# CENTER PAST - DISPATER

Volume 122, Number 20

**Thursday, May 18, 2023** 

#### **Shorts**

#### **DNCA Taco Community Dinner** is Friday, May 19

**DEL NORTE** — Del Norte Christian Association is having a Taco Community Dinner at the Knights of Columbus Hall, 595 Pine St., on Friday, May 19 at 6 p.m. and invites everyone to bring family and friends to join us for a delicious dinner and an opportunity to have some fun in a mystery game to find the culprit responsible for sabotage.

The doors open at 5:30 p.m., dinner at 6 p.m. and sleuthing begins at 7 p.m.

#### Legislative wrap-up coming at town hall

**ALAMOSA** — A wrap-up presentation on the 2023 Colorado Legislative session will be offered at a public town hall meeting on Friday, May 19, at Society Hall here. Doors will open at 5:30 p.m. and presentations will begin at 6 p.m. followed by questions and answers, wrapping up by around 7:30 p.m.

Both Senator Cleave Simpson (R-6) and Representative Matthew Martinez (D-62) have tentatively agreed to attend.

The town hall will be moderated by Keith R. Cerny, publisher of the Valley Courier.

#### City of MV auctioning off seven vehicles

**MONTE VISTA** — The City of Monte Vista is auctioning off seven vehicles determined to be surplus.

If interested, they are listed with PurpleWave Auctions — www. purplewave.com — ending May 16. Vehicles are located at the Public Works Shop and can be viewed by appointment by calling 719-852-2502.

#### **Saguache County Museum opening** day celebration is **May 28**

**SAGUACHE** — The community is invited to the 64th opening day celebration for the Saguache County Museum in Saguache on Sunday, May 28, from 10 a.m. to 5 p.m.

There will be free admission (donations welcome) to the museum, soap making, knife making and pulled pork sandwich and fixings for lunch; \$7 for adults, \$4 for kids under 12.

The program for the day will be "4 Horses, 4 Kids, \$40" at 1:30 p.m. in the Virginia Sutherland Room. This is a story about traveling in a homemade stagecoach from South Dakota to

The hours for the 2023 season will be 10 a.m. to 5 p.m. weekly Thursday through Monday from Memorial Day to Labor Day.

The Hazard House will be open one day-week by appointment.

## Anna's Mission hosts Mother's Day Brunch

By Patrick Shea

**CENTER** — Three days before Mother's Day, organizers from Anna's Mission, LLC. hosted a brunch at the Center United Methodist Church to conduct exercises and learn more about the nonprofit's domestic violence mission.

In addition to 27 women seated precisely at 2 p.m., organizers moved around the conference room to fuss with displays and introduce the ice-breaker exercise. Everyone belted out all the verses to "There

Please see BRUNCH on Page 2A

Breaking the ice, more than two dozen attendees sang "There was an old lady who swallowed a fly" to kick off the Anna's Mission Inc. Mother's Day Brunch at Center United Methodist Church on May 11.

Photo by Patrick Shea





Closing out the year at Center Schools, Superintendent Carrie Zimmerman kissed a pig, a revived tradition at the school.

### Center School District celebrates success

By Patrick Shea

Carrie Zimmerman capped off a series of smooches. a revived tradition at the Center Roving super-substitute teacher Graduating seniors were not in Please see SUCCESS on Page 2A

Wanetta Tipsword brought her kindergarten yet when the last CENTER - Superintendent pig to the school's main gym for pig-kissing event took place

School District when she kissed educators, the tradition has the spectacle this year. With the a pig on the snout on May 11. been dormant for 13 years. floor covered to accommodate

on campus. The entire student According to veteran Center body filled the gymnasium for

## Homelake **Veterans Center hosting Memorial Day** ceremony

By Marie Mccolm

**MONTE VISTA** — On Memorial Day, May 29, the Colorado Veteran's Community Living Center at Homelake will be holding a public ceremony at 10 a.m. at the cemetery. Everyone is invited to attend.

The center has not had a public ceremony for the past couple of years due to the COVID-19 pandemic.

The Keynote Speaker will be Eugene Farish. The ceremony will include Honor and Color guards, a presentation of wreaths, and tolling of the USS General Patrick Bell.

There will be a flyover by the 140th Wing of the Colorado Air National Guard. The Homelake History Center and Museum will be open after the service and will be open until 12:30 p.m.

According to the Homelake Veteran's History Museum page, the Colorado Veteran's Community Living Center is the first and most historic Veteran's Center in all of Colorado. More than 4,000 veterans have lived at the facility starting with veteran's that were from

Please see CEREMONY on Page 2A

## Gov. Polis signs 3 bills into law in Alamosa

All bi-partisan and sponsored by Rep. Martinez,

By Priscilla Waggoner

**ALAMOSA** — With Representative Matthew Martinez (D-62) at his side, a lineup of leadership from the Alamosa School District and Adams State University behind him and a good-sized crowdlooking on, Governor Jared Polis signed three bills into law in a signing ceremony held in front of Richardson Hall on the Adams State campus on Tuesday afternoon.

The three bi-partisan bills — creating a high school scholarship program, removing a barrier to applying for college and increasing access to mental health services for veterans — were

Please see BILLS on Page 7A

Governor Jared Polis signs three bills into law on Tuesday in front of Richardson Hall on the campus of Adams State University. The bills were all sponsored by Rep. Matthew Martinez (D-62), standing left. **Adams State University President** David Tandberg is standing right.

Photo by John Waters





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## Moffat graduating class of 2023



**Alexander Childers** 



**Rochelle Childers** 



Danarose Duran



Luke Maykowski

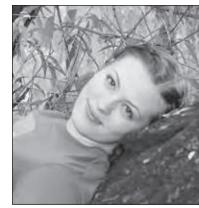


Cairn Pike





**Rowan Sisson** 



Rose Tallmadge

Class Song: Wonderwall by Oasis

Graduation: 3 p.m. on May 20 at Moffat Consolidated **School District Gym** Class Colors: Green, Black and White

Class Motto: When in Rome, Do as the Romans Do **Class Flower: Sunflower** 

## **OBITUARY**

#### John Hancock

John Hancock, beloved husband, father, grandfather, and jokester passed away on Jan. 29, 2023, at the age of 83. He was born on Dec. 23, 1939, in Pueblo Colorado to his parents, Elmer and Elizabeth Hancock.

John had a passion for music from a young age and played in the Pueblo Jazz and Concert bands. He entertained many a family gathering with his boogie woogie, jokes and laughter. John served in The U.S. Army from 1959 to 1963 as a dental technician. John will always be remembered for his kind heart, infectious

laugh, and love for life. He had a positive impact on everyone he met and was always willing to lend a helping hand. His legacy will continue through his family and the memories he created.

John was a devoted husband to his wife Erna, of 58 years, and a loving father to his four (Donald). John is survived arrangements.



by his brother Frank, Sister Joni (John), and Sister Judy, 13 grandkids and 13 greatgrandkids

A graveside funeral for John will be held on June 9, 2023, at 10 a.m. at the Homelake State Veterans Center Cemetery. In lieu of flowers, the family requests that donations be made to your favorite charity in John's memory.

John will be deeply missed by his family, friends, and all those who had the privilege of knowing him.

To express condolences, please visit www.rogersfunerals. children, J.R. (Marie), David com. Rogers Family Mortuary in (Dawn), Mary (Steve) and Joyce Monte Vista is in care of the

## SUCCESS

wandered with her pig as teachers and administrators puckered up and took turns.

Elementary School Principal Jared Morgan stepped up first. With extra lipstick on his face, Morgan circled the stands and hammed it up before grabbing the pig's head with both hands and showing his affection. Morgan will be leaving Center to take the Superintendent position at Sanford Schools.

Skoglund Middle School science Morgan with a decidedly different approach. Having received the Zimmerman's reluctant tryst.

During the evening on May 12, Center school athletes, coaches, and families celebrated this year's accomplishments at the Viking Athletic Association awards banquet. The final band performance brought students, staff, and families together on May 15. High schoolers shared accomplishments with the rest of the school during the day on May 15, followed by a full awards ceremony on May 16 in the school auditorium. Middle schoolers will be honored next week.

projects during the first week of May, 10 a.m.

Continued from Page 1A

potential accidents, Tipsword and graduating seniors conducted exit interviews the following week. As students advanced to their next chapters, Center educators also progressed professionally.

> Katrina Ruggles received her PhD in Counselor Education.

Jackie Ortiz earned her master's in special education from Adams State University.

Graduating Cum Laude, Angel Guerrero received his bachelor's in secondary education (English).

The Adams State School of teacher Tayler Kriss followed Education recognizes outstanding educators every month with the Educator Highlight Award. most votes (stuffed ballots), Kriss Center's Anna Bishop won the walked dejectedly to his porcine award for April. Bishop is a CDL encounter. He survived. Other specialist, a teacher who works teachers and students followed, with students who are culturally or highlighted by Superintendent linguistically diverse (sometimes both). Working with a colleague, Bishop also runs the middle school yearbook project.

While students and teachers advanced, Center School District nurse Wendy Murillo instituted a program that turned five students into Certified Nursing Assistants (CNAs). Alexia Badachi, Willa Seez-Sanchez, Ciara Paia, Yulisa Maldonado, and Arazeliz Garcia graduated from the program before graduating from high school.

The Center High School graduation will take place in the Juniors presented their Capstone main gym on May 27, starting at

## **BRUNCH**

Continued from Page 1A was an old lady who swallowed a fly," ultimately concluding with a horse,

Attendees followed up with a second song before enjoying a splendid meal. They also received a detailed presentation and participated in exercises that revealed the subtleties of extensive violence. Damage reaches deeper than bruises, often causing continual mental anguish too.

One extensive exercise entailed placing magnetic phrases and terms on a metal display. The board included two columns - "TYPES OF ABUSE" on one side and "CONTROLTACTICS" on the other and a wheel of words in the center.

Participants chose from nearly 50 words and phrases, such as "Verbal attacks," "Monitoring messages," and "Spends all Money." In addition to control tactics and types of abuse, the words landed near other concepts in the central wheel, such as "Physical," "Economic," "Isolation," and "Stalking."

According to Annette "Nett" Smith before the presentations began, Anna's Mission addresses domestic violence for men, children, and women (victims of all ages). Materials provided to brunch attendees included recommendations to call the national hotline and thoughts and prayers to share with victims. Create a safety plan, gather important documents, and if you need to flee immediately, Anna's Mission assembles "Ready. Set, Go Bags." The bags are robust and well designed, featuring essential items for hygiene and survival.

