Shahan gave Pagosa the early lead by hitting a jump shot. But Laci Christensen and Aubrey Rothermich both made 3-point baskets to give Alamosa a 6-2 lead.

Elizabeth Currier made a three for the Lady Pirates, and Annie O'Donnell made two free throws to put Pagosa back into the lead at 7-6.

Morgan Ortega and Alexia Montoya finished the first quarter with 3-pointers and the Lady Moose led 12-7.

Currier opened the second quarter scoring with a three. Jaelin Garcia drove for a layup and Alamosa had a 14-10 lead with 6:17 left in the second quarter.

That would be the last time Alamosa would have the lead and the advantage quickly evaporated as Pagosa scored six straight points for a 16-14 lead. Garcia made one of two free throws, but Amberlynn Snarr scored just before the quarter expired and the Lady Pirates had a 18-15 edge at halftime.

Shahan began the third quarter with a layup, but Taybor Wiedeman made one of two from the line. Currier then drained two consecutive 3-pointers and she also made two free throws to give Pagosa a double-digit lead at 28-16.

Garcia ended the run, but O'Donnell scored two baskets, and DaveyAnn Snarr buried a three for a 35-18 advantage.

Rothermich made one of two from the line to bring the Lady Mean Moose within 35-19 at the end of the third quarter.

Currier made her fifth trey to begin the fourth quarter, and Kylie Ketchum



Courier photo by Ken Hamrick
Alamosa High School's Jaelin Garcia drives to the basket in Friday's game against Pagosa Springs at the AHS gym. The Lady Mean Moose lost to the Lady Pirates 41-26.

knocked down a jumper to give Pagosa a 40-19 advantage.

Garcia drove for a layup and Wiedeman scored four points, but that's as close as the Lady Mean Moose would come.

Garcia led Alamosa in scoring with seven points.

Currier was Pagosa's top scorer with 18 points.

Alamosa (8-5, 2-1) will continue its homestand today as it will host Centauri. Tip-off is at 5:30 p.m.

Pagosa Springs 41, Alamosa 26
 Pagosa Springs – Currier 5 3-4 18, Ketchum 1 0-0 2, D. Snarr 1 0-0 3, O'Donnell 3 2-2 8, Shahan 3 1-2 8, Hittle 0 0-0 0, A. Snarr 1 0-0 2. Total 14 6-8 41.
 3-point goals – Currier 5, Shahan 1, D. Snarr 11. Total 7.
 Alamosa – Christensen 1 0-0 3, Ortega 1 0-0 3, Rothermich 1 1-2 4, Garcia 3 1-3 7, Wiedeman 1 3-6 5, Montoya 1 0-0 3, Felix 0 1-2 1, Villalva 0 0-0 0. Total 8 6-13 26.
 3-point goals – Christensen 1, Montoya 1, Ortega 1, Rothermich 1. Total 4.
 Pagosa Springs 7 11 17 6 – 41
 Alamosa 12 3 4 7 – 26
 Fouls – Pagosa Springs, 16, Alamosa 7. Fouled out – D. Snarr.

Sports Bulletin

Follow sports editor **Ken Hamrick** on X. His handle is **@KenHamrick1**.

SCOREBOARD THURSDAY

Prep boys basketball
 Lake County 62, Center 36
 Sargent 56, Trinidad 22

Prep girls basketball

Center 60, Lake County 8
 Sargent 60, Trinidad 29

Prep boys wrestling
 Centauri 63, Alamosa 15
 Salida 48, Center 36

FRIDAY

Prep boys basketball
 Antonito at Centennial - no report
 Crested Butte 69, Center 28
 Creede 52, Lake City 24

Montezuma-Cortez at Centauri - no report
 Primero at Sangre de Cristo - no report
 Pagosa Springs 53, Alamosa 43

Prep girls basketball
 Antonito at Centennial - no report
 Centauri 56, Montezuma-Cortez 45
 Center 57, Crested Butte 20

Lake City at Creede - no report
 Sangre de Cristo 60, Primero 37
 Pagosa Springs 41, Alamosa 26

College men's basketball

Colorado Christian 82, Adams State 81
College women's basketball
 Adams State 87, Colorado Christian 74

SCHEDULE SATURDAY

Prep boys basketball
 Creede at Cripple Creek-Victor, 1 p.m.
 Lake City at Centennial, 2 p.m.

South Park at Del Norte, 4 p.m.
 Antonito at Moffat, 5 p.m.

Sangre de Cristo at Primero, 5 p.m.
 Centauri at Alamosa, 7 p.m.

Monte Vista at Sanford, 7 p.m.
 Trinidad at Sierra Grande, 4 p.m.

Prep girls basketball
 Creede at Cripple Creek-Victor, 1 p.m.
 Lake City at Centennial, 2 p.m.

South Park at Del Norte, 4 p.m.
 Antonito at Moffat, 5 p.m.

Sangre de Cristo at Primero, 5 p.m.
 Centauri at Alamosa, 5:30 p.m.

Monte Vista at Sanford, 5:30 p.m.
 Trinidad at Sierra Grande, 4 p.m.

Prep girls swimming
 Sargent at Grand Junction Invitational, 10 a.m.

Prep boys wrestling
 Alamosa at Fairview Invitational, 9 a.m.

Centauri hosts Centauri Invitational, 9 a.m.
 Center at North Fork Invitational, 9 a.m.

Del Norte, Mountain Valley, Sargent, Sierra Grande/Centennial at Gene Gagliardi Invitational, 9 a.m.

Monte Vista at Platte Valley Invitational, 9 a.m.

Prep girls wrestling
 Alamosa at Brighton Invitational, 9 a.m.
 Monte Vista at Grand Junction Central Invitational, 9 a.m.

College men's basketball
 Chadron State (Neb.) at Adams State, 7:30 p.m.

College women's basketball
 Chadron State (Neb.) at Adams State, 5:30 p.m.

College swimming
 Adams State at Colorado College Classic, TBA

College men's wrestling
 Adams State at Simon Fraser (B.C.), TBA
 Adams State vs. San Francisco State (at Burnaby, B.C.), TBA

SUNDAY
College swimming
 Adams State at Colorado College Classic, TBA

TUESDAY
Prep boys basketball

Crested Butte at Monte Vista, 2 p.m.
 Sierra Grande at Walsenburg, 4:30 p.m.

Del Norte at Sangre de Cristo, 5 p.m.
 Alamosa at Taos (N.M.), 7 p.m.

Prep girls basketball
 Custer County at Centennial, 4:30 p.m.

Sierra Grande at Walsenburg, 4:30 p.m.
 Del Norte at Sangre de Cristo, 5 p.m.

Prep girls swimming
 Sargent at Pueblo County, 5 p.m.



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Lifestyle



Courtesy photo

Snow removal operations on Berthoud Pass from Jan. 18.

CDOT crews take on a challenging weather week

By COLORADO DEPARTMENT OF TRANSPORTATION

Colorado's high country has experienced conditions closely reminiscent of the March 2019 'bomb cyclone' event that closed much of the state's mountain highways for an extended period. Storm totals have surged up to 60 inches since Jan. 12 at many of Colorado's ski resorts. US 40 Berthoud Pass was one of the most impacted roadways during the storm, having closed on Jan. 14 and not reopening until the evening of Jan. 17, due to natural avalanche slides and ongoing adverse conditions. Crews cleared five feet of new snow from the roadway and nearby banks above the road during the severe winter storm.

During the first half of the storm, from Jan. 13 through Tuesday morning, Jan. 16, Colorado Department of Transportation crews reported 32 bank slides, though more may have occurred. During the closure, Bank slides took place along nearly the entire US 40 Berthoud Pass. One example of the storm's severity and snowfall is an unusual slide at Mile Point 235.6, just east of the Mary Jane access to Winter Park Ski Resort. A bank slide at that location was the first observed slide in at least 30 years in that location. The slide was 200 yards long and 10-12 feet high across US 40, which delayed clearing snow from Berthoud Pass and reopening the roadway. In addition to the significant fresh snow totals, strong winds and a weak snowpack layer contributed to conditions leading to many bank slides.