Important documents (or copies) may include your Birth Certificate and social security numbers (for you and your children), vaccination records, all identification, necessary membership cards, insurance papers,

If you would like to donate to Anna's Mission Inc., particularly to fund item purchases and assembly of "Ready, Set, Go Bags," send money to Anna's Mission Inc., P.O. Box 4, Rocky Ford, Colo., 81067.

You can also call 719-733-7353 or email annasmissioninc@gmail.com, for more information.



Kids (6-16) 4 • Adults 6 • Seniors (65+) 5



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## OPINION & EDITORIAL

## Disciplined leaders can avoid legislative chaos waning hours. However, this year's taxpayers was unveiled barely 2½ same boat with conservatives often that drafter gets little sleep which

For the first time I can recall, this year's session of the Colorado General Assembly concluded with frenzy and confusion more typical of what we see in Washington, D.C., than what's expected of our citizen

It's not unusual for a few complicated bills to linger until the 120-day session ended on Monday. May 8, with these ignominious developments:

- On Day 117, still 156 bills one-quarter of the 617 introduced since Jan. 9 – remained unresolved. With just two weeks to go, 335 bills were still in limbo.
  - A bill affecting all Colorado

## 10-odd years of writing

Come July, Ol' Dutch will have been writing this column for some 10-odd years. And many of you will agree that some of the columns have been quite odd indeed. Over that length of time, I have somehow written over 500 weekly columns that had some fashion of palatable appeal. It has been a fun adventure and we are just getting started.

In this decade-long tenure, you have seen me change my name to Dutch and my partner in crime's name to Miss Trixie all due to a column that I penned in a moment of sheer genius. Or something like that.

Early on you readers joined Miss Trixie and me on a bear hunt for our first date, went to the circus with us where she was impressed with the free tickets we got, spent multiple Winters on the beach in South Texas and Florida, traveled to places far and wide and were able to see through Ol' Dutch's eyes the oddities and strangeness of what we call America.

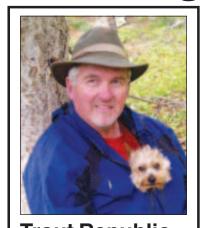
You all learned to appreciate how my fine, handsome looks, rich pocketbook, huge camper, traveling ways and loving grandkids won over Miss Trixie to hitch her horse to my wagon. Well, I do have great

This summer also is a celebration of our 10-year anniversary of meeting at church which is always a good place to meet a potential partner. I am not sure all that church going did Ol' Dutch enough good to make that statement true to form. But I can say a nice prayer at functions and sing good enough to make women cry – not sure if it is from being good or wanting me to quit — to say it had a certain impact on my life.

This week finds Miss Trixie and me on the road once again to my beloved Colorful Colorado and I am so happy to return home. Friends await us there and we have taken on some new work duties that will allow us to meet a lot of new people from all over the U.S.A. So, it is going to be a summer of fun, work, cool days, and fun activities.

There are so many things to do this summer in addition to our commitments to work and I hope to see some of you at those functions.

We have a city-wide garage sale, the huge Creede Ladies Aid Bazaar sale, Creede Elk Bingo on Monday



Trout Republic by Kevin Kirkpatrick

nights, Amish auctions, and dinners, ATV rides, geological treks, fishing, hiking, picnics, card playing, the Lake City sale, picking and grinning at the camper, kids visiting, social hour at Ramons, cookouts and Mountain Man Rafting.

And that is just the first week. Ha. But all kidding aside, it is a jam-packed summer and fall for us ending with chasing the elusive elk in September. I am not sure how we can pack all that activity into one summer but Miss Trixie, true to form has it in her planner and all Ol' Dutch has to do is show up showered and dressed at the appointed time.

We are not pulling the old Conestoga to Colorado this year, so it has been a hectic time around the house trying to make sure we pack enough things to last until fall. I do not know why Trixie takes so much stuff as so far, I have 2 pairs of underwear, 2 pairs of pants and 3 shirts in my duffel, my bow, and arrows so I am all set. She seems to think otherwise so it looks like we will be loaded for bear so to speak and arrive ready for fun

So come along with us this summer as we will have more fun than a fat man at a pie eating contest and share those times with you. Thanks to all for reading along these past years and may God bless and keep you wherever you may be in the months ahead

Kevin Kirkpatrick and his Yorkie, Cooper, fish, hunt, ATV, or hike daily. His email is Kevin@TroutRepublic. com. Additional news can be found at www.troutrepublic.com.

days before the session ended and heard in committee that same day before it was available to the public. Committee hearings are intended to allow public comment, but only two people, a consultant who helped write the bill and a veteran lobbyist, Democrats, in turn, took the rare testified in committee on Sunday.

in session on Sunday – the first time hour for discussion. the Senate conducted the public's business on a Sunday since 1939.

This is not a partisan critique to suggest that Democrats cannot conduct business in an orderly fashion. To the contrary for four years (2005-2008), Democrats managed the calendar well enough to adjourn early. Those Democrats could certainly offer pointers to

year's logjam.

Few in either party expected last November's election to be a landslide for Democrats. Many Democrat-aligned interest groups scrambled to prepare more aggressive bills than would have been possible in a centrist-oriented legislature.

far-left progressives suddenly had a staff which is responsible for fighting chance to pass controversial writing and updating bills as bills, and traditional liberals had to amended. Each bill drafter is decide whether to improve those responsible for multiple bills, so bills or take heat for killing them. when a complicated bill must be Majority Leader and State Treasurer. (During my first session in 1999- completely rewritten overnight to 2000, Republicans were in the facilitate legislative compromise,

frustrated by moderates.)

Outnumbered more than 2-to-1 in the House, Republicans were left with only one card to play when facing sure-to-pass bills that enflamed their constituents: delay. step of limiting debate on at least Yes, the House and Senate were 15 bills, allowing as little as one

What could Democrats have done differently?

Most obviously, adhere to legislative deadlines. Each senator and representative can introduce five bills. Those five bills were to be introduced by Jan. 25 in the Senate and Jan. 31 in the House. Yet by the end of those two weeks, the Senate had introduced just 90 bills (2.5 per senator) and the House 171 (2.6 per Several factors contributed to this representative). More bills (292, not counting those related to the budget) were introduced late than on schedule, which only happens with permission from leadership.

Lawmakers are procrastinators, and lobbyists relentlessly request "just one more bill." Leaders must enforce deadlines to maintain order and to reduce stress and fatigue With large Democrat majorities, among the legislature's professional

can result in errors.

Each General Assembly meets for two sessions, so leaders should remind lawmakers not to waste time on bills that aren't "ready for primetime" and to use the interim months to develop them for the following year.

Some have suggested constitutional changes, either reducing the legislative session to 90 days or allowing legislators to meet year-round.

A full-time legislature would simply multiply existing problems. Many legislators have minimal real-world experience, so allowing them to be professional, fulltime lawgivers, imposing their purported wisdom on those who actually produce goods and services, would be a terrible mistake.

Trimming 30 days from the annual session would cause legislators to prioritize, but it should be combined with postponing the starting date by 30 days so they can spend that month refining bills and be ready for business on Day 1.

Coloradans deserve better than this year's chaotic circus. That improvement is possible with disciplined leadership, regardless of which party is in charge.

Mark Hillman served as Senate To read more or comment, go to

## Monte Vista is a busy little city with lots of opportunities

By Gigi Dennis

MV City Manager

Well, this week of May is considered Economic Development 2016 by the International Economic Development Council, the largest international professional trade association for tax base that then pays for those economic developers. Economic services; community safety, like the Development Week aims to increase awareness for local programs that create jobs, advance career development opportunities, and improve the quality of life for those working and for the health

railroad, the mechanics, or the parts store we wouldn't necessarily need the grocery store, the healthcare clinics, other retail stores, or

the school district because we and needs. The city itself is finding wouldn't have people living in the community.

Economic development fuels the Week. "This was created in need for employers and employees thus creating the demand for housing, infrastructure like water, sewer, electricity, roads and the police department; the education system with teachers, so we have the means to become a city and care about the well-being of people at all ages.

The staff at the city works hard of the community," IEDC website. every day to create a quality of life Why is this important to Monte that is favorable to most of us living Vista? Trade and commerce is the here. We want an environment that it is the city staff, the Chamber of backbone for most communities. fosters economic growth while Commerce, the Optimystics, or by Without our agricultural producers providing a community with those word of mouth, we will continue and the secondary jobs they create, elements that enhance our town to grow and be able to showcase such as the potato warehouses, the such as a good school system, the fine assets we have right here churches, thriving retail, parks and open space, and the opportunity to have new businesses to locate here the community will recognize the so that we can support our wants benefits.

ways to stretch the tax base so we can fulfill the needs of clean water and sewer systems, public safety, and opportunities to work and play.

As a citizen, it is important to shop local and support our businesses by purchasing the goods and supporting the services the community provides. Sure, we don't have everything you may need or want, but with more demand. that next business may come to town because you have shown or supported a "need" for someone to invest and bring it to reality.

Monte Vista is a busy little city with lots of opportunities. Whether in town. It is that creation of wealth from those who invest that

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### www.centerpostdispatch.com

## Care and Share Food Bank opens Alamosa distribution center

By John Waters

ALAMOSA — Almost 200 guests gathered on Produce Place in Alamosa on Thursday, May 11, to celebrate the grand opening of the new Care and Share Food Bank distribution center a milestone that Care and Share considers important for its mission.

In 2021, the food bank purchased the former Budweiser distribution center and, over 18 months, renovated the facility to fit the food bank's needs. The distribution center is 25,000 sq. ft., and holds 252 pallet positions in the dry area, 252 pallet positions in refrigeration, and 152 pallet positions in the freezer. As first reported by the Valley Courier in January, the street name the center is on has been renamed Produce Place.

The SLV Distribution Center will reduce Care and Share's transportation time and mileage, allowing truck drivers to deliver more nutritious food to partner agencies across the southwest region.

"We have so many great relationships with farmers in the San Luis Valley that donate food to us or allow us to purchase it at a low cost," said Nate Springer, president and CEO of Care and Share. "Before,

the food would go up to our Colorado Springs Distribution Center, where we repackaged it and distributed it back out to counties. Now, with this building, we're able to keep that fresh food right here in Alamosa, which will take days out of the time. We're excited that it will enable us to distribute healthier, quality food."

Springer told those assembled at the opening that Care and Share is on track to distribute 21 million pounds of food this year. The Alamosa facility will assist the food bank in making that number 30 million pounds

Adams State University President David Tandberg was in attendance and told the Valley Courier, "This is super exciting. I think it is going to be a major resource for the entire San Luis Valley and beyond. I'm thrilled to see it go up, and I'm excited to get some student volunteers out here."

Alamosa County Commissioner Lori Laske offered, "We're really thrilled Care and Share is up and running and providing food for the San Luis Valley and being a hub for Southern Colorado."

The warehouse has five employees, bringing the total number of Care and



Nate Springer (left), president, and CEO of Care and Share Food Bank, at the grand opening of the food bank's grand opening of the SLV distribution center on May 11.

Share employees to 72.

"Ibelieve the competitive advantage of Care and Share is the people who work here. When everyone goes home, they know that they've helped people across the state. The secret sauce that makes all of this run is our supporters, donors, and volunteers. This facility is great because we'll be able to welcome a whole new group of supporters who will come into our distribution center and make a difference for our communities," said Springer.

Care and Share is looking forward to creating volunteer opportunities at the distribution center for individuals and groups in the future. If community members are interested in hosting food drives, donations can be delivered Monday to Friday between 8 a.m. and 12 p.m.

Share's work and how to get involved, visit careandshare.org.



To learn more about Care and Darin Tandberg and Adams State University President David Tandberg attended the grand opening. Tandberg told the Valley Courier he is excited that students from the university may soon volunteer at the facility.

## Chautauqua weekend is coming to SF June 2-4 a program on "Mountain Men and the

**SOUTH FORK** — Chautauqua is a learning experience drawn from the 1900's. In those days, every summer, small towns across the country would hold Chautauquas. These were gatherings for families that featured worship, education — both general and religious — recreation, and celebration of the arts. There are only a few Chautauquas held these days, but one is coming to Beaver Creek Camp in Southfork.

Friday, June 2, through Sunday, June 4, the United Methodist and Community Methodist churches in the San Luis Valley, along with the Beaver Creek Camp Board, are sponsoring a Chautauqua experience.

The schedule includes Friday night, an Old-Fashioned Camp meeting worship service at 7 p.m., followed by an educational program, "Owls are a Hoot", by John Rawinski.

On Saturday, Jack Rudder will give Rev. Mead at nancmead 59@gmail.com.

Taos Fur Trade", and Lyndsie Ferrell of the Rio Grande County Museum will present "Rio Grande County History".

After lunch, Rawinski will lead a Nature Hike, "Connecting with the Landscape", which will be followed by a film, "Chautauqua, an American Experience". After dinner, Caleb Clark will give a Jazz Piano Concert.

On Sunday, there will be a film on Walking the Bible", looking at historic sites featured in the Bible. Outdoor Worship at 11 a.m. will feature the music of Amy Dean, and preaching by the Rev. Nancy Mead. The weekend will close with a Hamburger Cookout.

The cost is \$35 per person for the full weekend — includes meals and housing or \$25 for Saturday only, and \$10 for Sunday only. Day care is available on Saturday for \$10 per child.

To Register, go to beavercreekevent. com. For more information, contact the

## **Defeat the Lies That Torment Your Soul**

and something Jesus warned us about in the Bible. In Matthew 24:4, He said, "Be careful that no one misleads you [deceiving you and leading you into error]" (AMPC). There are other warned to watch out and be alert because we have an enemy who is trying to deceive us.

When you're deceived, you believe a lie. This is dangerous because when you believe a lie, even though it's not true, it becomes your reality

For example, I used to believe I would always have a second-rate life because my father had sexually abused me throughout my childhood and I was "damaged goods." This lie made with, and absolutely miserable.

But when I discovered the truth in God's Word, that He would heal my soul and pay me back for the shame of my youth, I had hope that I could move forward in His plans and purposes for my life. I began growing in my relationship with Jesus, learning how to trust Him to restore my mind and emotions-my heart-and how to live according to the wisdom in His Word.

**Breaking Free from the Torment** in My Soul

A major key to overcoming the wrong mindsets I'd lived with for many years was learning to obey God's command to walk in love and forgive everyone who had hurt me. Luke 6:27-28 says, "Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you" (NIV). And Romans 12:21 urges us, "Do not be overcome by evil, but overcome evil with good.'

I realize that choosing forgiveness is one of the most difficult things God asks us to do, especially if we believe that whoever hurt us is in the wrong and doesn't deserve to be forgiven. But truth is it actually causes you more hurt and misery if you refuse to get past the offense.

I remember the day I was praying for God to show me someone I could help and He spoke to my heart about my parents. At the time, they were older and needed help with the activities of their daily life. I felt that God wanted me to move them close to where my husband, Dave, and I lived and take care of them until they died.

At first, I resisted this idea because there was nothing in me that wanted to see them, much less spend money on them and meet their needs. But I told Dave what I was thinking, and he said if God was telling me to do this, we me insecure, bitter, hard to get along with, and absolutely miserable. should do it. It wasn't what I wanted to hear, but he was right, so we moved them into a house near us and took care of them until they died.

This was one of the hardest things I've ever done, but I can honestly say now that it is one of the greatest decisions I've ever made. God honored my obedience and gave me the grace to do the right thing, and before he passed away, my dad asked me to forgive him and he accepted

Christ as his Savior.

The reward of forgiveness has far outweighed the pain I lived with for so many years. It has literally changed my life, and I firmly believe it was one of the hardest punches I could ever throw at the enemy!

#### Choose the Truth

Whatever your challenge may be today—the pain of an injustice, fear of the unknown, sickness, a broken relationship, or any other hardship-I want to encourage you to trust God and focus on the truth of His Word. Remember that He loves you unconditionally, and He is always with you. He is on your side as you go through the difficulties you face



and He has your best interest at heart at all times. God is close to you when you're hurting the most, and He will ght your battles as you trust and obey

Spend some time studying scriptures that will help you overcome any lies that have kept you from the peace and joy God wants you to have through your life in Christ. Scriptures like Psalm 34:18 and 147:3, Romans 8:1-2 and 37-39, Romans 12:1-2 and 21, and John 10:10 are good places to start.

Also, our team at Joyce Meyer Ministries is here for you, to pray for you and encourage you during the difficult, painful seasons of your life. You can contact us online at www. joycemeyer.org. Remember that we love you, and most importantly, God loves you. That's the most amazing truth of all!

For more on this topic, order Joyce's six-part teaching resource Battle Strategies for a Victorious Life. You can also contact us to receive our free magazine, Enjoying Everyday Life, by calling (800) 727-9673 or visiting

www.joycemeyer.org.

Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored more than 140 books, including PATTIFFEED OF THE including BATTLEFIELD OF THE MIND and THE ANSWER TO ANXIETY (FaithWords). She hosts the Enjoying Everyday Life radio and TV programs, which air on hundreds of stations worldwide. For more information, visit www.joycemeyer.

org.
Please note: The views and opinions expressed throughout this publication and/or website are those of the respective authors and do not necessarily reflect those of Joyce Meyer Ministries.

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Thursday, May 18, 2023 Center Post-Dispatch



Rachael Fritz of Sangre de Cristo was named the 2023 SLVREC Adams State University Four-Year Scholarship winner.

## **SLVREC** scholarship winners announced

MONTE VISTA— For the past several years, San Luis Valley Rural Electric Cooperative has made secondary education a priority Howell, Del Norte when giving back to the Valley. With more than \$200,000 given in the past five years, the REC annually awards several scholarships to local

The board of directors have announced the 2023 scholarship recipients:

- SLV RECAdams State University Four-Year Scholarship: Rachael Fritz, Sangre de Cristo
- Lineworker Scholarship: Leighton Temple, Sargent

Curtis, Centauri

- Michael Rierson Scholarship: Madison Miller, Monte Vista
- Robert Wolfe Scholarship: Aden
- SLVREC Past Director Scholarship: Estevan Vega, Centauri
- SLVREC Past Retired GM Ray Villyard & CEO John Villyard Scholarship: Peyton Metz, Sangre de Cristo
- SLV REC Scholarships: Arielle Atencio, Del Norte; Jaden Twite, Creede; Ryder Whitehorn, Creede; Peyton Willett, Sanford
- Tri-State G&T Scholarships: • Martin Christensen Memorial Kashley Canty, Sanford; Burke

## Character Counts at Sargent Elementary



The Essay and Artwork contest is sponsored each year by the National Association for Family and Community Education (NAFCE). Local monetary sponsors were District V FCE and Friday Morning Club. The contest is for any fourth-grade student. 'The purpose of the 2023 contest is to encourage students to understand and practice Caring, one of the Six Pillars of Character! The contest encourages students to strive for excellence and creativity in reading, writing, and drawing skills.' The winners from Rio Grande County were from Sargent Elementary. Each of the 28 students submitted an essay and hand-drawn artwork. First place went to Kynzleigh Hanel, right. She also placed second at the state level. There was a tie for second place this year — Kayla Loman, left, and Yaris Venzor, center. Kynzleigh and her family will be invited to attend the Colorado FCE conference, which will be held this year in Colorado Springs, to receive her state award.

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## DA's summary provides details in shooting of Sanchez

By Priscilla Waggoner

ALAMOSA — Twelfth Judicial District Attorney Anne Kelly earlier this week released a summary of events that led up to the killing of Xavier Sanchez, an 18-year-old who was fatally shot on March 21 by two Monte Vista Police Department officers. The MVPD officers were dispatched to his grandmother's residence on South Broadway in Monte Vista.

Releasing the information is required by statute in cases where officers are not charged in an officer involved shooting.

Kelly's summary was based on results from an investigation led by the Colorado Bureau of Investigation with assistance from various law enforcement agencies in the Valley.

Areview of that investigation resulted in the district attorney deciding not to charge MVPD Sgt. Michael Martinez and Cpl. David Pino for their actions that resulted in Sanchez's death.

The entirety of Kelly's summary was based on information contained in CBI's report.

According to Kelly's summary, on March 21, at approximately 12:36 p.m., Monte Vista police dispatch received a 911 call from a "male party" who said he thinks he may have killed someone, is "losing control" and there was "blood everywhere."

Kelly writes "he indicated that police should 'bring lots of guns' when they respond. Although he did not identify himself, dispatch determined the call came from a landline inside the residence on South Broadway. While on that call, dispatch received another 911 call from a mental health professional requesting a welfare check on a male identified as Xavier Sanchez at the S. Broadway

The mental health professional said Sanchez was "threatening to drink bleach" and is "delusional." Still on the call with the "male party," dispatch heard him yelling "get out" but did not hear any other parties on the line.

While still on that same call, dispatch received a third call from a woman inside the house who said the male caller was armed with knives and drinking bleach.

According to Kelly's summary, Sgt. Martinez told CBI investigators he knew Sanchez before March 21. MVPD had been called to the house where he was living on several "mental health standbys." Martinez "knew Sanchez to suffer from delusions and paranoia" and MVPD had contacted mental health providers about the teenager "numerous times."