"CDOT crews have been working continuously for a week to clear our roadways and avalanche slide paths to either safely keep open or reopen roads and to ensure the movement of the traveling public and the goods they depend on," said John Lorme, CDOT's director of maintenance and operations. "For this team, our mission matters most. While the closures this past week were an inconvenience to motorists, we are proud of the proactive measures we took to close the roads when the conditions were unsafe for the traveling public. We helped minimize the number of crashes on our roadways with our safety closures. We are also proud of our continuing strong partnerships with the Colorado Avalanche Information Center and the Colorado State Patrol. It is unity of effort that gets the job done. We work as one team to strategize on the best ways to keep our roads operational, as weather and circumstances allow, knowing that public safety is our number one concern. We wargame the worst-case scenarios before they happen and implement plans to help prevent those scenarios from coming to fruition, as was the case with our closures on Berthoud Pass and Vail Pass."

Crews continue work Friday and through the coming weekend, after moving snow another 4-6 feet further to the side of the roadway yesterday. This work is necessary to make room for the next round of snow. Currently, snow is approximately 8 feet high along the roadway. As many as 16 crew members have been part of clearing operations during any given time, using loaders, loaders with blowers, motor graders, and snowplows. CDOT crews from Greeley helped plow starting Thursday, Jan. 18, and more crews and equipment will arrive today to support weekend work. The goal is to allow local crews to rest during the next round of snow. A foot of new snow is in the forecast for the end of this week. As mentioned in a previous news release today, crews also successfully completed winter operations early Thursday morning, which required a 30-minute closure.

"Our crews were relentless in their work to clear the roadways and mitigate avalanche slide paths," said CDOT Executive Director Shoshana Lew. "I am proud of the work our maintenance and operations team have done over this past week and want to thank all of them for dedicating a tremendous amount of hours that kept them from friends and family in order to serve the people of Colorado. I especially want to thank our maintenance crews from Section 2, who oversee the central mountains and part of the northwest portion of the state and are led by John David; Section 6, who oversee northwest Colorado and are led by Spencer Dickey, and Section 9, who manage I-70 and US 40 through Clear Creek County and are led by Mike Willyard. They have worked tirelessly to open up our roads and make sure the traveling public stays safe. I would also like to thank our crews that came from other regions of the state to help their fellow maintainers and continue to prove they are dedicated and selfless individuals."

Crews are continuing to monitor the roadway for new bank slides. A small slide came down early Thursday afternoon. Crews held traffic for approximately 30 minutes while clearing the slide; those vehicles were held at locations that are protected from further slides.

"CDOT crews appreciate the overwhelming support from the public on either side of the pass, who have thanked crews for working long, difficult and tiring hours, around the clock for almost a week to safely reopen US 40 Berthoud Pass," said Lorme. "This past storm was comparable to what we experienced in 2019 with the bomb cyclone event. Though we did not see the same impacts to our urban corridors and eastern plains that we did

in 2019, we saw the same kind of intensity and snow totals. Our crews flourish in events like these and our men and women continue to prove that they have what it takes to take on Mother Nature and defend the public against what it brings."

Motorists should plan on heavy traffic along the I-70 Mountain Corridor and US 40 this weekend as people take advantage of the large amount of snow that accumulated in the high country this week.

This latest storm cycle generally did produce more snow in the Northern Mountains than the notorious early-March 2019 event. However, the 2019 event was shorter in duration and much more a single, defined storm. On the contrary, the 2024 episode was composed of several discrete features, including bursts and lulls in precipitation over the course of six days. While both events produced a notable natural avalanche cycle, the 2019 cycle is still considered the worst in Colorado in roughly 100 years.

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- 3 Local businesses sell a wide range of great products at affordable prices and cater to the needs and wants of the community.**
- 4 Shopping Local saves you money and time!** Travel expenses and personal time make the overall cost of items higher.
- 5 Shopping Local retains our community:** Without the support in the local community, restaurants, shops and services are forced to close.
- 6 Shopping Local retains our distinctiveness:** Local businesses respond quicker to the needs of the customers and stock products to meet the core community's needs.
- 7 Shopping Local encourages community growth.** By choosing to do business locally you help maintain Alamosa's diversity, charm & appeal. Which in turn, attracts new community members.
- 8 Shopping Local invests in community services and city economy.** Your dollars spent in locally-owned businesses have three times the impact on your community as dollars spent outside of Alamosa.
- 9 Local shops value you more:** Local businesses survive by their reputation & repeat business which means you get a higher standard of service.

Rio Frio Ice Fest

January 26TH - 28TH 2024 "Penguin Party"

SCHEDULE OF EVENTS

Friday January 26th
 6pm - 730pm: Packet Pickup at Milagros Coffee House
 6pm - 8pm: Cross Country Luminara Ski @ BV Pond

SATURDAY JANUARY 27TH
 8-930am: Race Packet Pickup @ Alamosa Senior Center
 10am: Rio Frio 5k @ Rio Grande River
 11am (After Race): Race Awards (Race Start/Finish)
 12pm: Ice Carving Demonstrations @ Main Street
 12-2pm: Disc Golf (SOCO Ice Bowl) @ Disc Golf Course
 12-3pm: Shop Local Raffle Extravaganza @ San Juan Ave.
 1-4pm: Info Tent @ San Juan Ave.
 4-6pm: Rio Frio Flights
 6:30pm: Fire and Ice Bonfire

SUNDAY JANUARY 28TH
 12pm: Polar Plunge/Ice Carousel & Pond Skating @ BV Pond
 9am-4pm: Ice Climbing Trip

Website: Rioraces.com
Facebook: @RioRacesAlamosa, #RioFrioIceFest

Public Notices

PUBLIC NOTICE

Notice is hereby given that the Costilla County Board of County Commissioners will hold a Public Hearing and a public meeting on February 6, 2024, at 9:30 a.m., at 352 Main Street, San Luis, CO 81152, to amend and revise Resolution No: 2023-14, A Resolution Ordering a Moratorium on the Erection and Construction of Fences that are higher than 5 feet from the ground and the grading of natural habitat to construct such fences in Costilla County, Colorado.

The purpose of the Public Hearing is to consider amendments to Resolution No: 2023-14 to allow construction of enclosures for electrical installations consistent with the state and national electrical codes, and other necessary revisions.

No. 3761.
Published in the Valley Courier on January 20, 2024.

NOTICE OF PUBLIC HEARING On Ordinance No. 1-2024

NOTICE IS GIVEN that a public hearing will be held on Ordinance No. 1-2024, an ordinance amending Alamosa's Fair Campaign Practices Ordinance (Part 2 of Chapter 5 of the Code of Ordinances of the City of Alamosa) to expressly provide that campaign contribution limits do not apply to Alamosa Municipal Elections.

This ordinance was accepted on first reading on January 17, 2024, and a Public Hearing thereon set for Wednesday, February 7, 2024 at 7:00 p.m. or as soon thereafter as the matter may be heard. This hearing will be held in Alamosa Council Chambers, 300 Hunt Avenue, Alamosa, Colorado.

Further notice is given that any and all persons of interest may appear at said hearing and be heard in this matter, and that the full text of the ordinance is available for public inspection and acquisition on the City's website and in the office of the City Clerk.

Alamosa City Council
Holly C. Martinez,
City Clerk
No. 3762.
Published in the Valley Courier on January 20, 2024.