Kelly's summary reads that, during lunch earlier that same day, Sanchez's aunt had come to the police station to discuss concerns about her nephew, telling Martinez "she did not believe (Xavier) posed any risk to other members of the family" but his grandmother had just returned home from long-term physical care to find her house in disarray. She was asking MVPD for assistance. "(She) left after speaking with Sgt. Martinez," Kelly's summary reads, "and thanked him for the information he provided her about the other times they had been in contact with Sanchez and the services they had provided him."

Not long after Sgt. Martinez returned

Use Office, 505 3rd Street, Saguache, CO 81149.

CO 81131

to his office, he received the dispatch call that someone "had killed someone" and recognized the address as Sanchez's grandmother's house.

Sgt. Martinez arrived at the house first with Cpl. Pino arriving just moments later. Both officers had been advised by dispatch that the female caller had said "the male was approaching the front door and he has two knives on him."

Kelly writes that Sgt. Martinez told a CBI investigator that "Cpl. Pino drew his taser device and Sgt. Martinez drew his firearm because of the information they had regarding what was potentially happening in the home."

With his weapon drawn but to the side where it could not be seen, Sgt. Martinez went to the front door where he spoke briefly with Xavier's older brother while Cpl. Pino, who was holding his taser device, went to a window to the left of the front door and yelled "Hey!" through

Kelly's summary is not clear when Pino moved away from the window but states that he was behind and to the left of Martinez when Martinez, who was still at the front door, opened the storm door of the house to go inside.

At that moment, Sanchez jumped through the window where Pino had previously been standing. He had "a cloth over his head with two cut out eye holes," "a knife in his left hand and a machete in his right hand" and "was violently swinging both the knife and the machete as he ran towards the officers."

"After jumping through the screen out the window," Kelly's summary reads, "Sanchez closed the distance between himself and Sgt. Martinez in less than one second."

Body cam footage shows that Cpl. Pino immediately fired his Taser but, according to the investigation, "Sanchez continued to run towards them."

Sgt. Martinez then fired his weapon. Citing an image from body cam

footage included in her summary, Kelly writes, "The knife in Sanchez's hand was within inches of Sgt. Martinez in less than a second. While Sanchez continued to advance towards the officers, Sgt. Martinez fired six shots."

Xavier Sanchez then turned toward Cpl. Pino who was walking backward and then tripped and fell. Kelly writes that Sanchez, who had been shot six times, immediately fell right after Pino fell but then got to his feet to approach Martinez.

Cpl. Pino, no longer holding his taser, drew his weapon.

Kelly then quotes Cpl. Pino who told the CBI investigator that "he thought at that moment that "it's over, I'm safe now." That moment, Cpl. Pino says, went away immediately when I saw him get up." Pino said he "saw the knives raising" and thought that "he's still trying to kill me."

"When Cpl. Pino began to fire his weapon," Kelly writes, "he continued to fire because 'he saw those knives.' He does not remember how many times he fired his weapon."

When Cpl. Pino then approached Sanchez and removed the knives from his hands, Cpl. Pino stated that "it was clear he was deceased."

Kelly states that, according to CBI's



Body cam footage contained in the 12th Judicial District Attorney's Office report that shows when Monte Vista Police Department officers first responded to the house where Xavier Sanchez would be shot just moments later.

investigation, Xavier Sanchez was shot that it was necessary to use physical

Based on the time stamp on images from the officers' body cams that Kelly included in her summary, the entire incident happened in less than two minutes after Sgt. Martinez first approached the house.

DA Kelly's summary, she writes, "The question of legal justification is whether a reasonable officer, confronted with the same facts and circumstances, could have concluded

force to defend himself or another and stop the threat that Sanchez presented, and if so, whether that use of force was reasonable and appropriate in response to the threat. In this case, the answer to those questions is yes.

"The investigation revealed that, when In the Legal Analysis segment of Cpl. Pino deployed his taser device, Sanchez was within approximately three feet of Cpl. Pino swinging knives in Cpl. Pino and Sgt. Martinez's direction. When Sgt.Martinezfiredhishandgun,Sanchez was within inches of both Cpl. Pino and

Sgt. Martinez. When Cpl. Pino fired his weapon from his position on the ground. Sanchez still had the knife and machete in his hand and was rising to his feet in the direction of Sgt. Martinez.

"Sgt. Martinez and Cpl. Pino's actions were objectively reasonable to prevent the imminent threat of injury to themselves and their respective law enforcement partner. Thus, both Cpl. Pino and Sgt. Martinez were legally justified in using physical force under both C.R.S. § 18-1-707 and C.R.S. § 18-1-704(1).

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No. 1668 published in the Center Post Dispatch, Thursday, May 18 and 25 and June 1, 8,15,22

PUBLIC NOTICE The Saguache County Land Use Office will be holding a series of education / outreach for the public on the passage of the Saguache County Nuisance Ordinance that was recently passed by the Board of County Commissioners. Dates, time, and location will be as follows;

June 20, 2023 – 5:00PM Center Kiwanis Club of Center – 510 S Broadway St., Center, CO 81125

June 21, 2023 – 5:00PM KV Homeowners Association – 26415 Woodward Ave., Moffat, CO June 26, 2023 – 5:00PM Tomichi Creek Trading Post – 71420 US-50, Sargents, CO 81248 June 27, 2023 – 5:00PM Baca Grande Property Owners Association – 68575 Co. Rd. T, Crestone,

June 28, 2023 – 5:00PM Saguache County Road and Bridge – 305 3rd Street, Saguache, CO 81149 To view the Saguache County Nuisance Ordinance that was passed, you can go on the Saguache County Website at <a href="https://www.saguachecounty-co.gov">www.saguachecounty-co.gov</a> or pick up a copy at the Saguache County Land

## SAGUACHE COUNTY SHERIFF'S REPORT

SAGUACHE COUNTY — The complaint in Saguache, and dealt and assault in Center. following information was provided by the Saguache County Sheriff's Office for the period between May 8 and May 13, 2023.

Staff patrolled Saguache six times, monitored 13 controlled burns, and investigated suspicious activity in Saguache and Moffat. They also made nine traffic stops, helped motorists in Saguache and Moffat, handled an abandoned vehicle in Villa Grove, received a traffic

with a crash that caused property damage in Moffat.

In addition to conducting a welfare check in Moffat and arranging four ambulance rides in the county, staff responded to reports of loose livestock south of Saguache and animal cruelty in Moffat. They also tended to three fires, harassment in Saguache, a deceased person in Villa Grove, a missing person near Villa

#### **ARRESTS**

- A 60-year-old Sanford man was arrested and detained for driving under the influence and speeding.
- A 57-year-old man was charged with enticement of a child and two counts of sexual assault on a child by a person in a position of trust. Bond was set at \$60,000.
- A 66-year-old Del Norte man was arrested for operating an uninsured Grove, a civil dispute in Saguache, motor vehicle on a public roadway, assault in the third degree.

driving without a seatbelt, and two charges of driving under the influence.

- A 28-year-old Moffat man was arrested for theft (\$750 to \$1,999.99) and released after paying a \$1,000
- •A27-year-old Center woman was arrested for driving with her license under suspension. • A 37-year-old Alamosa man was
- arrested for disorderly conduct and

### CEREMONY

Continued from Page 1A

the Civil War and prevailing to current veterans.

The Homelake Veteran's History Museum was established and brought to the Valley by the Homelake Historic Preservation and Restoration Foundation and is run entirely by volunteers. The museum is host to collectables from veterans who lived at the home, and veterans that were also from the area.

For more information about the Memorial Day observance, contact the Colorado Veteran's Community Living Center at Homelake at 719-852-5118.

### Continued from Page 1A

all sponsored by Rep. Martinez, the Democratic first-term office holder representing the San Luis Valley.

"Representative Martinez has been very busy this session serving the San Luis Valley with these three bills I'm going to sign today," Polis said. "All the bills are important but there's one that I'm especially excited about for our graduating seniors class of 2024 who will get a \$1,500 scholarship.

"When first lady Jill Biden visited Colorado, she highlighted Representative Martinez's bill as a really great example of the kinds of things we need for workforce readiness. We'll be really excited to see what the class of 2024 does with this scholarship that, thanks to Representative Martinez's bill, helps to reduce the cost of higher education."

The governor was referring to SB23-205 that puts into law a "Universal High School Scholarship Program" for Colorado high school graduates that prioritizes awards for students pursuing high-priority postsecondary pathway.

WITH APPROVED CREDIT

year, students who graduate or get a high school equivalency certificate (such as aGED) in Colorado during the 2023-24 school year and choose to pursue an indemand or high-priority postsecondary pathway will be eligible for a \$1,500 scholarship to be used for tuition, fees, and books.

The bill is unique because it provides financial support to students pursuing not just college degrees but also certificates and registered apprenticeships.

The bill was supported by an overwhelming majority on both sides of the aisle. However, Senator Cleave Simpson was not present to vote on the bill as he was out of state due to a death in the family.

The second bill Polis signed — HB23-1261 "No Requirement for Selective Service Higher Education" - does exactly what the name of the bill implies. Currently, a person who is applying for enrollment or reenrollment to a state-supported institution of higher education and who is at least 17 years and 9 months old but younger than 26 with a statement of registration compliance for the United States Selective Service system. HB23-1262 removes that requirement.

"This bill makes Colorado standards fall in line with federal standards and removes a barrier that had been in place for students applying for college," Martinez told the Valley Courier. "Colleges and universities will provide a link to register on their website for those who still want to register."

Sen. Simpson, the Republican elected to represent Colorado District 6, including the San Luis Valley, voted against the bill.

Now that Martinez's third bill has been signed into law, HB23-1088 "Veterans Mental Health Session Reimbursement Program" will take on a long standing and often devastating obstacle faced by veterans in need of mental health services by paying for up to 26 mental health sessions per year per eligible veteran with a provision for more sessions if the mental health provider deems it necessary. That marks a sharp increase from the two mental health visits veterans are currently allowed.

The bill applies to veterans in community living centers, such as nursing homes.

Before signing the bill, Polis said, Veterans living in our community living centers need better access to mental health care. They served our nation and protected our freedom. This bill represents a partnership between the Department of Human Services, the Department of Veteran Affairs and the Behavioral Health Administration to make sure none of our veterans living in community living centers fall through the gap and we're able to meet their behavioral health needs with Post Traumatic Stress or whatever it is for all of our men and women who have proudly worn the uniform and served our nation."

Veterans' issues are of special importance to Rep. Martinez. Not only is he a member of the bi-partisan Veterans Caucus in the state House, Martinez also served in the United States Marine Corps and is familiar

in accessing health care services, including mental health.

with the challenges veterans experience

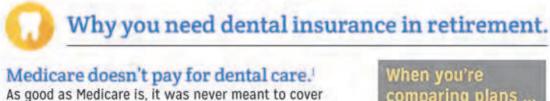
HB23-1088 passed with overwhelming bi-partisan support in the House with only one Democratic representative voting against the bill and all senators, including Sen. Simpson, voting in favor.

"It's good to be back home, both in the Valley and Adams State," Martinez told the crowd, highlighting the Universal High School Scholarship Program. "In working at Adams State, financial barriers were always a hindrance for our students and (SB23-205) will really address that with \$25 million worth of scholarships. This will get them through the door, across the finish line and into the workforce, making the Colorado economy even stronger."

Martinez also spoke of his personal commitment to providing veterans with the mental health services they need.

"I appreciate everybody coming out here and Gov. Polis coming to Alamosa," he said in closing. "We've got a lot more work to do."





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## Radio Free Bassanda brings Mediterranean, Near East to Society Hall

By Don Richmond Society Hall

ALAMOSA — Society Hall is thrilled to host world music group Radio Free Bassanda at 7:30 p.m. on Saturday, May 20, at 400 Ross Ave in Alamosa. Tickets are \$20 in advance or \$25 at the door and are available at the Green Spot, 711 State Ave., Alamosa, or online at www.societyhall.org. The concert will also stream live on the Society Hall Facebook page and You-Tube channel.

Founding member Roger Landes is known nationally and internationally as one of the foremost players of the Irish bouzouki in the world, but in Radio Free Bassanda, he and his compatriots venture farther afield into the even more exotic areas around the eastern Mediterranean — the Balkans and the Near East.

Says Society Hall board member and area musician and producer Don Richmond, "Radio Free Bassanda emerged out of a community that grew around an annual world music camp called Zoukfest, which was founded by Roger Landes, first in Missouri and then transplanted to New Mexico. It was a melting pot of wild experimentation, improvisation and cross pollination of the two traditions of the bouzouki — Irish and Greek/Turkish, with lots of different scales and even different notes that our western ears aren't used to hearing. Don't miss these guys — they'll blow

Radio Free Bassanda's music is a fascinating and adventurous exploration of the sounds of the different cultures of the region, including music from Greece, Turkey, Bulgaria, Kurdistan, Armenia, North

New Mexico. The wonderful skill of the players allows for lots of band member Chipper Thompson, adventurous improvisation as well, covering dumbeq, darabukka, and providing a mesmerizing listening zarb, will be familiar to long-time experience for the audience. The music fans in the Valley, having energetic and complex rhythms, together with their dizzying melodic frenzy will challenge both the ear Landes on bouzouki and oud, the and the feet, and their wide range other band members are Ben Wright of repertoire and instrumentation on double bass, Jack Boaz on violin, from Eastern and Western traditions and Jordan Langehennig on clarinet, broad timbral palette with which to accordion, and tin whistle.

Taos multi-instrumentalist and RFB played numerous shows here over the years. Besides founder Roger provides the musicians with a qanun, gajda, zurna, oud, dulcimer,



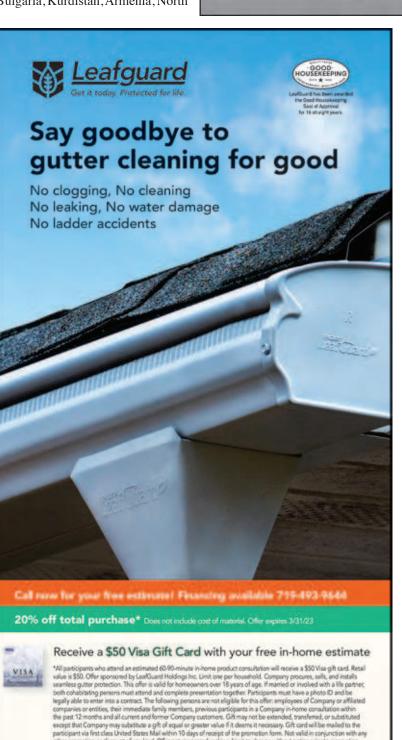
Radio Free Bassanda will be performing on Saturday, May 20, at Society Hall in Alamosa.

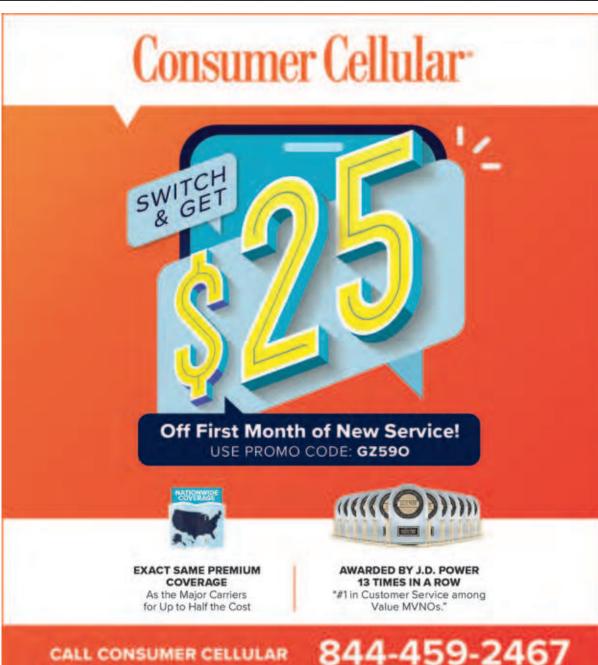
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Supplement to The Monte Vista Journal, Center Post-Dispatch, The Conejos County Citizen, The Mineral County Miner, The South Fork Tines, and The Del Norte Prospector. BOXHOLDER LOCAL-RURAL CAR-RT SORT STANDARD MAIL RATE U.S. Postage PAID

## Taste of Creede, a delicious way to welcome summer

By Lyndsie Ferrell

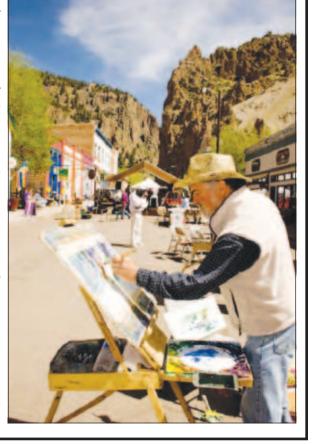
**CREEDE** — Memorial Day weekend will kick off on May 27 in Creede and with it comes a delicious array of activities for the Taste of Creede festival. This year, Creede is pulling out the red carpet with openings from Creede Repertory Theatre, will be welcoming guests to watch and enjoy a new community cookoff and artists will be lining the streets to show off their various medias of art.

Local resident and world-renowned artist Steve Ouiller began the event 35 years ago after deciding that the one thing Creede needed in the spring was a festival featuring local and visiting artists as well as a smattering of delicious food served up community style by local amateur chefs from different backgrounds in culinary art. The results from this idea created one of the most frequently attended events in the small mountain town that never disappoints.

#### Please see TASTE on Page 8

Taste of Creede kicks off on May 27 with a weekend packed to the brim with fun, a delicious community cook off sponsored by Kbelle, artists galore and the opening of not only the Creede Art Council's Small Print Show but the world premiere of 'Mountain Octopus' at Creede Repertory

Courtesy photo



## **SLV Fast Friends shifts** to Draggin' Main June

**MONTE VISTA** — SLV Fast Friends has shifted gears from hosting drag racing to Draggin' Main on June 3 in Monte Vista.

Draggin' Main consists of a tour through some of the prettiest country in Colorado, following the Silver Thread Scenic and Historic Byway along the headwaters of the Rio Grande River.

"We will drag main through some old mountain towns on our way to North Clear Creek Falls on Highway 149 between Creede and Lake City, then return to Monte Vista for a big block party with live music, a beer garden, vendors, food, and a slow cruise," organizers stated. "To top things off, there will be a double feature at the Star Drive-in featuring 'Bullitt' and 'Two Lane Blacktop.' All vehicles welcome, including motorcycles. There are going to be lots of fun stops, photo ops with professional automotive photographers set up at scenic spots, wildlife, and some awesome scenery."

A 50/50 drawing will be available only to tour participants as well as breakfast at the Best Western Movie Manor just west of Monte Vista from 7:30-9:30 a.m. served by a local 4-H

The tour leaves at 10 a.m. Participants will be able to set their own pace. There will be only one mandatory check-in for the 50/50 drawing, at North Clear Creek Falls.

SLV Fast Friends will provide participants with maps, lists of businesses, attractions, and funthings to see and do. Proceeds will benefit the San Luis Valley 4-H Foundation's Scholar Support Program, helping 4-H kids Valley-wide. For more information, check out Draggin' Main on Facebook or www.dragginondirt.com, call 719-588-8566, or email dragginondirt@ gmail.com.

"SLV Fast Friends would like to thank the City of Monte Vista, the OptiMystics Citizens Action Network, The LOR Foundation, and all the other sponsors who made this event possible," organizers stated.

Event shirts will be available at the start of the event, along with stickers and drawing entry forms. Any remaining shirts and stickers will be available at the block party, along with tickets for door prizes donated by local businesses. Anyone wanting to donate door prizes or cash donations are encouraged to contact SLV Fast Friends by email or phone.

## **Big Game Season Structure** public meetings begin May 11

CONTRIBUTED

**DENVER** — Colorado Parks and Wildlife invites the public to have a voice in big game hunting regulation changes that will form the foundation for policy in the years to come. As part of its Big Game Season Structure (BGSS) planning process, CPW will hold a series of in-person open house and town hall meetings across the state as well as virtual meetings for big game hunters to BGSS topics under consideration.

CPW is encouraging the public to attend these public meetings to learn about the current BGSS and the potential changes CPW is considering. CPW wants to give the public ample opportunities to provide input and help inform the BGSS planning process. For more information regarding these public meetings, visit the BGSS EngageCPW page online.

BGSS topics being discussed at the public meetings include:

- Alternatives regarding over-thecounter archery and rifle elk licenses • Rifle season date structures for
- deer and elk Early season (archery and muz-
- zleloader) date structures • Adding rifle deer opportunities
- to the first regular rifle season • Adding a second regular rifle

buck and doe pronghorn season The topics covered during these meetings are starting points for

discussion. Additional topics and options may be considered at future

Open house meetings will consist of several stations where members of the public can learn more about specific BGSS topics, ask questions, and give verbal feedback directly to staff. Each station will have a different interactive activity that allows attendees to provide input.

voice their opinions about current of a PowerPoint presentation and polling via smartphones and devices to compile input from attendees on each of the BGSS topics. All athall meetings to better and more fully participate. Attendees will also and provide verbal feedback to staff.