NOTICE OF PUBLIC HEARING On Ordinance No. 2-2024

NOTICE IS GIVEN that a public hearing will be held on Ordinance No. 2-2024, an ordinance approving an intergovernmental agreement for joint self insurance, insurance, reinsurance, claims services, risk management and loss control services between the City of Alamosa and the Colorado Intergovernmental Risk Sharing Agency (CIRSA).

This ordinance was accepted on first reading on January 17, 2024, and a Public Hearing thereon set for Wednesday, February 7, 2024 at 7:00 p.m. or as soon thereafter as the matter may be heard. This hearing will be held in Alamosa Council Chambers, 300 Hunt Avenue, Alamosa, Colorado.

Further notice is given that any and all persons of interest may appear at said hearing and be heard in this matter, and that the full text of the ordinance is available for public inspection and acquisition on the City's website and in the office of the City Clerk.

Alamosa City Council
Holly C. Martinez,
City Clerk
No. 3763.
Published in the Valley Courier on January 20, 2024.



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102 - CARD OF THANKS

221 - HELP WANTED

THE FAMILY OF Richard B. Quintana would like to thank everybody for helping with a wonderful Rosary, Mass, and burial for our husband, father, grandpa, and great-grandpa. We would like to thank everyone for the cards, calls, food, flowers, prayers, and donations, as well as the phone calls & prayers when he was ill. Thanks to Father Jay for the wonderful mass. I would like to thank Neighbors in Christ for preparing the wonderful meal. I would like to also thank my brothers, sisters, aunts, cousins, and in-law family. Thank you to Adam Martinez & Family, Maryann Rendon, Lorenzo Martinez, Jaedon Quintana, Victoria Scheibe, Fatima, Roberta Chavez, Lucia Valdez, Eli Lucero & Romero Funeral Home for wonderful job preparing me and my wonderful husband (Richard B. Quintana) at the time in need. I would like to also thank God for sending all the wonderful people. Prayer are with you all. Theresa (Teresita) Quintana, Lisa & Alan Scheibe & Family, Richard R. & Shasta Quintana & Family. (1/23/24)

WE ARE SEEKING a responsible, self-motivated, "preferably" experienced **DENTAL ASSISTANT** to join our amazing team at **HARDING DENTAL GROUP** where our patients experience the difference at the premiere dental practice in the San Luis Valley. We use the latest technology and materials to provide exceptional dental care to our growing patient population. Please email resumes to june@hardingdentalgroup.com. (2/6/24AS)

V C L C A T **HOMELAKE** is seeking permanent full-time **CUSTODIAN, STRUCTURAL TRADES (BUILDING & GROUNDS MAINTENANCE), and CNA (CLIENT CARE AIDE)** positions for our 24-hour Skilled Nursing Home as well as **TEMPORARY CNA, RN (PRN) & STRUCTURAL TRADES (BUILDING & GROUNDS MAINTENANCE)** positions. We offer competitive salary, retirement plan (Public Employees Retirement Account (PERA), 401K/457), health and dental insurance options, life insurance, short term disability, 11 paid holidays/year, paid sick, vacation and bereavement for permanent positions. Must have a current driver license; pass a CBI/FBI background check, and drug screen. Interested candidates in the above positions must complete an official State application. <http://agency.governmentjobs.com/colorado> Contact Nina Esquibel for assistance at 719-852-8215. For questions regarding available open shift(s) for RN, & CNA positions, contact Sandra Qualls, DON, or Christina Gillenwater, ADON at 719-852-5118. (1/23/24AS)

173 - PROFESSIONAL SERVICES

LICENSED PLUMBER DOES all types of plumbing & plumbing repairs. Quick service! Call anytime, weekends & evenings: 719-580-0033 or 719-376-2593. (3/15/24-monthlyAS)

221 - HELP WANTED

WE GOT THE HELP WE WERE LOOKING FOR WITH THE HELP OF THE VALLEY COURIER. Smokin Spuds. (AS)



Deadline Thursday Jan. 25th

ANNUAL WE LOVE BABIES

GRANDPARENTS, PARENTS, AUNTS & UNCLES...

Show off your son, daughter, grandson, granddaughter, niece, nephew or your favorite beautiful baby (4 years & under) in the Valley Courier's We Love Babies Edition!

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Just fill out the form to the left and mail or drop off the form along with your favorite photo to the Valley Courier, 2205 State Ave., P.O. Box 1099, Alamosa, CO 81101. Include the \$15 fee which must be paid when submitting your form and photo.

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Birthdate: _____

Parents: _____

Brothers and/or Sisters: _____

Grandparents: _____

Phone Number: _____

(will not appear in paper)

Classifieds

221 - HELP WANTED

TERRACE IRRIGATION COMPANY is seeking an individual for the position of **DITCH RIDER / RESERVOIR SUPERINTENDENT**. The position includes monitoring reservoir levels, adjusting and maintaining head-gates and ditches, and daily recordkeeping of water deliveries, in order to ensure accurate delivery of water to users. Farm or water delivery background helpful but not required. There will be on the job training. Mileage reimbursement will be provided. Salary dependent on experience. Contact the Ditch Secretary at 719-852-2144 for an application. (1/27/24AS)

ALAMOSA WATER & SANITATION DISTRICT is seeking a candidate for the position of **MANAGER**. The position reports directly to the District Board of Directors and is responsible for the administrative duties of the East Alamosa Water & Sanitation District. Candidate must have a strong knowledge of QuickBooks, Word and Excel, with the ability to quickly learn new software programs and applications. This is a full-time salaried position with some benefits and a simple 401K. The schedule is Monday thru Friday from 8:00 a.m. thru 5:00 p.m. with some night meetings. Annual salary is \$45,000+ DOE. Resumes can be delivered to the District office at 10 Costilla, Alamosa or emailed to jamie@eastalamosaws.org, no later than January 20, 2024 at 5:00 pm. A complete description of job duties is available upon request or can be viewed online at eastalamosaws.org. (1/23/24AS)

221 - HELP WANTED

NIGHT STAFF NEEDED AT LA PUENTE HOME. Need Mature, dynamic, compassionate people that are able to deal with all types of clients. Must be able to work weekend and graveyard shifts (9:00 pm - 7:00 am). Must be at least 21+. Bilingual preferred. Looking for the unique applicants who will be a part of an awesome team of individuals helping others. Beginning pay is \$15.00 per hour. Some day shifts may also be available. Join our staff of dedicated professionals and learn the joys and satisfaction of helping others. (2/16/24AS)

12TH JUDICIAL DISTRICT PROBATION DEPARTMENT currently has an opening for a full-time **PROBATION OFFICER** with a monthly salary range of \$4463 to \$8065. Minimum requirements are a Bachelor Degree from a four year college or university with major course work preferably in Criminal Justice, Sociology, Psychology, Social Work, or related field. Upon hire and as a condition of continued employment, the employee must complete all Mandatory New Employee Training. Prospective employees are subject to a background investigation prior to hiring. A Colorado Judicial Department Application, located at www.courts.state.co.us/Careers, under Job Title "PROBATION OFFICER". Location "ALAMOSA" must be submitted via the website no later than January 25, 2024. Please include a detailed resume as well. (1/24/24AS)

221 - HELP WANTED

CITY OF ALAMOSA is seeking a full-time **WATER WASTE-WATER TECHNICIAN I**. Hiring pay is \$19.63 to \$20.62 per hour DOQ. Fringe benefits include CO PERA Retirement employer contribution 14.73% & employee contribution is 9.00%, or Empower 401K, 10% match, 11.5 holidays per year, 2 personal days, 80 hours of sick leave and 80 hours of vacation leave per year. Employer paid life insurance, STD, LTD & AD&D, 75% of medical, vision, and dental premiums paid by the employer, Wellness Program, and discounted recreational memberships. This position performs a variety of preventative maintenance and repair of City public infrastructure and property related to water distribution and wastewater collection systems. Work varying shifts and schedules, including on-call, as needed and required by supervisor. Some overtime will be occasionally required and assigned as necessary. This position must work well independently and with teams, while providing excellent, respectful customer service. For a full job description and to apply, visit cityofalamosa.org or stop by City Hall at 300 Hunt Ave. The City of Alamosa provides Equal Opportunity Employment for accommodations, please submit them in writing with the application. Application deadline - open until filled. (1/31/24AS)