> The BGSS planning process is a critical component of big game management and big game hunting regulation development.

The central purpose of the BGSS STAFF REPORT planning process is to determine:

- What, when, and where types of big game hunting opportunities are available.
- among hunters.

Through this planning process, CPW is better able to maintain healthy wildlife populations while Please see SEASON on Page 8

Town hall meetings will consist will include live interactive digital tendees are encouraged to bring a smartphone or device to the town have an opportunity to ask questions

\$14,500 in donations

**VALLEY** — A total of \$14,500 was raised Saturday for the Food Bank Network of the San Luis Valley (FBNSLV) during the Generosity on • How opportunities are divided Tap fundraiser hosted by La Puente at the Colorado Farm Brewery southwest of Alamosa.

The 12th annual event drew more than 125 attendees.

Guests enjoyed food from Gosar

Sausage, live music from Don individuals with 331,110 meals at Richmond and the Rifters, and participated in the 41 live and silent auction packages. All items in the auction were donated from local

The FBNSLV is especially grateful for celebrity auctioneer, Alamosa Mayor Ty Coleman.

Last year, the FBNSLV served approximately 8,000 unduplicated their 15 food pantries throughout the San Luis Valley. FBNSLV staff and volunteers around the Valley will once again be able to support the needs of our neighbors facing the difficulties of hunger and malnutrition.

The FBNSLV is thankful to continue their mission and for the support from their local partnerships and donors.



Brewery to support the Food Bank Network of the San Luis Valley where a total of \$14,500 was raised.

Food Banks garner

SLU Lifestyles — Wednesday, May 17, 2023

**MERCHANDISE** 

25 AUCTIONS

26 ANTIQUES

27 APPLIANCES

**PUTERS** 

31 HEALTH

23 LAWN & GARDEN 24 GARAGE SALES

30 ELECTRONICS/COM-

34 OFFICE EQUIPMENT

35 HEAVY EQUIPMENT

36 MISCELLANEOUS

# lassified



#### CLASSIFIED INDEX

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To place your ad in person come to the office at 835 First Ave. in Monte Vista, or call (719) 852-3531. Business hours are Monday through Friday, 8:00 a.m. to 5:00 p.m. You may also fax your classified to (719) 852-3387 or email at montevistaclass@gmail.com

Check your ad the first day:

To ensure your ad is correct, check it the first day it appears in the paper. If there is an error in your ad, call us right away so we can correct it. If an error appears in your ad, Valley Publishing will credit you with one additional day of advertising.

Our ad policy: Valley Publishing accepts all classified advertising except that which it deems objectionable to its readers. Credit or replacement ads will not be given for early ad cancellation.

## **DEADLINE**

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#### **05 Notices**

WE BUY ANTLER: Spring Prices! Use code "ELK18" and you will get \$18/lb for Elk Grade A and \$13/ lb for Deer Grade A. 5 miles west of Del Norte on Hwy 160. 719-657-0942 (TFN)

For information on meetings for ALANON NARCOTICS ANON-YMOUS AND ALCOHOLICS ANONYMOUS Please visit slvaa. org or call 719-937-5083.

**Public Hearing Notice - The Rio Grande County Board of County** Commissioners will hold a public hearing at a Special Meeting on Wednesday, June 14, 2023 at 9:00 am at 925 6th Street, Del Norte, CO 81132 for the designation of activities and areas of state interest. The County will consider designating the following areas and activities of state interest which apply to the entire unincorporated area of Rio Grande County: A. Site selection and construction of major new domestic water systems and major extension of existing domestic water systems. B. Efficient utilization of municipal and industrial water projects. For inquires or to review materials regarding this designation, please contact the Rio Grande County Land Use Office at 925 6th Street, Del Norte, CO 81132, or call 719-657-4003. Interested persons may also submit public comments to rgclanduse@ riograndecounty.org. (6-7)

#### 07 Help Wanted

Center School District is now accepting applications for the position of Summer School Bus Driver, \$25.00 Per/Hour, June 4, 2023 to July 14, 2023. Qualifications; Must hold or be able to obtain a valid CDL S Endorsement driver's license or, such alternative as the Board of Education may find appropriate and acceptable. Applications can be found on the District Website https://www. center.k12.co.us/page/employmentopportunities or contact the District Office at (719) 754-3442. Application Deadline: Until Position is Filled. EOE (6-7)

The Rio Grande County Land Use Department is seeking a full-time Land Use Code Compliance In**spector**, starting at \$19.60 - \$21.80 per hr. DOE: Benefits include healthcare, retirement, and paid holidays. The Code Compliance Inspector provides overall support to the Rio Grande County Land issues permits and maintains records for camping on private property in the Rio



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## **Valley Wide**

## -Classifieds

Grande County. Performs field verification of building setbacks. High school diploma or (GED) required. Pre-employment drug testing, including marijuana screening, and a background check is required. Applications and job description available at www.riograndecounty.org or pick up and submit to Human Resources, 925 6th Street, Room 200, Del Norte, CO 81132. Application deadline: Until filled. (5-24)

Saguache County Road and Bridge is hiring for Three (3) Temporary Summer positions. REQUIREMENTS: Applicants must be 18 years of age and have a valid driver's license. Prospective employees applying with Saguache County will be required to submit and pass a pre-employment drug screening and criminal background check. Temporary Summer positions – applicants must have working knowledge of common hand and power tools, shovels, wrenches and radios. Must be able to lift 25 to 45 pounds. Will be required to work in various climate conditions and be able to stand for long periods of time. Flagging certification a plus. Work Hours will be Monday – Thursday 7:00 AM to 5:30 PM. Rate of pay: \$16.25/hour. Prospective hires to start around mid-May. Applications are available at the Saguache County Road and Bridge Office 305 3rd Street, PO Box 476, Saguache, CO 81149 - 719-655-2554 or on the Saguache County website – saguachecounty. colorado.gov under the Road and Bridge Department tab Completed applications can be hand delivered or mailed to Saguache County Road and Bridge – at the address listed above, sent by email to mhashbarger@saguachecounty-co.gov or faxed to: 719-655-2543. AP-PLICATION DEADLINE: Open until a qualified candidate is hired. Saguache County is an Equal Op-

portunity Employer. (5-31) Center School District is now accepting applications for the positions of Elementary Administrator for the 2023-2024 School Year. Qualifications; Must hold a valid Colorado Administrative Certificate; have at least five years' experience teaching or administrating in a public school; or, such alternative as the Board of Education may find appropriate and acceptable. Single family health insurance, \$78,200.00 Salary. Salary is negotiable depending on experience. Applications can be found on the District Website https://www.center.k12.co.us/page/ employment-opportunities or contact the District Office at (719) 754-3442. Application Deadline: Until Position is Filled. EOE (5-31)

#### **DISCLAIMER**

Please read your ad on the first day of publication. If there are mistakes notify us **IMMEDIATELY**. We will make changes for errors and adjust your credit but only if we receive notice on the first day the ad is published. We limit our liability to you in this way and we do not accept liability for any other damages which may result from an error or omission in an ad. All ad copy must be approved by the newspaper which reserves the right to request changes, reject or properly classify an ad. The advertiser and not the newspaper is responsible for the truthful content of the ad. All classified advertising must be pre-paid.

## San Luis Valley SERVICE DIRECTO

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## **Valley Wide**

## assifie

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For the Saguache area. Writing and photography experience necessary. Send resume, writing and photography samples to Valley Publishing Inc., P.O. Box 607, Monte Vista, CO 81144 or email bwilliams@ valleypublishinginc.com

Full-time Office Clerk 719-655-2512 Come join THE- AWE-SOME-ONES-! Experienced individual needed for general office duties. Required skills include: · Computer experience in Excel, Word and other electronic devices; · Working with the public; · Other duties as assigned; · Ability to handle stress; · Ability to speak both English and Spanish is preferred, but not required For a detailed job description, please contact our office. In addition to the hourly rate starting at

\$16.25, the County Employee Benefit Package includes vision, dental and health insurance coverage, paid time off, and a generous 401k retirement plan. Drug testing and a background check will be required for final applicant. Applications are available at the Saguache County Administration office, 505 3rd St., Saguache CO. Please submit to the Saguache County Clerk and Recorder's office. Applications close May 19, 2023, or until position

The Del Norte Fire Protection District has an opening for Board **Secretary.** Duties are as follows: Monthly bookkeeping, Bank Rec, Yearly Audit & Budget prep, Elections, and getting all these to the State and County Depts., Required to attend monthly meeting (Every 3rd Thursday @ 7pm) and take minutes, responsible for getting those and the meeting agenda for each meeting to the board members each month, Paying Retiree's each month, Preparing monthly accounts payable and printing checks for each meeting, picking up mail from post office, any banking that needs done, filing, and any other needs the board may have. Approx. 5-8 hrs. per month. Knowledge of Quickbooks and Bookkeeping background will be helpful. Pay will depend on experience. Position will open in May. Please contact Claude Trujillo at 719-850-9974 or Terry Haynie at 719-850-1728. (5-24)

Seeking an Executive driver for my old grandfather on a part-time basis (e.g. Wednesdays and Fridays) weekly salary very attractive, \$410 weekly must have a valid stateissued driver's license. Must be professional, safe, patient and an attentive chauffeur at all times. Contact dw786875@gmail.com (5-24)

Del Norte High School is seeking a qualified Boys' JV Head / Assistant Varsity Basketball Coach for next season. If interested, please email Gilbert (Gibbs) Sanchez, Del Norte Jr/Sr. High School Athletic Director at gsanchez@urtigers.co or call him at 719-657-4020. (5-24)

Center School District is now accepting applications for the positions of Elementary Teacher, Elementary Physical Education Teacher, Elementary CLD Teacher, Anticipated Middle School Language Arts Teacher, High School

Math Teacher, Foreign Language Teacher and 9th-10th Grade Social Studies Teacher for the 2023-2024 School Year. Center Consolidated School District 26Jt is paying years of service and single health insurance benefits. Qualifications; Must hold a valid State of Colorado Teacher's License or, such alternative as the Board of Education may find appropriate and acceptable. Applications can be found on the District Website https://www.center.k12.co.us/ page/employment-opportunities or contact the District Office at (719) 754-3442. Application Deadline: Until Position is Filled. EOE (5-24)

**CSU Extension and Rio Grande** County are hiring a part time 4-H youth program coordinator to assist members with their projects and to deliver life and leadership skills curriculum to other students. This is a 9-month pilot program. Hours are variable and flexible, up to 30 hours per week. \$16-\$18 per hour depending on experience. Call Larry Brown 719-852-7381. CSU is an equal opportunity employer. (5-17)