221 - HELP WANTED

ADAMS STATE UNIVERSITY is looking for candidates to fill the position of **BUDGET DIRECTOR** within the Business and Finance department. You can apply here <https://adams.wd1.myworkdayjobs.com/en-US/ASU/details/Budget-Director-R183>. We look forward to hearing from you. If you have any questions, please reach out to our Human Resources department 719-587-7990. (2/14/24AS)

MONTE VISTA SCHOOL DISTRICT is accepting applications for full-time **CUSTODIAN**. This is a full-time position with benefits. Preference will be given to applicants with maintenance experience. A full list of desired qualifications can be viewed on the district website. Monte Vista School District offers a competitive salary and an excellent benefit package including employee health, dental, vision, HSA match, and life coverage. The salary for this position will be paid from the current MVSD Maintenance and Custodial Salary Schedule, which can be viewed on the district website - Employment Opportunities page. Placement on the salary schedule will be determined by education and experience at time of hire. Applications may be submitted through our online employment application <https://www.pirates.monte.k12.co.us/employmentopportunities> by January 25, 2024 or until the position is filled. For application questions, contact the District Administration Office at 719-852-5996. (1/31/24AS)

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Classifieds

221 - HELP WANTED

MONTE VISTA SCHOOL DISTRICT is accepting applications for a ROUTE DRIVER FOR STUDENTS WITH SPECIAL NEEDS. Applicants for this position must have a current driver's license (a CDL IS NOT REQUIRED) and pass a drug test. For additional information contact Mark Hotz, Maintenance/Transportation Director, at 719-852-2881. Applications may be submitted through our online employment application <https://www.pirates.monte.k12.co.us/employmentopportunities> by January 25, 2024, or until the position is filled. For questions regarding the application process, contact the Administration Office at 719-852-5996. (1/31/24AS)

CONEJOS COUNTY PUBLIC HEALTH is seeking a PART TIME COMMODITIES DISTRIBUTOR. 28 hrs/week. Distributes commodities, packs food boxes, lifts up to 30 lbs, drives and delivers boxes to clients, maintains client records and inventory, and basic computer skills, starting wage \$14.42/hr. Valid driver's license required. Application Form Required available on our web site conejoscounty.colorado.gov or via email upon request at criccico.conejos.co.us. Inquiries call 719-274-4307 or 719-376-6799. EEOE. (1/20/24AS)

CITY OF ALAMOSA is accepting VOLUNTEER FIREFIGHTER applications. As a volunteer member of Alamosa Fire & Rescue, you will have the honor of serving your community in emergency situations. Additionally, all members have the opportunity to meet and work with other highly trained, motivated, and enthusiastic volunteers, and interact with numerous local, state, and national fire and rescue organizations. Please visit our website at <https://cityofalamosa.org/> for more information and to complete an online application. For questions please contact Fire Chief Stone at (719)587-2530. (2/14/24AS)

MONTE VISTA SCHOOL DISTRICT is accepting applications for two SECONDARY SPECIAL EDUCATION TEACHERS for the 2024-25 SCHOOL YEAR. A complete list of desired qualifications and experience is posted on the district website. The District operates on a 4-day week (Monday - Thursday) and offers a competitive salary and an excellent benefit package including employee health, dental, vision, HSA match, and life coverage. The salary for this position will be paid from the current MVSD Teacher Salary Schedule, which can be viewed on the district website - Employment Opportunities page. Placement on the salary schedule will be determined by education and experience at time of hire. Applications may be submitted through our online employment application <https://www.pirates.monte.k12.co.us/employmentopportunities> by January 25, 2024 or until the positions are filled. For application questions, contact the District Administration Office at 719-852-5996. (1/30/24AS)

DIRECTOR OF VOLUNTEER COORDINATION: Local, well-respected non-profit agency seeking individual to recruit, train, and place community volunteers and service groups to assist La Puente's diverse programs. Additional responsibilities: presentations, special events, building community partnerships, management of support staff. Self-starter, values driven, comfort engaging a diversity of people, administrative skills. Join our staff of dedicated professionals and learn the joys and satisfaction of serving others. Salary \$43k-46k DOE, full benefit package. Start date: flexible between February 1-April 1st. Request job description; send resume/cover letter Emily: hr@lapuente.net, 719 589-5909, ext238, www.lapuente.net (1/24/24AS)

221 - HELP WANTED

SANGRE DE CRISTO SCHOOL is looking for an ASSISTANT PRINCIPAL / ATHLETIC DIRECTOR for the 2024 / 2025 school year. Please see www.sangreschools.org for more information. (2/20/24AS)

CENTER FOR RESTORATIVE PROGRAMS has the following positions open: INTENSIVE CASE MANAGER III (ICM III) Responsible for providing specialized intensive case management/wraparound services to assigned caseload, provide support, mentoring, training to CM team around crisis plans, challenges, and effective implementation. At least 5 years experience providing wraparound services, intensive case management, advocating and working with adults with substance use and/or mental health disorders, homeless population, recovery support, and collaboration with community partners and families. Will work closely with community partners such as justice system, law enforcement, behavioral health, medical, housing, human services, schools and workforce development. Must be willing to travel, work some nights and weekends. Spanish speaking is a plus. INTENSIVE CASE MANAGER (ICM II) Responsible for providing intensive specialized case management/wraparound services; working closely with community partners such as criminal justice systems, law enforcement, behavioral health, medical, housing, human services, schools and workforce development. Ability to work independently, needs strong organizational/communication skills, ability to establish wraparound plans and help navigate systems. Successful candidates will have at least 3 years relevant experience providing wraparound services, intensive case management, advocating and working with adults with substance use and/or mental health disorders, homeless population, recovery support, and collaboration with community partners and families. Must be willing to travel, work some nights and weekends. Spanish speaking is a plus. FOR BOTH POSITIONS: See webpage for more details: restorativeprogram.org and Email resume & cover letter to clarissa@restorativeprograms.org. Positions open until filled. CRP is an EOE. (1/27/24AS)

TOWN OF CENTER is accepting applications to fill TWO POSITIONS in their UTILITY DEPARTMENT. Applicant should possess knowledge and skills in all aspects of high voltage power lines - lineman preferred, gas systems, water distribution, and sanitation. Applicant should accept duties of construction, repair, maintenance, and operation of these systems. Applicant must also have a valid driver's license and be able to operate trucks, backhoe, and other equipment in the performance of these duties. The duties also included are heavy manual labor and utilization of a large variety of hand tools. Some experience is preferred and continued training will be provided. Compensation will depend on experience. Applicant must also have the ability to interact with customers and possess good communication skills. Applicant must also pass a background check and pre-employment drug testing. The candidate will also be subject to random drug testing upon hiring per CDOT regulations. CDL license preferable but not required. The job description and the application is on the Towns website, townofcenter.colorado.gov. Please submit your application to Town Hall or email to jhurtado@centerco.gov The deadline is until positions are filled. (1/23/24AS)

MELANZANA IS NOW hiring for full-time SEWING MACHINE OPERATORS, FABRIC CUTTERS, and a SEWING MACHINE MECHANIC for our new manufacturing facility in ALAMOSA. Applicants must be skilled with hands, have a strong work ethic and the ability to stay focused in a busy manufacturing environment. Previous experience not necessary; manufacturing experience is a plus. On-the-job training provided for the right candidates. Positive work environment and full-time benefits: 4 day/32 hr work week, Paid time off, Medical/Dental/Vision, Profit Sharing, and Employee discount. Starting wage is \$19/hr with potential for increase at 4 months and 1 year. Applications are being accepted now through February 2, 2024. Apply online at melanzana.com/jobs. (1/24/24AS)

HEAD VOLLEYBALL COACH needed at DEL NORTE JR/SR HIGH SCHOOL. We are looking for the following abilities in our coach: Experience as a volleyball coach or assistant coach at the high school or college level is preferred. Must possess: effective coaching techniques and skills; a thorough knowledge of the rules, regulations, and techniques of the sport; and have the ability to establish and maintain effective working relationships with school administrators, parents, and students. Please contact Gilbert "Gibbs" Sanchez, Athletic Director, at: gsanchez@urtigers.co, 719-657-4020; or Annie Hardy, Principal, at: ahardy@urtigers.co, 719-657-4020. Applications may be found on our website; www.urtigers.co. (1/23/24AS)

HEAD HIGH SCHOOL eSPORTS COACH is needed at DEL NORTE SR. HIGH SCHOOL. We're looking for a leader to develop & maintain our new eSports program promoting sportsmanship and teamwork. Our eSports coach will assist each student in gaining skills and confidence while learning game rules and strategies; as well as CHSAA eSports rules. The Coach must be professional, organized, dedicated, and well versed in gaming. The Coach is responsible for conducting practice times after academic classes and supervising the team at school activities. The Coach will also train, test, and receive our small-vehicle certification for driving school vehicles to gaming tournaments. CHSAA eSports competition games include Super Smash Bros. Ultimate, Mario Kart 8, Rocket League, Splatoon 3 on Nintendo Switch; Madden NFL & NBA 2K on PS4. Please complete our coach application found on our website, urtigers.co please contact Gibbs Sanchez, Athletic Director, at: gsanchez@urtigers.co 719-657-4020; or Annie Hardy, Principal, at: ahardy@urtigers.co, 719-657-4020 for further information. (1/23/24AS)

PAT SOLD HER ELECTRIC STOVE IN JUST 3 DAYS THROUGH THE VALLEY COURIER'S CLASSIFIED ADS. (AS)

221 - HELP WANTED

341 - GARAGE SALE

INSIDE GARAGE SALE, afternoons only, starting at 1:00 p.m. Call for appointment 719-298-6110. (1/24/24AS)

345 - WOOD

THANK YOU, VALLEY COURIER. I SOLD MY WOOD SPLITTER! Frank.

FIREWOOD FOR SALE. \$225 cord. 719-588-1183. (2/24/24AS)

350 - FARM EQUIPMENT

WANTED TO RENT - OTECO TRACK FILLER. Would like to rent in February or March. I will provide insurance. Also, open to hiring the work done. Located north of CARMEL. 719-480-4289. (2/17/24AS)

353 - FARM & LIVESTOCK

I SOLD MY HORSE IN 2 DAYS TO A GOOD HOME. THANKS VALLEY COURIER! Rick. (AS)

360 - MISC. FOR SALE

SOLD MY WHEELCHAIR IN 2 DAYS. WONDERFUL, HEARTWARMING EXPERIENCE. A WIN-WIN FOR BOTH OF US! Yolanda. (AS)

387 - WANTED TO BUY

TOYOTA TRUCKS ONLY: 4x4 from 80's to early 90's, running or not, wrecked ok. 719-580-8101 call or text. (2/10/24AS)

401 - BUSINESS PROPERTIES

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410 - AUCTIONS

AUCTION. STORAGE UNITS: 2049 Mullins Ave. ALAMOSA, CO 81101. January 20, 2024. #4 at 10:00 AM, #62 at 11:00 AM, #181 at 12:00 PM. (1/20/2024AS)

420 - LOTS & ACREAGES

MULTIPLE 35+ ACRE TRACTS For Sale. The Rio Grande Water Conservation District is accepting sealed bids for tracts of land LOCATED AT 14355 G.S, ANTONITO. The minimum acceptable bid is \$2,000/acre. Bids must be received by U.S. mail or hand delivered to the RGWCD's office at 8805 Independence Way, Alamosa, CO 81101. Detailed information regarding the tracts is available for review by appointment at the RGWCD office or by visiting the District's website at www.rgxcd.org/subdistrict-no-3/publicbid. The land may be inspected with District personnel by appointment only. Appointments can be made by calling the District office at (719) 589-6301 or by emailing angelo@rgxcd.org. Bids must be received no later than 4:00 p.m. on January 31st, 2024. Late bids will not be accepted. The District reserves the right to reject any bid in its sole discretion. (1/27/2024AS)

426 - MOBILE HOMES FORSALE

FOR SALE IN ALAMOSA County: 1980 GLENWOOD TRAILER HOUSE \$6,700. Must be moved. 402-269-7172. (E-TFN-AS)

307 - APPLIANCES

PAT SOLD HER ELECTRIC STOVE IN JUST 3 DAYS THROUGH THE VALLEY COURIER'S CLASSIFIED ADS. (AS)

324 - SEED & FEED

OAT STRAW & BARLEY STRAW 3'x4'x8' bales. 719-580-2562. (1/27/24AS)

BARLEY STRAW FOR Sale. 3'x4'x8' big square bales. Good clean, bright straw. \$90 per ton. Stacks located near ANTONITO and also near MOFAT. 719-480-4289. (2/17/24AS)

NATIVE GRASS HAY for sale. Small bales, HORSE HAY QUALITY. Contact Ed, if interested leave a message (719) 852-3069. (2/14/24AS)

HORSE & COW HAY: GRASS, GRASS/ALFALFA, ALFALFA. 3x3 bales, various quality and pricing. 719-850-8917. (2/14/24AS-monthly)

341 - GARAGE SALE

INSIDE GARAGE SALE, afternoons only, starting at 1:00 p.m. Call for appointment 719-298-6110. (1/24/24AS)

345 - WOOD

THANK YOU, VALLEY COURIER. I SOLD MY WOOD SPLITTER! Frank.

FIREWOOD FOR SALE. \$225 cord. 719-588-1183. (2/24/24AS)

350 - FARM EQUIPMENT

WANTED TO RENT - OTECO TRACK FILLER. Would like to rent in February or March. I will provide insurance. Also, open to hiring the work done. Located north of CARMEL. 719-480-4289. (2/17/24AS)

353 - FARM & LIVESTOCK

I SOLD MY HORSE IN 2 DAYS TO A GOOD HOME. THANKS VALLEY COURIER! Rick. (AS)

360 - MISC. FOR SALE

SOLD MY WHEELCHAIR IN 2 DAYS. WONDERFUL, HEARTWARMING EXPERIENCE. A WIN-WIN FOR BOTH OF US! Yolanda. (AS)

387 - WANTED TO BUY

TOYOTA TRUCKS ONLY: 4x4 from 80's to early 90's, running or not, wrecked ok. 719-580-8101 call or text. (2/10/24AS)

401 - BUSINESS PROPERTIES

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410 - AUCTIONS

AUCTION. STORAGE UNITS: 2049 Mullins Ave. ALAMOSA, CO 81101. January 20, 2024. #4 at 10:00 AM, #62 at 11:00 AM, #181 at 12:00 PM. (1/20/2024AS)

420 - LOTS & ACREAGES

MULTIPLE 35+ ACRE TRACTS For Sale. The Rio Grande Water Conservation District is accepting sealed bids for tracts of land LOCATED AT 14355 G.S, ANTONITO. The minimum acceptable bid is \$2,000/acre. Bids must be received by U.S. mail or hand delivered to the RGWCD's office at 8805 Independence Way, Alamosa, CO 81101. Detailed information regarding the tracts is available for review by appointment at the RGWCD office or by visiting the District's website at www.rgxcd.org/subdistrict-no-3/publicbid. The land may be inspected with District personnel by appointment only. Appointments can be made by calling the District office at (719) 589-6301 or by emailing angelo@rgxcd.org. Bids must be received no later than 4:00 p.m. on January 31st, 2024. Late bids will not be accepted. The District reserves the right to reject any bid in its sole discretion. (1/27/2024AS)