Bus Drivers needed for the Upper Rio Grande School District. CDL and Non-CDL drivers. Will pay for CDL license and training with contract. Must be able to pass a background and pre employment drug test. If interested, please contact Demo Trujillo, 719-657-4040 x4007. dtrujillo@urtigers.co. Applications can be retrieved online at: www. urtigers.co. (5-17)

### PART-TIME SALES

Valley Publishing has an immediate need in advertising sales (parttime). Any sales experience is appreciated but will train. **Email resume to General Manager Brian Williams at** bwilliams@valleypublishinginc.com

Cafeteria Cooks needed at Upper Rio Grande School District for the 2023-2024 school year. Must have a high school diploma and some knowledge of working in a kitchen or a willingness to be trained. Pay is dependent on prior experience. Please contact Leslie Martinez at 719-657-4040, x1100 or email her at lmartinez@urtigers.co. (5-17)



Must See Custom-Built 5,350 sq. ft. Commercial Property in Fabulous South Fork, CO. Great Highway 160 exposure!! This build

The environment is warm and welcoming. The 3,000 sq. ft. main floor consist of large receiving office, full kitchen and bath and several large pen spaces and two additional design show rooms and large 1,000 sq. ft. heated warehouse with plenty of shelfs for storage and 12-foot overhead theor. Lovely concrete outdoor patio with new yinvil fencing wired for low door. Lovely concrete outdoor patio with new viñyl fencing wired for low door. Lovely concrete outdoor patio with new vinyl fencing wired for low voltage lights this property sits on two lots with wiring running outside for lighting off outside signage. 1,350 sq. ft. Spacious upstairs with large open space, several large storage closets two additional offices, New 3/4 custom tile bathroom and large storage over warehouse. This well-built property has radiant floor heating downstair and upstairs baseboard hot water heat. Property is wired for Cat 5 telephone jack in all offices, design rooms, kitchen bar, receiving office – etc. Cable tv jack, upstairs big room. There are 3 gas fireplaces 2 wall thermostats with remote control Wired There are 3 gas freelying oil the building for music. Swamp cooler and wired for speakers though out the building for music. Swamp cooler and wired for electric dryer, set up for washer and has a Propane fired boiler and propane hot water heater. This property is a blank canvas with so much POTENTIAL for the right builder or person. Because there is no existing business at the present time, this makes this building available for a variety of Business opportunities: Professional Work Environment for Professional Registrations and the professional Registration of the Profession of th als, Restaurant, Brew Pub, Events Center, Lodge or Cottage hotel, Retail etc. Come Paint your Canvas and start Your Business Adventure, Call and schedule your personal showing today! \$975,000 MLS #794078 173 W Frontage Road • South Fork

Bernadette Gingrass • Steffens & CO. Realty (719)850-1993 • bernadette@steffenscorealty.com

#### PRICE REDU



Check out this small diverse farm. The home is a 2bed/2bath, 1703.2 sq foot, historic adobe that has been fully and beautifully restored. Enjoy Colorado from the large (768 sq ft) open porch. This home sits on 126.06 deeded acres of land

situated in the bottoms of the old Culebra River Drainage. The soil is sandy and loamy and has been used for vegetable crop production in the past w/o the use of pesticides or herbicides. It is watered by the San Acacia acequia with an early decree for 1.62 CFS. There is a domestic house well permit number 284703. The property also has a holding pond for irrigation water. The owner is installing a new side roll sprinkler, which will irrigate up to 80+ acres M/L. The new side roll irrigation system will be installed before closing and will increase production. There are several outbuildings useful for storage and/or animals. The farm is located in Costilla County, Colorado just north of the New Mexico state line. It is about one hour to Taos The Rio Grande River is about 12 miles away. Red River Ski area and Rio Grande del Norte National Monument are near Questa, New Mexico about 40 minutes away. The Sand Dunes National Park is about 45 minutes north. \$550,000 MLS #797313

12272 County Road R5 • San Luis Bernadette Gingrass • Steffens & CO. Realty (719)850-1993 • bernadette@steffenscorealty.com

### UNDER CONTRACT





eat in counter, gorgeous custom cabinetry, granite countertops and butler pantry is your dream kitchen for entertaining your family and friends. Separate office space off the dining area with patio door leads out to the great outdoors. There are two guest rooms one with private bath could be considered a separate master bedroom. Large master bedroom with large walk-in closet, fireplace gorgeous walk-in shower and access to deck with hot tub. Take in the stunning views from the main floor outdoor balcony. Your perfect place for that hot morning cup of coffee or relaxing evening glass of wine. This is a luxurious home located with private access to the national forest in The Timbers subdivision of South Fork Ranches. All this, just moments from Rio Grande Golf Club, Rio Grande River gold medal fishing and world class skiing at Wolf Creek Ski area. Don't wait call and schedule your private showing today! \$1,150,000 MLS #798101

497 Timberline Drive • South Fork Bernadette Gingrass • Steffens & CO. Realty (719)850-1993 • bernadette@steffenscorealty.com

Fabulous 7 bed, 5 bath 4,619 Sq. Ft. Home with attached garage on 9.04 acres in Beautiful gated Bear Creek

This Home has several outdoor entertainment areas with wrap around decks too enjoy the 360 views of the San Juan Mountains. The main level has an open floor plan with great room and grand

fireplace with vaulted ceiling open-ing into the dinning and kitchen area. Entertain in this beautiful large kitchen with large island, custom cabinetry, granite countertops and state of the art stainless steel appliances. The Master bedroom suite is located on main floor with walk out patio, your perfect place to enjoy that hot cup of morning coffee. From here you can access your private boardwalk leading to your entertainment area with fire ring and Jacuzzi. Upstairs beautiful reading sitting loft with additional guest bedrooms, bath and great bunk room for additional family and gust. Lower level of this home includes a large family room with fireplace and pool table. Great for all your entertainment needs, additional bedrooms, and office. Beautiful furniture, furnishings and accessories are all included with this home. Bear Creek also offers a wonderful river adventure for rafting, gold medal fly fishing with a 20-acre area on the Rio Grande River exclusive to Bear Creek property owners. Minutes away from everything outdoors -gold medal fly fishing, hunting, four wheeling and thousands of acres of public land. Start your Adventure! Don't wait, Call, and schedule your showing today! \$1,650,000 MLS #792162

2951 Bear Creek Circle • South Fork Bernadette Gingrass •Steffens & CO. Realty (719)850-1993 • bernadette@steffenscorealty.com



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Darling authentic 1,232 Sq Ft. 2-bedroom 2 bath log cabin with upgrades galore!
Located in Log Haven.
Tucked along the mountain side backing up to national forest with beautiful views of the surrounding cliffs. Open living room, dining, kitchen



living room, dining, kitchen area with new propane Vermont Casting stove to keep you cozy and warm all winter long. Kitchen is quaint and bright with custom granite countertops. This cabin has a covered front porch and wonderful back deck. The perfect place to enjoy the wildlife, peace and quiet and that first hot cup of morning coffee. Nice fence back yard with gate opening to the national forest. Hike for miles out your own back door. Downstairs has a master bedroom and a full bath. Upstairs additional bedroom, bathroom and nice size sitting nook, great space to enjoy that best-selling book or use for your office den. This cabin comes compete with one car garage, storage shed, central well and town sewer. Cabin can be used as a full-time residence, or home-away-from-home winter or summer get-a-way! Rentals are not allowed in this subdivision. Don't wait! Start your adventure today! Only a short 17-mile drive from Wolf Creek Ski area. The mighty South Fork and Rio Grande River, Beaver Mountain reservoir & Million Fork and Rio Grande River, Beaver Mountain reservoir & Million reservoir are just moments away. Bring your fishing pole and enjoy hours of world class fishing. Ski Wolf Creek, go 4 wheeling, hike, camp, hunt, Enjoying everything outdoors! Let's get started call /text and schedule your showing today! \$325,000 MLS #800364

31517 Us Highway 160 • South Fork Bernadette Gingrass •Steffens & CO. Realty (719)850-1993 • bernadette@steffenscorealty.com

area with custom soft close cabinets and plenty of storage arour entertaining. Kitchen has wonderful large butler pantry and beautiful custom stained-glass door. The Detailed Checi adiant floor heating with four zones and two Rinnai on-dem Light Touch lighting system and electrical in the floor. Mas on the main floor with siting area with luscious mountain bath with beautiful large tiled walk- in shower. Guest bedrou Upstairs spacious loft with two electronic skylights with rain urea's including office space and additional large size bedroor workshop and more than enough room for all your mountain above the garage with kitchenter living area.

areas including office space and additional large size bedroom with barn door and bath. Enjoy your 3-ca workshop and more than enough room for all your mountain toys. Four family and friends will love the above the garage with kitchenette, living area, built-in beds additional bedroom and bath. Bring your fe above the garage with kitchenette, living area, built-in beds additional bedroom and bath. Bring your fe pine, fir, aspen trees, mountain views and abundant wildlife! Beautifully, designed home tucked peacefu and easily accessible to town, Wolf Creek Ski Area and the Rio Grande Golf Course Resort. Once in a li nity! This property perfectly captures the best of both worlds between outdoor creeration and exception Start your dream and Call/Text me to schedule your personal showing today! \$1,395,000 MLS 37 Million Court - South Fork

Bernadette Gingrass • Steffens & CO. Realty (719)850-1993 • bernadette@steffenscorealty.com

## -Classifieds-**Valley Wide**

Del Norte Elementary School is seeking an energetic, caring candidate to serve as a ParaEducator. Applicants must have a high school diploma. Please submit your application to Amy Duda, DNES Principal at 950 French Street, Del Norte, CO 81132; aduda@ urtigers.co; or call at 719-657-4050. The position will be open until filled. You can pick up an application at the District Office or online at urtigers.co.

Del Norte High School is seeking an Assistant Volleyball Coach for the 2023 volleyball season. The individual would be responsible for developing the junior varsity program and assisting the varsity coach in all aspects of the high school volleyball program. If interested, please email

Jr/Sr High School Athletic Director at gsanchez@urtigers.co or contact him at 719-657-4020. (5-17)

#### **12 Houses for Rent**

Cozy 1 Bedroom MV Dennis St. WSG PD No Pets 625 Month 625 Deposit 719-580-5400 (5-31)

A remodeled quaint 1 bedroom or **office space**/1.75 bath unit in a 4-plex in Del Norte. Pets are prohibited. Credit report required. \$600/month, inclusive of water and sewer. Please leave a message at 719-850-0750.