426 - MOBILE HOMES FORSALE

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525 - GUNS

ZACH'S EUROPEAN MOUNTS. Professional work, low prices. 719-580-0398. (TFN-AS)

601 - APARTMENTS FOR RENT

ALAMOSA: 1 BEDROOM, 1 BATH apartment in DUPLEX; great location. Washer/dryer, recently updated, no pets. \$675 month, \$675 deposit. Call 719-580-5400. (1/24/24AS)

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2256 E. Drive Monte Vista, CO
852-4302

TTY
1-800-659-2656
This institution is an equal opportunity provider & employer

Accepting applications for 2 & 3 bedroom apartments. Family units available

West View Villas
510 Dunham Monte Vista, Colo
852-3949

TTY
1-800-659-2656
This institution is an equal opportunity provider & employer

Accepting applications for 2 & 3 bedroom apartments. Rent based on income for qualifying households.

Gomez Manor Apts.
804 State St. Antonito, Colo.
376-2388

TTY
1-800-659-2656
This institution is an equal opportunity provider and employer

611- HOMES FOR RENT

KUDDOS TO THE VALLEY COURIER FOR RENTING OUR HOUSE IN 2 DAYS! Thanks, Gerry. (AS)

701 - AUTOS FOR SALE

1 DAY ADVERTISED IN THE VALLEY COURIER, SOLD MY CAR! GREAT SERVICE! Samuel. (AS)



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CROSSWORD PUZZLE

NEA Crossword Puzzle

- ACROSS**
- 1 Criminal charge
 - 4 Catchall abbr.
 - 7 Fedora feature
 - 11 "Gotcha!"
 - 12 Reveal
 - 14 Midway attraction
 - 15 "Like father, like —"
 - 16 Walking stick
 - 17 Religious image
 - 18 Snake
 - 20 Traitor Benedict
 - 22 Sculling need
 - 23 Schlep
 - 24 Complete range
 - 26 PIN prompter
 - 27 Blunder
 - 30 Wicked
 - 31 "That's disgusting!"
 - 32 — gin fizz
 - 33 Male animals
 - 34 Singer — Orbison
- DOWN**
- 1 Coarse file
 - 2 Cry heard at sea
 - 3 Wordless entertainment

Answer to Previous Puzzle

G	A	B	L	A	M	A	S	S	H	E
I	C	E	I	M	A	S	C	O	A	L
L	I	E	S	A	L	T	H	O	S	E
A	D	L	I	B	L	O	R	E	T	T
Z	O	O	M	R	A	M				
F	E	N	N	E	L	C	E	S	A	R
T	A	B	S	E	A	S	Y	C	I	O
E	M	U	S	K	I	N	F	A	D	E
D	E	B	I	T	C	A	M	E	R	A
P	R	E	V	A	I	L	G	O	R	E
H	A	R	E	R	O	S	S			
I	T	O	R	T	R	U	E			
S	S	T	H	E	I	R				

- 4 Chaperone
- 5 Lighter — air
- 6 Swindle
- 7 Fetch
- 8 Puerto —
- 9 Object of worship
- 10 Fix
- 13 In the money
- 19 Transports
- 21 Certain liquor
- 24 "I — — Kick Out of You"
- 25 Affirm
- 26 Very excited
- 27 Compli-cated
- 28 Stir up
- 29 Philoso-pher —
- 31 Pressing importance
- 32 Shovel
- 37 Poet's always
- 38 Flair
- 39 From bad to —
- 41 "Woe —!"
- 42 Unmixed, said of whiskey
- 43 Outdo
- 44 Preserve with salt
- 45 Golf club
- 46 Mention
- 49 Dog breed, for short

1	2	3	4	5	6	7	8	9	10	
11			12			13		14		
15			16					17		
18			19			20	21			
		22				23				
24	25				26			27	28	29
30				31				32		
33				34				35		
36				37				38		
			39					40		
41	42	43				44			45	46
47				48	49				50	
51				52					53	
54					55				56	

ALLEY OOP

WOW! YOU'RE REALLY DOING IT. YOU'RE WRITING A BOOK.

OF COURSE I AM.

WHAT DO YOU HAVE SO FAR?

JUST THE DEDICATION.

"FOR ME. WITHOUT ME, NONE OF THIS WOULD BE POSSIBLE."

THAT'S A LITTLE SELF-CENTERED.

I KNOW. I MEAN SO MUCH TO ME.

ARLO & JANIS

NITE NITE

YOU KNOW, I MISS 'PILLOW TALK!'

IT'S BEEN A LONG TIME!

YOU MEAN A CONVERSATION WHERE YOU TRY TO TRICK ME INTO SAYING WHAT I REALLY THINK?

YES! I MISS THAT!

BIG NATE

ALL I'M SAYING, GINA, IS THAT THERE ARE PLENTY OF NICE GUYS BESIDES CHAD!

MAYBE...

.. BUT THEY'RE NOT CHAD! NONE OF THEM CAN MEASURE UP TO HIM!

THEY DON'T HAVE HIS RAW, ANIMAL MAGNETISM!

EXACTLY WHAT KIND OF ANIMAL ARE WE TALKING ABOUT?

HEAR THAT GROWLING? THAT'S MY STOMACH!

THE BORN LOSER

WHY THE SILLY COSTUME?

FOR A COSPLAY PARTY...

I'M DRESSED AS MY FAVORITE CHARACTER, SHERLOCK HOLMES, FOR THE EVENT, SO "THE GAME IS AFoot!"

HOW CAN IT BE, WHEN YOU HAVEN'T GOT A CLUE!

FOR BETTER OR FOR WORSE

WHO ARE YOU WRITING TO?

RHETTA - MY GIRLFRIEND

WHY DON'T YOU USE A COMPUTER?

IT'S TOO IMPERSONAL.

I LIKE TO TOUCH THE PAPER TO FEEL THE PEN - I LIKE TO HAVE A RELATIONSHIP WITH THE WORDS I WRITE!

I'D SAY THIS DUDE NEEDS TO GET OUT MORE, WEED.

YES, MOST DEFINITELY SO.

FRANK & ERNEST

THOSE WISDOM TEETH ARE GOING TO HAVE TO COME OUT.

COULDN'T YOU JUST DUMB THEM DOWN A LITTLE?

GARFIELD

MEOW

ARF?

MOOP?

STOP GUESSING AND PAY ATTENTION!

THE GRIZZWELLS

SLIGH! SOMETIMES I FEEL LIKE I'VE ACCOMPLISHED NOTHING IN MY LIFE

NONSENSE, PIERPOINT..

BEING \$160,000 IN DEBT IS HARDLY NOTHING

YOU'RE JUST SAYING THAT TO MAKE ME FEEL BETTER

PEANUTS

TRUFFLES!

LINUS! WHAT ARE YOU DOING HERE?

OUR CLASS IS ON A FIELD TRIP... WHAT ARE YOU DOING HERE?

VISITING MY GRAMPA, AS USUAL... I WAS JUST...

WHAT'S GOING ON HERE?!

SUDOKU

DIFFICULTY RATING: ★★★★★

4				6		1			
				5		4			
		1		7	9	2			
1		3	7	6		1	9		
	9	8		1	3	6			3
	1		3	8		9			
	7			2					
	3		6						7

PREVIOUS SOLUTION

4	3	7	1	8	2	9	6	5
2	9	1	6	7	5	8	3	4
8	6	5	3	9	4	2	1	7
9	4	8	7	2	3	6	5	1
6	5	2	8	4	1	7	9	3
7	1	3	5	6	9	4	8	2
3	2	4	9	1	8	5	7	6
5	8	6	4	3	7	1	2	9
1	7	9	2	5	6	3	4	8

HOW TO PLAY:
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

HERMAN

"He's allowed only in the kitchen."