#### 17 Real Estate For Sale

House for sale: 2 ½ acres, 5bdrm, 2 bath, 4 car garage in Alamosa

## ESTIMATED CROP WATER USE

| Weather Data from SLV Research Center located on the 9N and Hwy 285 |         |         |          |           |  |      |      |          |      |      |  |
|---|---------|---------|----------|-----------|--|------|------|----------|------|------|--|
|   | Date    | Daily C | rop Wate | er use fo | Number   N |      |      |          |      |      |  |
| Crop  | Planted |         | Shown    | (in/day)  |  | From | 5/11 | (inches) |      |      |  |
|   |         | 5/11    | 5/10     | 5/9       | 5/8  | 2day | 3day | 4day     | 5day | 7day |  |
| Moravian 69   | 04/05   | 0.05    | 0.11     | 0.17      | 0.15   | 0.15 | 0.32 | 0.47     | 0.58 | 0.85 |  |
| Moravian 69   | 05/05   | 0.01    | 0.03     | 0.05      | 0.04   | 0.04 | 0.08 | 0.13     | 0.16 | 0.24 |  |
| Early Wheat   | 04/05   | 0.04    | 0.10     | 0.16      | 0.15   | 0.15 | 0.31 | 0.46     | 0.57 | 0.82 |  |
| Farly Wheat   | 05/05   | 0.02    | 0.04     | 0.07      | 0.06   | 0.06 | 0.13 | 0.19     | 0.24 | 0.37 |  |
| White Wheat   | 04/05   | 0.04    | 0.10     | 0.16      | 0.15   | 0.15 | 0.31 | 0.46     | 0.57 | 0.82 |  |
| White Wheat   | 05/05   | 0.02    | 0.04     | 0.07      | 0.06   | 0.06 | 0.13 | 0.19     | 0.24 | 0.37 |  |
| WinterWheat   | 10/01   | 0.06    | 0.15     | 0.24      | 0.22   | 0.21 | 0.45 | 0.67     | 0.84 | 1.28 |  |
| Potatoes  |         |         |          |           |  |      |      |          |      |      |  |
| Norkolah  | 05/05   | 0.01    | 0.03     | 0.05      | 0.04   | 0.04 | 0.08 | 0.13     | 0.16 | 0.24 |  |
| Centennial  | 05/05   | 0.01    | 0.03     | 0.05      | 0.04   | 0.04 | 0.08 | 0.13     | 0.16 | 0.24 |  |
| Nugget  | 05/05   | 0.01    | 0.03     | 0.05      | 0.04   | 0.04 | 0.08 | 0.13     | 0.16 | 0.24 |  |
| Alfalfa   | Est.    | 0.07    | 0.17     | 0.27      | 0.25   | 0.23 | 0.51 | 0.76     | 0.96 | 1.46 |  |
| Lawngrass   | Est.    | 0.06    | 0.14     | 0.23      | 0.21   | 0.20 | 0.42 | 0.63     | 0.80 | 1.22 |  |

For the latest ET information, call 754-3494 extension x40 for Center, x36 fro Center #2, and x38 for La Jara. Use the crop maturity and planting data and weather station closest to your own. Find this upJune 8d table each day at this web address: http://acs-slvrc.agsci.colostate.edu/daily-crop-water-use-report/

This information is provided by the SLV Research Center (Colorado State University) and the Colorado Potato Certification Service. For info call 754-3494 x26 or c-mail: andrew.houser@colostate.edu

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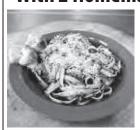


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|   |  |   |        |   |          | 7 |         |   |
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Level: Advanced

## Fun By The Numbers

Like puzzles?
Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

#### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Solution to last week's puzzle

|   | _ |   |   |   |   |   |   |   |   | • |   |   |   |   |
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|   |   |   |   | С | Α | L | I | F | 0 | R | Z | 1 | Α | N |
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# 

## Link between physical activity and mortality risk in older adults

A 2022 study led by researchers at the National Cancer Institute found that recreational pursuits that incorporate physical activity, including walking, swimming and playing tennis, may lower older adults' risk of death from any cause. That includes cardiovascular disease and cancer, which the World Health Organization notes are two of the leading causes of death across the globe. Running, cycling, swimming, other aerobic exercise, racquet sports, golf, and walking for exercise encompassed the seven different exercise and recreational activities researchers examined as part of the study, which utilized data from more than 272,000 adults between the ages of 59 and 82. The researchers found that achieving the recommended weekly amount of physical activity through any combination of these activities was associ-



were associated with lower risks lower risk of death.

ated with a 13 percent lower risk of of death, racquet sports seemingly death from any cause compared to provided the most bang for seniors' people who did not participate in proverbial bucks, as those activities such activities. Though all activities were associated with a 16 percent

## Strength training for seniors

A balanced diet and exercise. which includes a combination of aerobic activities and strength training, is necessary to maintain longterm health.

According to the Centers for Disease Control and Prevention, regular physical activity is one of the most important things older adults can do to protect their overall health. Exercise helps to delay or prevent many of the conditions that come with age. Adults ages 65 and older should aim for the recommended 150 minutes a week of moderate-intensity activity, such as brisk walking, and at least two days of activities that strengthen muscles.

When it comes to muscle strengthening, seniors can follow these safety guidelines as they embark on their strength-training journeys.

- Speak with a healthcare provider first. Get the green light to proceed with an exercise regimen before beginning by having a discussion with your general practitioner about your fitness goals. Your doctor can recommend strategies that are safe and point out any exercises that may compromise your overall health.
- Master basic exercises first. Anyone new to strength training, which is sometimes known as resistance training, can start out slowly, even pushups, planks, and lunges.

- Graduate to resistance bands. When you're ready to move on to something else, consider resistance bands as an alternative to free weights. The bands can help you develop good form before introducing weight. Good form is key to avoiding injury.
- Work with a trainer. Working with a certified personal trainer can help you learn how to use free weights and strength-training machines correctly. A trainer also can create a routine that includes the right number of sets and repetitions to gradually build and maintain muscle mass. If you decide against hiring a trainer, gym staff members may guide you through equipment and demonstrate proper form.
- Exercise with a friend. Strength training with a friend or family member can provide motivation and keep you on target to meet your goals.
- Build up gradually. Your first strength session should only last 10 to 15 minutes, according to Tiffany Chag, C.S.C.S., a strength coach at the Hospital for Special Surgery in New York. This enables you to gauge soreness. Wait until soreness abates before beginning your next session if you are new to strength training.

Strength exercises are a vital part using just body weight, to provide of maintaining health as a senior. resistance. Resistance exercises can Such exercises help maintain muscle include squats, crunches, modified mass and also improve balance and bone health.

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## Alamosa Round-UP expands to two weekends

Staff Report

ALAMOSA - With more than 40years of San Luis Valley heritage, the Alamosa Round-UP is expanding this year into a two-weekend event.

The 2023 event will kick-off Friday, June 16, with a Mountain States Sanctioned Ranch Rodeo followed by the traditional demolition derby on Saturday, June 17, and a concert featuring Clare Dunn.

The following weekend starting on Thursday, June 22, begins with mutton bustin' and the local barrel race qualifier. Friday and Saturday nights bring the professional PRCA

rodeo as well as the traditional around the country as well as future cowboy church on Saturday. After champions don their hats, chap up the rodeo on Saturday is the fifth and put on a show for the fans in annual Round-UP concert featuring the sport of professional rodeo to John King.

"The Alamosa Round-UP is proud to be a part of such a wonderful community and is supported by the City of Alamosa, Visit Alamosa, and over 85 local families and businesses. This truly is Alamosa's Round-UP, nominated TOP 5 PRCA Rodeo of the Year in 2020, and Mountain States Circuit Rodeo of the Year in 2021," organizers stated. Top cowboys and cowgirls from

compete in all seven major events of rodeo: Bareback Riding, Steer Wrestling, Tie-Down Roping, Saddle Bronc Riding, Team Roping, Barrel Racing and Bull Riding.

Over 350 competitors make their way to Alamosa each year to compete for over \$45,000 in prize

For more information, tickets and event registration, visit www. alamosaroundup.com.

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keeping with management objectives and provide recreational benefits for the hunting and non-hunting public.

CPW evaluates and updates the BGSS by gathering internal and external input, evaluating the current season structure, and identifying emerging issues related to season structure. CPW then uses that information to develop policy recommendations for the upcoming framework. This approach helps ensure the administration of hunting is continuously aligned with big game management needs as well as sportspersons' interests.

Continued from Page 1

The event begins the morning of May 27 with artists on Main Street working in full view of the public. Artists from all different media gather along the main drag in town while local businesses dust off their welcome mats and open for the summer. This is a wonderful opportunity for families to come out and welcome warmer weather into the San Juan Mountains while enjoying fun activities abound.

For the first time this year, local grocery store the Kbelle will be cooking up unique tastes from local contestants representing several local businesses. Guests are encouraged to wander downtown throughout the day. There will also be children's activities, live music, and the opening of the Creede Arts Council's Small Print Show at Creede Repertory Theatre in the evening right before the opening of "Mountain Octopus."

The premiere of "Mountain Octopus," a play that will intrigue, transform, and bring reality to audiences. "Mountain Octopus" follows with an opening during Memorial Day weekend and the start of the busy season in Creede. Written by Beth Kander and directed by Betty Hart, "Mountain Octopus" brings perspective with a side of comedy. The May 27 showing will include a Q&A with Quiller who helped create a painting the play is set around.

"One year after a tragic loss, a small town full of quirky characters gathers together to patch up what's broken. Nothing goes quite as planned... but ultimately each person finds something unexpected within their old familiar world or something that feels like home in a new and unfamiliar place. Funny and heartwarming with a touch of magical realism, 'Mountain Octopus' will remind you of the simple power of a good story. This world premiere by Beth Kander ('Hazardous Materials') features CRT favorites Christy Brandt and Kate Berry."

It will be a weekend packed with fun, art, and delectable treats for the whole family. For a full schedule of events, visit www.creede.com.

#### Continued from Page 1

After all public meetings have concluded, CPW will compile all the public input received into a public outreach summary report. This report will be presented to the Parks and Wildlife Commission during the August Commission meeting. Staff will then begin developing draft BGSS recommendations this fall.

Southwest Region Public Meeting List

• Monday, May 22, 6-7:30 p.m.; Area 15, Durango (town hall), La Plata Room at La Plata County Gunnison

Fairgrounds Durango

- Monday, June 12, 6-7:30 p.m.; Area 18, Montrose (town hall), Montrose Police Department Community Room, 431 S. 1st St., Mon-
- Thursday, June 15, 6-7:30 p.m.; Area 17, Monte Vista (town hall), Ski Hi Complex, 2335 Sherman Ave., Monte Vista
- Thursday, June 22, 6-7:30 p.m.; Area 16, Gunnison (town hall), Fred Field Center, 298-278 S Spruce St.,



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