Parents blatantly ignore all personal boundaries

DEAR ABBY: I am uncomfortable about being touched. I have been this way all my life. As a child, my parents forced me to hug and kiss relatives, and if I protested, I was reprimanded. I remember being dragged and pushed toward people.

After I became an adult, I decided to tell people I no longer want to be hugged or kissed. While most people respect that, my parents do not. They hug me even more often now, and think it's funny. They laugh as they do it and say, "Oh, you don't like this, do you?"

When I protest, they start with the guilt trip, telling me they are my parents and they are allowed to touch me. My mother gives an exaggerated sigh and looks down like a child who's been deprived of a toy.

They can't get it through their heads that this is about me, and not them. They have told me that I've "gone weird," but this isn't something new. As a child, I couldn't speak up because I was chastised for it. How can I get them to respect my boundaries? I don't want to start a feud, as they are good to me in every other way, but I'm starting to dread seeing them. -- KEEP OFF IN SCOTLAND

DEAR KEEP OFF: Some parents don't under-

stand that what they do can affect their children for the rest of their lives. Your parents are a prime example.

A way to get the message across to them would be to explain it to them just as you have to me: You were young and defenseless, and in spite of your protests, they forced you into physical contact with people. Tell them you realize that it had everything to do with their egos and how they wanted you to be perceived instead of accepted as the individual you were and are. NO ONE has the right to touch you if you do not want to be touched.

If your parents continue forcing their physical demonstrations of "affection" (which seem to me more like demonstrations of dominance) over your protests, recognize it for what it is -- a mild form of sadism (no, I'm not kidding). See them less often, and be sure they know why.

DEAR ABBY: I'm in my 30s, and my father recently remarried. I have no negative feelings about his new wife or their marriage. But now he has forgotten to wish me a happy birthday and speaks to me less often. They seem to always have plans, and he no longer has time to stop by for even a few minutes to say hi to his grandkids.

I don't want to burden



ABIGAIL VAN BUREN

him. I'm happy he has found the love he deserves. I just always assumed I would still be in the picture. Should I tell him I really need to spend time with him, or am I now too old for the father/daughter moments? -- RECONNECTING IN TEXAS

DEAR RECONNECTING: No one who is lucky enough to have a father on this side of the sod is "too old" for father/daughter or father/son moments. I see no harm in telling your father you are happy he has found love again, but that you wish he would schedule some time to see you and the grandchildren. He may be distracted now by the honeymoon phase of his new marriage, so be prepared to be patient.

Lifestyle

CPW secures source population of 15 gray wolves for reintroduction efforts

By COLORADO PARKS AND WILDLIFE
DENVER — In an agreement announced Friday between Colorado Parks and Wildlife and the Confederated Tribes of the Colville Reservation, the tribes will be a source for up to 15 wolves for the Colorado gray wolf reintroduction effort. CPW plans for these wolves to be captured on tribal lands during the capture season from December 2024-March 2025. The agreement between the state of Colorado and the state of Oregon to allow for the translocation of ten wolves this season has been successfully completed.

"We are grateful to the Confederated Tribes of the Colville Reservation for working with our agency on this critical next step in reintroducing gray wolves in the state," said CPW Director Jeff Davis. "This agreement helps CPW to continue to meet our unanimously adopted Colorado Wolf Restora-

tion and Management Plan goal of translocating 10-15 gray wolves per capture season for a total of 30-50 wolves." "The Colville Tribes is very pleased to partner with Colorado Parks and Wildlife to restore the wolf population in Colorado," said Chairman of the Confederated Tribes of the Colville Reservation Jarred-Michael Erickson. "The Colville people strongly believe in preserving our environment, including its fish and animals. We are thrilled that our restoration efforts on our own lands have progressed far enough that we can share some of these magnificent creatures with the citizens of Colorado." Tribal representatives will provide guidance to CPW on target packs, avoiding packs with known active chronic depredation behavior.

Between Dec. 18-22, 2023, Colorado Parks and Wildlife fulfilled their statutory responsibility and successfully released 10 gray wolves

onto public land in Summit and Grand counties. CPW will not capture and release more wolves in the current capture season, which runs until mid-March 2024. The next releases will not occur until the December 2024-March 2025 capture season. Although the agency could release up to five more wolves this capture season according to its Wolf Restoration and Management Plan, the additional time will allow the agency to assess the releases in December and let CPW staff adjust to any increased workload of having wolves on the ground in Colorado, as well as allow time for the additional resources for CPW and the Colorado Department of Agriculture to support ranchers proposed in the Governor's budget to become effective July 1.

"After an incredibly successful first release of wolves from Oregon last month, our focus will be on refining our internal processes, continuing the work we're already doing to bolster our staff expertise and honing our notification structure so the public is well informed regarding release efforts, while also balancing the need for the safety and security of staff and gray wolves," Davis said.



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Senior HEALTH

Aging & Exercise

3 questions to ask before beginning a new fitness regimen

—Page 7

Manage Your Mind

How to keep your brain sharp as you age

— Page 4

Knowledge is Health

Know your health risks

— Page 5



Valley Courier
Saturday, January 20, 2024

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Tips for seniors to safeguard their mental health



The wide-ranging impact and reach of mental health issues garnered considerable attention during the COVID-19 pandemic, when the virus as well as mandates designed to reduce its spread led to increased feelings of anxiety and isolation. Since then, life has returned to normal for billions of people across the globe, but many people, including seniors, continue to experience mental health issues. The Pan American Health Organization reports that at least one in four older adults experiences a mental disorder such as depression, anxiety or dementia. And those figures will likely only grow, as population estimates indicate seniors will make up a greater percentage of the global population in the years to come. Seniors dealing with mental health issues may feel helpless, but there's much they can do to safeguard their mental health.

• **Socialize regularly.** A 2019 study published in *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences* found that older adults who socialized with people beyond their circle of family and close friends were more likely to have greater positive moods and fewer negative feelings. Unfortunately, a significant percentage of older adults report feeling isolated from others. According to the University of Michigan National Poll on Healthy Aging that was conducted in January 2023, one in three older adults reported infrequent contact (once a week or less) with people from outside their home.

• **Speak with a mental health professional.** Among the more troubling aspects of the mental health crisis affecting seniors is

that the PAHO reports two-thirds of older adults with mental health problems do not get the treatment they need. Speaking with a mental health professional can help older adults in myriad ways. Such professionals can identify the issue that is prompting seniors to seek help and offer suggestions that can improve overall health and quality of life. Roundstone Insurance notes that reliance on digital behavioral health tools, including telehealth, was turned to both during the pandemic and ever since, and seniors can utilize such services if they have limited mobility and/or no one to help them make it to in-person appointments.

• **Volunteer.** Many older adults are retired, and while ample free time may have seemed like the ultimate reward after a lifetime of working, many retirees experience a void once their life no longer has the structure that work can provide. According to the independent nonprofit HelpGuide.org, retirement depression can compel retirees to feel as though they miss the sense of identity, meaning and purpose that came with their jobs, which can make some feel depressed, aimless and isolated. Volunteering can help fill the void created by retirement, and the positive mental health effects of volunteering are well-documented. According to the Mayo Clinic, studies have shown volunteering increases positive, relaxed feelings and gives volunteers a sense of meaning and appreciation.

No one is immune to mental health issues, including seniors. But older adults can take various steps to address their mental health and improve their overall health as a result.



Keep your brain sharp as you age

Cognitive decline is on the minds of many adults as they get older. Memory loss and trouble processing things can sometimes be a side effect of aging, as Everyday Health says the brain changes in size and structure as a person gets older. These changes can affect how well the brain works over time. Furthermore, illnesses affecting the brain, such as Alzheimer's disease, may start showing their symptoms in people when they've reached their mid-60s, says the National Institute on Aging.

Cognitive decline and dementia are not a certainty of aging. But older adults interested in strengthening their brains may want to consider these strategies.

Address high blood pressure

High blood pressure can increase the risk of heart disease and stroke. Maintaining healthy blood pressure and cholesterol levels is associated with better cognitive function, according to data published in 2021 in the *Journal of Alzheimer's Disease*.

Use all your senses

Harvard Health says the more senses used in learning something, the more of the brain that is involved in retaining the memory. Studies have shown that images paired with pleasant aromas leads to better recall later on.

Exercise regularly

Staying physically active helps maintain blood flow to the brain, which also helps reduce the risk for hypertension.

Eat brain-healthy foods

According to Cone Health Medical Group, studies show eating fish rich in omega-3 fatty acids, like tuna, salmon and mackerel, decreases risk for cognitive decline. People should avoid saturated fats, trans fats and hydrogenated oils.

Read and write frequently

According to a study in the journal *Neurology*, regular reading and writing in one's older years reduced the rate of memory decline by 32 percent. Joining a book club or simply reading more on one's own can improve cognition. Similarly, writing improves memory and communication abilities and can help strengthen the brain as well.

Drink healthy beverages

Tea and coffee can improve alertness and focus, as they're rich in polyphenols and antioxidants. A Place for Mom says caffeine in these beverages can help solidify new memories. Avoid drinking sugary beverages and limit consumption of alcohol, as neither boasts brain-boosting properties.

Keeping the brain sharp is a multilayered process that involves healthy foods and beverages, exercise and brain-stimulating activities.

Know your osteoporosis risk



Osteoporosis affects people of all genders, ages and races. However, white and Asian women, especially those past menopause, are at the highest risk.

The Bone Health & Osteoporosis Foundation says that osteoporosis is known as a silent disease because bone weakening is undetectable. Subtle signs, such as a stooped posture, a curved back or if someone seems to be getting shorter, may indicate osteoporosis. Breaking a bone is often the first sign of the disease.

There may be ways to prevent osteoporosis or alleviate its symptoms. A nutritious diet and regular exercise are essential for keeping bones healthy throughout life. This includes getting enough calcium through foods and possibly supplementation. Individuals should work with their doctors to get the right amount of calcium, as too much from supplements may cause kidney stones. Vitamin D also works in concert with calcium to produce strong bones, and many people are deficient in vitamin D.

Exercise also is needed for strong bones. Strength training with weight-bearing and balance exercises enjoyed regularly throughout life can help maintain healthy bones as one ages.

Additional lifestyle issues can increase risk for osteoporosis. These include long-term use of certain medications like glucocorticoids and adrenocorticotropic hormones to treat various conditions. Proton pump inhibitors, cancer medications and antiepileptic medicines also may increase risk for osteoporosis. Heavy alcohol consumption and smoking also can contribute to osteoporosis.

Osteoporosis is not something to take lightly. A bone-density test can indicate if bones are weakening and if intervention is necessary. However, measures should be taken early in life to prevent osteoporosis in the future.

Bone is living, growing tissue that changes as a person ages. Although healthy bone can naturally diminish as a person gets older, seniors in particular are at elevated risk of osteoporosis, a bone disease marked by rapid bone deterioration. Osteoporosis occurs when bone mineral density and bone mass decrease, or when the strength and structure of bone changes, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Bone is constantly being broken down and replaced. When a person has osteoporosis, creation of new bone cannot keep up with the loss of old bone.

Osteoporosis can make bones so brittle that even a seemingly innocuous movement, such as coughing, bumping into something or bending over, can cause bones to break, says the Mayo Clinic. These breaks commonly occur in the spine, wrist or hip.



What seniors should know about prediabetes

Most seniors recognize that routine visits to their physicians are an important component of preventive health care. Annual physicals are important for everyone, but they're especially important for individuals 65 and older who may be more vulnerable to disease and various other health conditions than younger adults.

The National Institute on Aging reports that millions of individuals 65 and older have visited their physicians and learned they have a condition known as prediabetes. For some, the day they receive a prediabetes diagnosis also marks the first time they've heard of the condition. Since so many seniors are affected by prediabetes, it can behoove anyone to learn more about it.

What is prediabetes?

The Centers for Disease Control and Prevention notes that prediabetes is a serious health condition characterized by higher than normal blood sugar levels. When a person has prediabetes, his or her blood sugar levels are not yet high enough to indicate type 2 diabetes, but that could change if prediabetes patients do not make changes to prevent such a progression.

How common is prediabetes?

A 2023 study published in the journal *Diabetes Care* indicates that 464 million individuals across the globe had impaired glucose tolerance (IGT) and 298 million had impaired fasting glucose (IFG) in 2021. Each of those conditions are hallmarks of prediabetes, cases of which the study indicates are expected to rise significantly by 2045.

What causes prediabetes?

The CDC notes that when a person has prediabetes, the cells in his or her body do not respond normally to insulin, which is a hormone produced by the pancreas that

enables blood sugar to enter cells, which then use it for energy. The pancreas then makes more insulin to get cells to respond, but eventually the pancreas cannot keep up, resulting in a rise in blood sugar.

Does prediabetes produce symptoms?

Many people have prediabetes for years and do not know it. In fact, the CDC reports that more than 80 percent of the 98 million American adults who have prediabetes are unaware that they do.

How can I determine if I have prediabetes?

The sheer volume of people who have prediabetes but are unaware that they do begs the question of what individuals can do to learn if they have the condition before they develop type 2 diabetes. Recognition of the risk factors for prediabetes is a good start. The CDC urges anyone who has any of the following risk factors to speak with their doctor about having their blood sugar tested:

- Being overweight
- Being 45 or older
- Having a parent, brother or sister with type 2 diabetes
- Being physically active less than three times per week
- A history of diabetes during pregnancy (gestational diabetes) or giving birth to a baby who weighed more than nine pounds
- Having polycystic ovary syndrome
- Being African American, Hispanic/Latino American, American Indian, or Pacific Islander. Some Asian Americans also are at greater risk for prediabetes.

Prediabetes can be a precursor to type 2 diabetes, which only highlights how important it is that older adults recognize their risk for the condition.

Did You KNOW?

Falls pose a significant threat to the senior population. The Centers for Disease Control and Prevention says someone age 65 or older suffers a fall every second of every day in the United States.

This makes falls the leading cause of injury and injury death among this demographic. The National Council on Aging says one in four Americans

fall each year. In fact, the NCOA notes that falls result in more than three million injuries treated in hospital emergency rooms each year, including more than 800,000 that lead to hospitalization. The financial toll of falls among older adults also is significant, and estimates suggest falls will cost \$101 billion annually by 2030. That cost is only expected to increase as the population ages.



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3 questions to ask before beginning a new fitness regimen

Exercise is widely recognized as a vital component of a healthy lifestyle. Despite that, a recent analysis of data from the 2020 National Health Interview Survey found that more than two-thirds of individuals are not getting enough exercise. Though the survey was conducted amid the onset of the COVID-19 pandemic, which suggests the overall figures might be somewhat lower than they might have been had the data been collected in a more typical year, just 28 percent of respondents were meeting the physical activity guidelines established by the Centers for Disease Control and Prevention.



Routine exercise is beneficial for people of all ages, and seniors are no exception. Aging adults who want to be more physically active but think they are among the 72 percent of individuals who aren't meeting CDC exercise guidelines can speak with their physicians and ask these three questions to ensure the transition to a less sedentary lifestyle goes smoothly.

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